



## LEVEL UP YOUR STRENGTH

Philippians 4:10 – 13

November 24, 2024

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### MESSAGE NOTES

*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. – Philippians 4:12 (ESV)*

- **Finding contentment through Christ is a secret learned**

*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. – Philippians 4:11 – 12 (ESV)*

*Practice these things, immerse yourself in them, so that all may see your progress. – 1 Timothy 4:15 (ESV)*

- **Finding contentment in Christ is a strength received**

*I can do all things through Him who strengthens me. – Philippians 4:13 (ESV)*

*... But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. – Philippians 3:13 – 14 (ESV)*

*Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. – Philippians 4:11 (ESV)*

*Each time He said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. – 2 Corinthians 12:9 (NLT)*

- **Contentment is the grateful and fruitful use of what we have in Christ wherever God has placed us.**

*I can do all things through Him who strengthens me. – Philippians 4:13 (ESV)*

*"... This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength." – Nehemiah 8:10 (NIV)*



## DISCUSSION QUESTIONS

(Feel free to use as many or as few questions for your group discussion)

- Discussion Starter: Share what you're thankful for as we head into Thanksgiving Week.
- Our theme verse for this series is 1 Timothy 4:15. "*Practice these things, immerse yourself in them, so that all may see your progress.*" Practice this verse with someone sitting next to you and see if you can say it from memory.
- Read Philippians 4:11. Why is discontentment such a "*thief*" in our lives? What does it mean to find our contentment through Christ?
- Read Philippians 4:12. Learning contentment through Christ has two schools: "*being brought low and abounding.*" How does God use both of these seasons of life to teach us about the power of facing life with Him?
- Read 2 Corinthians 12:9. Why does God's power show up brightly in the face of our weaknesses? What is a time of "*weakness*" where God showed up with His strength and presence for you?
- Read Nehemiah 8:10. What does it mean that "*the joy of the Lord is our strength*"? Where have you seen examples of that in people around you?
- Where in life is God inviting you to learn how to receive His strength?
- Take some time to give God thanks as we go into Thanksgiving week. Praise Him for who He is and thank Him for what He has done through the good news of Jesus Christ.