



CONNECT

APART FROM ME YOU
CAN DO NOTHING
(JOHN 15:5)

Community

Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”



Matthew 4:4 (NIV)



The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.



John 10:10 (NIV)



Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.



John 15:4–5 (NIV)



Prepare yourself



The Lord is in his holy temple; let all the earth be silent
before him.



Habakkuk 2:20 (NIV)



He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”



Psalm 46:10 (NIV)



But when you pray, go into your room, close the door and pray to your Father, who is unseen.

Then your Father, who sees what is done in secret, will reward you.

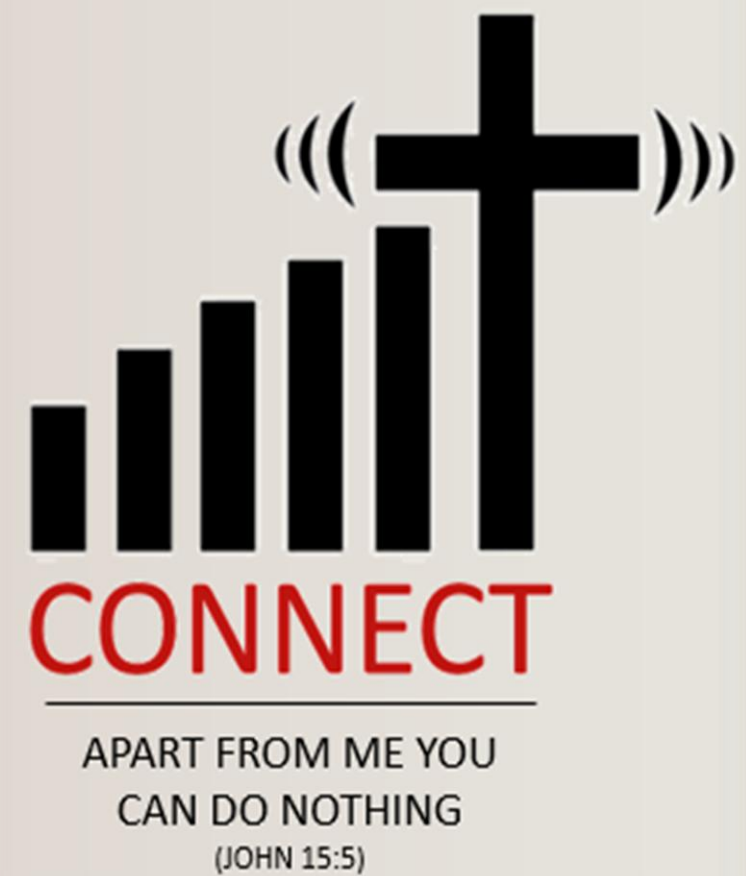


Matthew 6:6 (NIV)



Pray for Insight

- Prepare yourself



For this very reason, make every effort to **add to your faith** goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love.



2 Peter 1:5–7 (NIV)



If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.



James 1:5 (NIV)



But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.



John 14:26 (NIV)



Read it

- Prepare yourself
- Pray for Insight



For I can do everything through Christ, who gives me strength.



Philippians 4:13 (NLT)



What is the context? – read previous verses

- Prepare yourself
- Pray for Insight
- Read it



Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



Philippians 4:4–13 (NIV)



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.



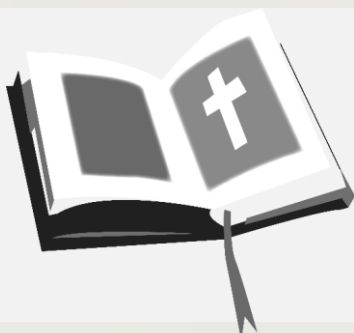
Philippians 4:4–13 (NIV)



I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances.



Philippians 4:4–13 (NIV)



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 4:4–13 (NIV)



Ask questions about the context

- Prepare yourself
- Pray for Insight
- Read it
- What is the context? – read previous verses



Rejoice in the Lord always. I will say it again: Rejoice!

Let your gentleness be evident to all. The Lord is near.



Philippians 4:4-5 (NIV)



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



Philippians 4:6–7 (NIV)



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things



Philippians 4:8 (NIV)



Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it.



Philippians 4:9–10 (NIV)



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.



Philippians 4:11–12 (NIV)



Summarize the context

- Prepare yourself
- Pray for Insight
- Read it
- Ask questions





- We all probably struggle with some form of anxiety.
- God realizes this and tells me how to handle it.
- I need to find things to be thankful for, express my thanks and give it to God.
- God doesn't want me to experience anxiety and offers a path to peace.
- Paul went through really hard things and I will probably have to do the same, but there is a way to experience contentment no matter what I am going through.



The heart of the passage

Philippians 4:4–13 paints a picture of a believer whose inner life is shaped not by circumstances but by the nearness and strength of Jesus.

- **Rejoice always** — not because life is easy, but because the Lord is present and faithful.
- **Let gentleness be visible** — a calm, gracious posture that reflects trust in God.
- **Trade anxiety for prayer** — bringing every concern to God with gratitude.
- **Receive God's peace** — a guarding, stabilizing peace that surpasses understanding.
- **Fill your mind with what is good** — truth, purity, beauty, excellence, and praise.
- **Put godly teaching into practice** — lived obedience brings the presence of the God of peace.
- **Learn contentment in all circumstances** — Paul has experienced both lack and abundance and has discovered a steady, Christ-centered sufficiency.
- **Rely on Christ's strength** — the source of endurance, joy, and contentment.

The core message in one sentence

A life anchored in Christ is marked by joy, peace, disciplined thought, and a contentment that comes from His strength rather than our circumstances.

I can do all this through him who gives me strength.

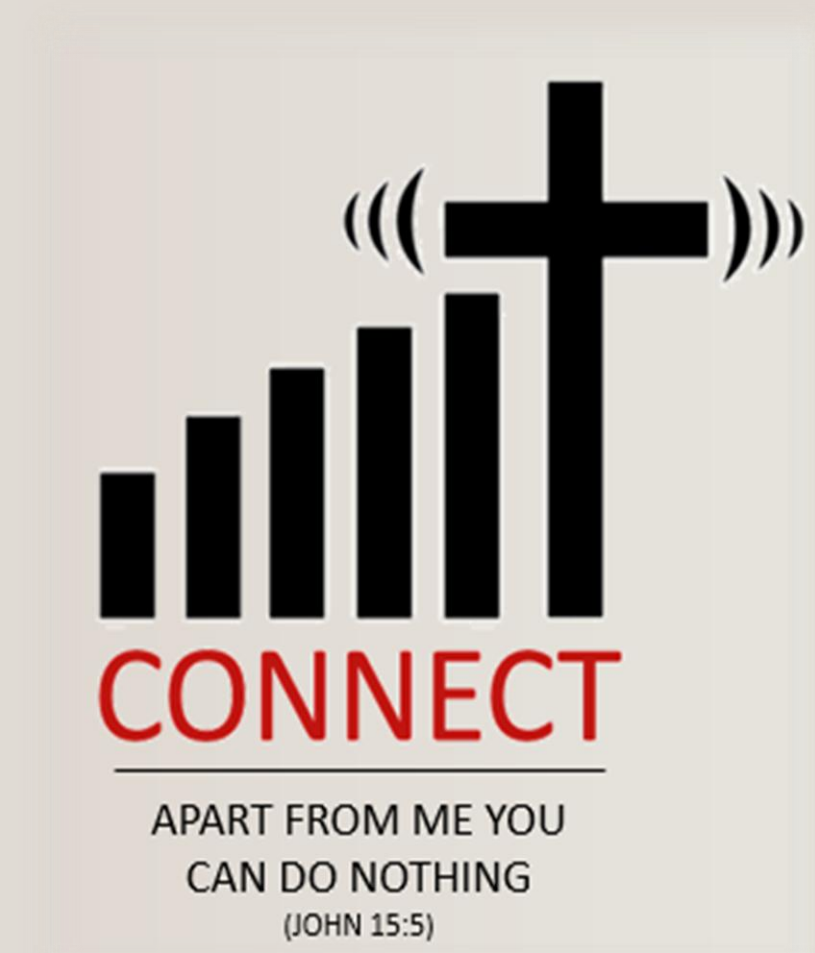


Philippians 4:13 (NIV)



Breakdown each word/phrase

- Prepare yourself
- Pray for Insight
- Read it
- Ask questions
- Summarize context



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.



Philippians 4:11-12 (NIV)



I can do all this through him who gives me strength.



Philippians 4:13 (NIV)



Paraphrase it

- Prepare yourself
- Pray for Insight
- Read it
- Ask questions
- Summarize context
- Breakdown each word/phrase



Pray it

- Prepare yourself
- Pray for Insight
- Read it
- Ask questions
- Summarize context
- Breakdown each word/phrase
- Paraphrase it

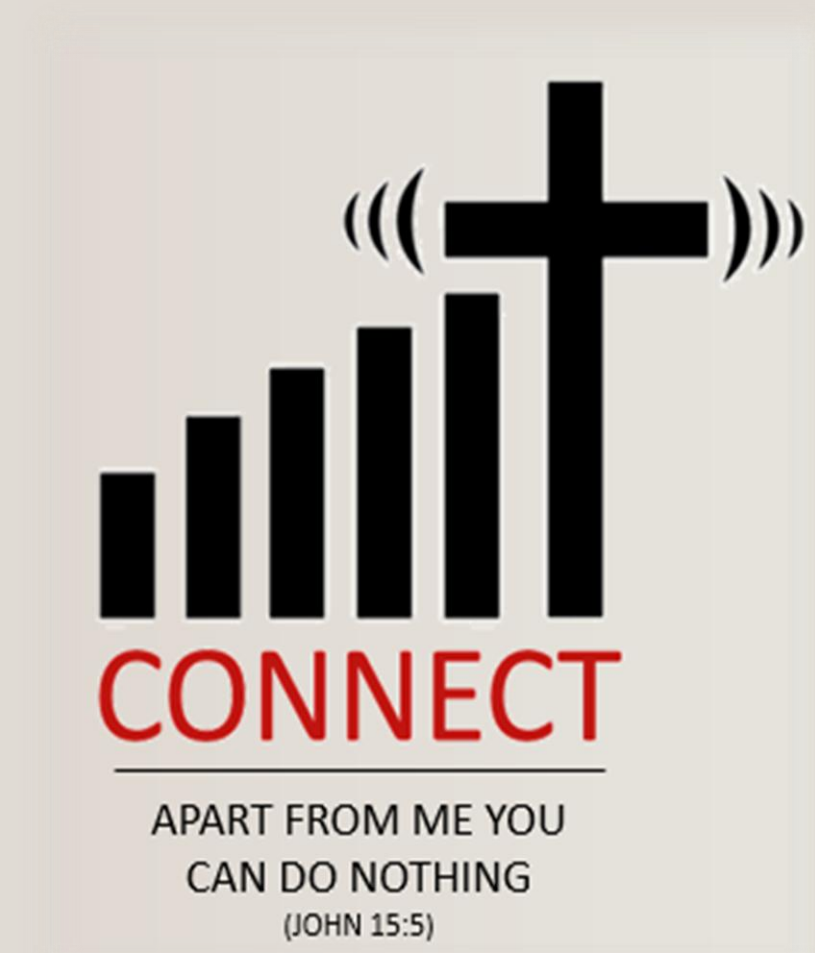




- I often try to do it all on my own
- I act like I don't need you based on my actions
- I get tired and frustrated with these situations
- I ask You to pour your strength into me because I really need it

Apply it

- Prepare yourself
- Pray for Insight
- Read it
- Ask questions
- Summarize context
- Breakdown each word/phrase
- Paraphrase it
- Pray it



Do not merely listen to the word, and so deceive yourselves. Do what it says.



James 1:22 (NIV)



so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.

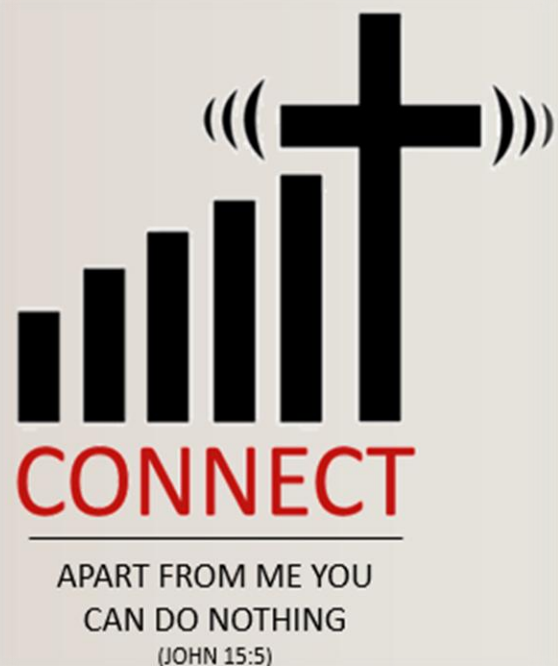


Isaiah 55:11 (NIV)



How to read my bible and get something out of it

- Prepare myself
- Pray for Insight
- Read it
- Ask questions
- Summarize context
- Breakdown each word/phrase
- Paraphrase it
- Pray it
- Apply it





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