



LIFE GROUP SERMON NOTES

"I Can!"

Ps James Lowe – October 12, 2014

WARM-UP (10-15 minutes)

Choose a question below to answer, or ask another. *No right or wrong answers.*

- What's one of the hardest things you've ever done?
- If ability wasn't an issue, what is something you'd like to do that you've never done before?
- What is an achievement that a family member has accomplished that you admire?

WORD (10-15 minutes)

Sermons can be heard online at bethelbrentwood.org/media.

The Scriptures teach the reality of an unseen spiritual enemy who seeks to steal, kill, and destroy. Because of sin humans suffer under such spiritual attack. Some despair to the point of losing all hope and motivation for life. God, however, has provided for our deliverance from not only our sins, but also from our spiritual enemy and from every temptation.

1 Corinthians 10:13 ESV *No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.*

God has provided us with the ability to do everything he has called us to do. He commands nothing for which he does not also supply the grace needed to obey. He provides us with what we need to follow his guidance. He does this through Jesus Christ, who supplies us with his Word and his Spirit.

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

If God says I can, then saying "I can't" actually often means I won't.

How do we walk in such confidence as the apostle Paul wrote about? The answer, in part, can be found in what Paul writes about just prior to his bold statement of faith.

1. Don't quit on your important relationships.
 - *I entreat Euodia and I entreat Syntyche to agree in the Lord. Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.* (Philippians 4:2-3 ESV)
2. Rejoice in the Lord always.
 - *Rejoice in the Lord always; again I will say, rejoice.* (Philippians 4:4 ESV)
3. Pray to God about everything, especially the things that trouble you.
 - *(D)o not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.* (Philippians 4:6-7 ESV)

4. Set your mind on godly things.

- Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. (Philippians 4:8 ESV)

Paul faced many difficulties, including life threatening circumstances. In his letter to the Philippians, after exhorting the believers to rejoice, pray, and set their minds on godly things, he then recounts his own challenges. But he does this by saying that he has been able to overcome all of the challenges he has faced by relying upon Jesus Christ.

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)

PERSONAL APPLICATION (10-15 minutes)

Choose an item below to discuss, or introduce another related topic for discussion.

- What do you find to be especially difficult in your life at the present time?
- How have you overcome difficulties in the past?
- How are you doing in the areas Paul wrote about: not quitting on key relationships, rejoicing in the Lord, praying, and thinking on godly things?

PRAYER (10-15 minutes)

Pray for any of the following, as well as any other requests you may have.

- That God would strengthen you to go through all things with a firm trust in Jesus Christ.
- That God would point out any matter that you have given up on that He wants you to overcome.
- That God would show you who you could encourage and strengthen, so that they too can overcome their challenges.