



A Tethered Faith

Series: Quilted Promises

Scripture: Philippians 4:4-19

"I can do all things through him who gives me strength"

- Philippians 4:13

The _____ to do all things only comes _____ Christ who strengthens me.

Key statement: "I have _____."

We must know _____ the promise is _____ on.

God is...

- _____ (Phil 1:2-3)
- a _____ God
- He who will _____ the work. (Phil 1:6)
- _____ (Phil 2:27)
- the God of _____. (Phil 4:9)
- the one who _____ all needs. (Phil 4:19)

So who is Jesus?

- _____ (Phil 1:2)
- is in heaven (Phil 1:23)
- "the _____ that is above every name." (Phil 2:9)
- He's the _____ of God's love for us.
- He is _____.

How do we apply this promise?

1. _____ our lives on the _____.
 - Philippians 4:8
2. Focus on our _____.
 - definition: _____ in dealing with a _____
3. We gain _____.
 - Philippians 4:7
 - Proverbs 3:5-6
4. Rely on God's _____.
 - "strengthening" = *endynamoō* = to _____ and to invigorate
5. Live a _____ life.
6. It's all about _____ in the Father.

Start talking.

- What's a popular Bible verse you've seen displayed in someone's home or on merchandise? Did seeing it that way impact how you understood or applied it?

Start thinking.

- Read Philippians 4:4–13. What stands out to you in the lead-up to verse 13? How does understanding the full context change how you read “*I can do all things through Christ who strengthens me*”?
- In verses 11–12, Paul talks about learning contentment. Why do you think contentment needs to be learned? What are some lessons you've had to learn the hard way?
- “*I can do all things*” is often emphasized, but the power is in the second half: “*through Him who gives me strength.*” What's the difference between self-reliance and Christ-reliance in daily life?
- The Greek word for “strengthens” implies ongoing, active empowerment. How have you experienced Christ strengthening you — not just once, but continually?

Start sharing.

- Paul describes being able to face both abundance and lack. Which season is harder for you to navigate spiritually—plenty or need? Why?
- The sermon spoke about building “inner resources.” What spiritual practices (prayer, Scripture, community, etc.) help you build that kind of strength for hard seasons?
- In Philippians 4:8, Paul encourages us to meditate on what is true and good. What does your thought life look like right now? What could you shift your focus toward this week?
- What does living a tethered life to Jesus look like for you personally? What might help you stay more closely connected to Him in this season?

Start praying. Be bold and pray with power.

Teach me Father to look to Jesus each moment of the day for my strength and not to rely on my own imperfect, human abilities and intelligence, for without You I can do nothing. I am thankful that as I rest in Jesus, He will empower me through the indwelling Holy Spirit to carry out Your will for my life. Father, I confess that without You I can do nothing, but that I can do all things through Christ Who strengthens me through the power of the Holy Spirit. AMEN.

Start Doing. Commit to a step and live it out this week

- What is one area of your life right now—whether a challenge, relationship, or opportunity—where you need to stop relying on your own strength and start depending more fully on Christ? What's one step you can take this week to lean into His strength?