

Bottom Line:

Be content with God's help.

To help you turn what God is saying to you into action steps, consider using the "Think It Over" section below.

Think It Over: This section is about turning what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take your own next step. If you are leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

- How does Philippians 4:13 give me real hope?
- What is your heart problem?
- How does Jesus help you with your heart problem?
- What are some ways you find it hard to give up your plans in your life?
- Think about a specific area of your life where it's hard to rely on Jesus. Is it because of the circumstances, or do you rely on your own strength too much? Think about ways God is showing you how to ask for His help to live like Jesus.
- Read Paul's account of his story in 2 Corinthians 11:21 – 12:10. How do his story and the example he set bring further understanding to Philippians 4:13?

Next Steps: Application questions/steps

Changing Your Mind: Choose one of the verses listed in the Message Guide and commit it to heart.

If you missed a message, visit www.scc.website or request an audio CD at Guest Services.



I can do all things through Christ who strengthens me.

Philippians 4:13 (NKJV)

Real Hope

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

Philippians 4:11-13 (ESV)

Believing in Jesus comes with a promise that He will help you.

Bad news: We all have a heart problem.

- We think, "I can do it by myself."
- God created me to be dependent on Him.
- Sin is disobedience to God.
- I am guilty of sin and death before God.

For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.

Romans 6:23 (NLT)

Good news: Jesus came.

- He died on a cross for me to take away my guilt.
- If I believe in Jesus and turn from my sin, He promises me new life.

If I believe in Jesus, He will help me.

All Things

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Philippians 4:11-13 (NIV)

The Twist:

I believe in Jesus.

Therefore, I can do anything.

Not My Plans

The false hope:

God will help me accomplish my plans.

- My plans don't account for sin or suffering.
- God's plans include sin and suffering.

Not My Ability

Same heart problem:

I think I can do it by myself.

- As you grow up, expectations grow with you.

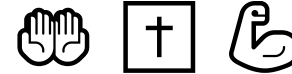
- The challenge is you still don't know everything.
- God is in the business of challenging me back to dependence, not helping me be independent.

Jesus promises to give you His strength to accomplish His plans.

Having Hope in All Things

When it comes to plans

- Hold plans loosely.



When it comes to strength

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

2 Corinthians 12:9-10 (NIV)

Instead of delighting in your independence, delight in dependence on Christ.

Instead of looking for an escape from circumstances, look to God's help to be content.

- In sports
- In the hospital
- In my family