



# I Can

**Series:** 30 Days of Joy

**Main Text:** Philippians 4:10–13

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## Introduction

This guide can be used on your own or with a small group to reflect on the weekend’s passage and apply it to your life. Choose the questions that work best for your group—there’s no need to go through them all. To learn more, visit [silverdalebc.com/smallgroups](http://silverdalebc.com/smallgroups).

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## Icebreaker Options

1. What’s something you used to think you “could never handle,” but now you’ve learned to manage?
  2. What’s your go-to phrase when life gets chaotic—‘I’ve got this’ or ‘I need help’?
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## Leader’s Note

Philippians 4:13 is one of the most quoted verses in the Bible—but often misunderstood. Paul isn’t talking about achieving anything we want; he’s talking about enduring anything through Christ. This passage is about contentment, dependence, and discovering that true strength comes from Jesus—not circumstances.

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# Main Points

## 1. Recognize God's Provision Through Others

### Key Scripture:

Philippians 4:10 – “I rejoiced in the Lord greatly because once again you renewed your care for me...”

### Discuss

- Why do you think Paul connects his gratitude to both God *and* the Philippians?
- Why are we sometimes reluctant to receive God's provision when it comes through other people?
- Who is someone God has used to care for or encourage you recently—and how did you respond? Who is God prompting you to care for or encourage this week?

### Leader's Note

Paul sees beyond the gift to the Giver. He recognizes that God often provides through people. Gratitude grows when we acknowledge both the human kindness and the divine source behind it. This perspective shifts us from entitlement to thankfulness.

## 2. Learn the Secret of Contentment

### Key Scripture:

Philippians 4:11–12 – “I have learned to be content in whatever circumstances I find myself... I have learned the secret...”

### Discuss

- Why do you think contentment is something that must be *learned*?
- How does our culture make contentment more difficult?
- What circumstances most often challenge your contentment (success, lack, stress, comparison, etc.)? What step will you take to trust the Lord rather than your circumstances?

### Leader's Note

Contentment doesn't come naturally—it's developed over time. Paul learned it through both abundance and need. Contentment is not based on what you have, but on who you trust.

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## 3. Trust God in Every Season

### Key Scripture:

Philippians 4:12 – “I know both how to make do with little, and I know how to make do with a lot...”

### Discuss

- Which season is harder for you—times of need or times of abundance? Why? How can both of these times become spiritual challenges?
- What would it look like to trust God equally in both highs and lows?

### Leader’s Note

Spiritual maturity isn’t just about surviving hard times—it’s also about staying grounded in good times. Paul shows us that God is faithful in every season, and we can trust Him no matter our circumstances.

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## 4. Strength Comes from Christ

### Key Scripture:

Philippians 4:13 – “I am able to do all things through Him who strengthens me.”

### Discuss

- What misconceptions have you heard about this familiar verse?
- How is depending on Christ different from just “trying harder” on your own?
- Where in your life do you most need Christ’s strength to help you endure right now?

### Leader’s Note

“I can do all things” is not about personal achievement—it’s about spiritual endurance. Through Christ, we can face anything—lack, success, pressure, or pain—because He is our strength.

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## Closing Reflection

What would it look like to depend on Christ's strength instead of your own this week?

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## **Closing Prayer**

Ask God to teach you contentment in every circumstance. Pray for trust in both difficult and abundant seasons. Ask Jesus to strengthen you where you feel weak and thank Him that you are never alone—He is your strength in all things.