# I Can Do All Things Through Christ Who Strengthens Me

**Adam Willingham** · Philippians 4:10–20

## INTRODUCTION

- Being a Christian is not easy. There are a lot of obstacles that we have to overcome that we are confronted with on a regular basis.
- We need to remember, however, that nothing is impossible that God has asked of us to do.
- He was careful to tell them that he didn't need this gift in order to be content.

## 1 I Can

**Philippians 2:14–15; Joshua 1:6; Philippians 1:6**

- Don't be a pessimistic quitter. We don't need to use such language as I can't. It's too hard. It's impossible.
- Do all things without grumbling or disputing.
- How are we going to appear as lights in the world if we're negative, cynical, pessimistic grumblers?
- It is a striking contrast that a man who had all the reason in the world to complain was such a positive uplifting individual in the Lord.
- The Greek word translated I can, is a word that means to be strong, to have power. We need to be strong.
- We need to learn to say with bold confidence in our Christian walk, I can.

## 2 I Can Do All Things

**Philippians 4:11–12; 1 Corinthians 10:13**

- Not a few things or some things or even most things. But all things.
- First of all, being content in difficulty.
- You cannot be content and complain at the same time.
- Secondly, overcoming any temptation would be included in this all things.
- God is faithful, He will not allow you to be tempted beyond what you're able, but with the temptation will also make the way of escape.
- A third category, which I would say would just be a catch-all, doing anything that God requires.

## 3 Through Christ Who Strengthens Me

**John 15:5; Zechariah 4:6; Ephesians 1:19–20**

- It is not on our own strength. It is only by the strength of Christ that we can do all things.
- I am the vine. You are the branches. He who abides in me and I in him, he bears much fruit, for apart from me you can do nothing.

- Not by might nor by power, but by my spirit, says the Lord of hosts.
- The power that is laid at our disposal is the same power that raised Christ from the dead.
- What power is that? It's the power of Christ. If Christ lives in us, that's the power.
- This verse doesn't work without the last phrase. It doesn't work with just I can do all things.

### THE CHALLENGE

**Embrace the Christian walk with unwavering and bold confidence and optimism. And learn to say, when any obstacle is before you that might seem to be impossible, I can do all things through Christ who strengthens me.**

### MY NOTES