

DISCOVERY NOTES

Equipping Trinity Fellowship families to think, live, and be like Jesus.

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STUDY & DISCUSSION GUIDE

Volume 1 | Number 11

I CAN'T DO ALL THINGS

PHILIPPIANS 4:10-14

INTRODUCTION

We all want to take God's word and God's promises seriously, but sometimes people will pull a promise out of context and apply it more broadly or generally than it was originally intended. This can turn a precious promise into an attitude that benefits self more than it glorifies God.

THIS WEEK:

This week we'll be looking at one such promise, Philippians 4:13. We'll see what the promise means in context and rejoice in the benefits it does affirm.

OBSERVATION *What does it SAY?*

Discover key details of the passage by reading Philippians 4:10-14 and then answering the following questions:

1. Read the larger context, Philippians 4:10-20. How have the Philippians shown their renewed concern for Paul?
2. What has Paul learned from his experiences of being in need? (Verses 11-12)
3. Who is the source of Paul's contentment?

INTERPRETATION *What does it MEAN?*

Use the Bible to interpret the Bible. Look up the cross references and use them to interpret the passage under study:

4. A key word in verse 11 is "content." Based on these other New Testament uses of the word, what is the basic idea of contentment (1 Timothy 6:6-8; Luke 3:14; 2 Corinthians 9:8)?

5. What is the source of contentment (Hebrews 13:5-6; 2 Corinthians 12:9-10; John 14:8-9)?
6. Based on the immediate context, what are the “all things” of verse 13?
7. A key cross reference for this passage is 2 Corinthians 12:9-10, where the same Greek word is translated “sufficient.” What circumstances does Paul find God’s grace sufficient for in this passage?

APPLICATION *Why does it MATTER?*

Now that you have discerned what the passage means, how does it apply to your life?

8. Who has God used to meet your needs in difficult circumstances? How have you expressed your gratitude?
9. How is your contentment going?
10. What circumstances in your life contribute to your contentment?
11. What circumstances contribute to discontent?

TAKE AWAY *How does this change me?*

12. Paul says that he can do “all things” or “all this” through Him who gives him strength. How have you found strength in Christ for difficult circumstances? What kinds of things do you do to receive this strength?
13. What are one or two areas of your life where you can begin to pursue contentment through Christ?

DISCOVERY KIDS

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Have your kids do the word find puzzle on the next page or read to them Philippians 4:10-14. Use the following questions to have a discussion about how God provides contentment.

1. Who is writing this letter, and who is he writing to?

Suggested Answer: Paul is writing this letter to the Philippians.

2. What does Paul say he has learned to do in any situation?

Suggested Answer: Paul says he has learned to be content in any situation, whether he is well-fed or hungry, living in plenty or in want.

3. How does Paul describe the Philippians' concern for him?

Suggested Answer: Paul acknowledges and appreciates that the Philippians were concerned about him and showed their care by helping him, even though they didn't always have the opportunity to do so.

4. How does Paul's contentment in all circumstances compare with what Jesus teaches in Matthew 6:25-34?

Suggested Answer: Jesus teaches not to worry about our needs because God knows what we need and will provide for us.

5. Compare Philippians 4:13 with 2 Corinthians 12:9-10. What do these verses teach us about strength in difficult times?

Suggested Answer: 2 Corinthians 12:9-10 talks about God's power being made perfect in weakness and Paul boasting in his weaknesses so Christ's power may rest on him.

6. How does Hebrews 13:5 relate to Paul's statement about contentment in Philippians 4:11-12?

Suggested Answer: Hebrews 13:5 advises to keep our lives free from the love of money and be content with what we have. Both passages emphasize contentment and trust in God's presence and provision.

7. Can you think of a time when you were not content with what you had? What could you do differently to trust God more in that situation?

Suggested Answer: Encourage children to share personal experiences where they felt discontent and discuss ways they could have trusted God more, such as praying, reading Bible verses about contentment, or talking to a trusted adult about their feelings.

8. What are some ways you can show gratitude to God for what you have, even when things are difficult?

Suggested Answer: Children might list things like praying and thanking God every day, keeping a gratitude journal, helping others, and sharing what they have with those in need.

9. How can you help a friend who is going through a tough time, based on what you learned from Philippians 4:10-14?

Suggested Answer: Encourage children to think about practical ways they can support friends, such as praying for them, being there to listen, encouraging them with Bible verses, and helping meet their needs if possible, just as the Philippians helped Paul.

Take some time to listen to your child's answer and then lead them in a prayer that calls upon God to help the them yield to him and depend on his strength to be bold for him.

WORD FIND

Philippians 4:10-14

C	A	B	U	N	D	A	N	C	E	W	B	W	O
S	R	E	N	E	W	E	D	I	N	E	E	D	E
S	E	C	R	E	T	R	K	R	P	H	C	O	L
W	F	A	C	T	C	M	L	C	A	S	G	P	L
S	T	U	T	C	C	A	O	U	R	T	R	U	G
T	S	S	E	A	O	K	R	M	T	R	E	E	F
I	L	E	A	R	N	E	D	S	N	E	A	H	H
L	A	B	L	E	C	O	N	T	E	N	T	D	I
L	B	Y	G	J	E	N	H	A	R	G	L	Y	Y
I	O	P	P	O	R	T	U	N	I	T	Y	S	K
T	A	G	A	I	N	H	N	C	N	H	O	H	I
T	O	O	N	C	E	I	G	E	G	E	H	O	Y
L	A	C	K	E	D	N	R	S	K	N	O	W	F
E	F	I	N	D	D	G	Y	G	K	S	U	H	M
E	F	Y	E	W	E	S	M	H	B	E	I	N	G

I rejoiced in the Lord greatly because once again you renewed your care for me. You were, in fact, concerned about me but lacked the opportunity to show it. I don't say this out of need, for I have learned to be content in whatever circumstances I find myself. I know how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being content—whether well fed or hungry, whether in abundance or in need. I am able to do all things through him who strengthens me. Still, you did well by partnering with me in my hardship.