

# 3.5 Complete Strength

## Bible Verse:

I can do everything through Him who gives me strength. – Philippians 4:13

Proclaim: *By the power of the Holy Spirit, I can do all things.*

**Truth:** Be strong and courageous and do not be afraid.

Those who depend fully on the Holy Spirit shall be able to do all things.

## Main Lesson Points:

- **To know my lack of goodness** – Rom 7:15, 18-19
- **To know my weaknesses** – 2 Cor 12:10
- **To do all things by the Holy Spirit** – Phi 4:13
- **Not one-time filling of the Spirit** – Eph 5:18

## Strength When Broken:

God's bond servant, Paul, knew that there was nothing good in himself. He said: "I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but cannot carry it out. For what I do is not the good I want to do...the evil I do not want to do, this I keep on doing." However, Paul experienced an ever ready strength that he could call on. God has given us the power of the Holy Spirit to give us strength, but we must ask for it. God can give us divine strength in place of our weaknesses.

## Interesting Questions:

(Choose 1 or more to discuss)

- **Why are there people that are very strong-minded, while others are weak?**
- **Can you name some people in the Bible that have great power?**
- **How can we get complete contentment?**

Scripture:  
Romans 7:15-19

## Think:

Why is it wise to know your own weakness and lack of goodness?

How have you seen the Holy Spirit's work in your own life?

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## Pray:

Use the space below to write a prayer requesting that God open your heart and mind so that you might be filled with and made confident by the Holy Spirit

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**Act:** We are given strength through the Holy Spirit. The next time you feel fearful or anxious, stop, pray and call on Him for the strength and power He freely gives to those who call on Him.

