

INTRODUCTION.

- A. Scripture text: **Philippians 4:10-13**.
- B. Everyone needs help in getting through life. No one is self-sufficient.
- C. We need spiritual strength to fight off the temptations that come our way.
- D. This morning's lesson focuses on such strength.
- E. We will look at Phil. 4:13, in reverse order.

I. WHO STRENGTHENS ME.

- A. We must serve God with all our strength in trying to keep the greatest commandment (Mk. 12:30).
- B. Jesus Christ is worthy to receive power or strength from God. He becomes the source from which we must draw (Rev. 5:12).
- C. Jesus was declared to be the Son of God with power by the resurrection (Rom. 1:4).
- D. As Christians, we have not been given a spirit of timidity (weakness) but one of power, one that can strengthen (2Tim. 1:7).
- E. The power or strength is strong enough to overcome sin and death (1Cor. 15:56,57).

II. THROUGH CHRIST.

- A. Jesus Christ is the most important person in the Bible. We can have the strength to do all things because of Him.
- B. Jesus is the following, Who gives us strength:
 - 1. The propitiation for our sins (1Jn. 2:2).
 - 2. The life (Jn. 14:6; Col. 3:4).
 - 3. The pioneer and perfecter of faith (Heb. 12:2).
 - 4. Spiritual meat and drink (Jn. 6:54-56).
- C. Those who do not know Christ, cannot have the strength He gives to live. It is through Him that all things were created (Col. 1:16), and it is by Him all things hold together (Col. 1:17).

III. I CAN DO ALL THINGS.

- A. Why shouldn't the "all" of the passage be inclusive? Christ has all power and authority (Mt. 28:18), therefore, through Him we can have the strength we need to do all things.
- B. First, all things evangelistically. See Mt. 28:20; Phil. 4:19; Eph. 3:7b,10.
- C. Second, all things spiritually. See Mt. 11:28-30.
- D. Third, all things morally. See 1Cor. 1:30 for wisdom, righteousness, sanctification, and redemption.
- E. Fourth, all things physically.
 - 1. Overcoming vices, obesity, habits, etc. (2Cor. 7:1).
 - 2. When in doubt, throw it out (1Cor. 6:12,20).

CONCLUSION AND INVITATION.

- A. There is one "catch" for one to be able to have the blessings of this verse.
- B. That is, Jesus Christ must be Lord of your life in all areas. Not just the Lord spiritually and morally, but in every aspect of your life.
- C. The invitation is for you to seize this power to do all things, and it is found by making Jesus Lord.
- D. Plan of salvation for non-Christians; erring Christians.