



Philippians 4:13; Philippians 4:10-13; Philippians 4:12-13 (NIV)

1. I *can't* do all things. I *can* do these things.

Philippians 4:13 (NIV)

2. Your situation is worse than you think.

AND

The solution is greater than you ever dreamed.

Colossians 1:11-14

3. Paul's strength for all that he would do came from all that Christ had done.

Galatians 5:1

Small Group Outline & Discussion Questions

Celebrate and Care:

Have each person share a high and low from this past week.

Review:

The content of our contentment is that Christ has set us free and made us sons and daughters.

Open Up:

If you could be an Olympic athlete, which sport or event would you choose?

Discuss:

Choose one or two questions for your group to discuss as time allows.

- ▶ Read Philippians 4:13. How can we discern what “things” are referred to in this verse for us personally?
- ▶ Read Philippians 4:12. Do you find it easier to walk with God when you are in need or when you have plenty?
- ▶ Is your natural tendency more toward “dabbling in Christ” or being an “Olympian for Christ”?
- ▶ Lindsey said, “Free people admit their sins, enslaved people hide their sins.” How can we keep from slipping into a slave mentality?

Engage:

Spend 1-2 minutes in silence with these questions then share your thoughts.

Ask God if there is anything you are attempting to do that he didn't ask of you.

How will you live your life as a free person?

Pray:

Ask God to open your eyes to see Him, yourself and others in the redeemed way he offers.