

## 1. Introduction

a. Text: Philippians 4:13

b. Transformation - metamorphosis  
- example caterpillar → butterfly  
tadpole → frog

c. Transform from "old man"  
into "new man"

- salvation
- baptized
- read Bible
- surrender will "living sacrifice"
- serve others
- soul winning
- teach others

d. Context: verses 11-13

- contentment in all circumstances
- anytime have plenty or have needs
- I can do all things thru Christ
- Christ gives me strength

## 2. Helping Others

a. Perfect friends

- friendly
- helpful
- loyal
- respectful
- good friends
- trustworthy

b. Becoming close to others

- wise as serpents
- \* knows what can hurt it
- \* avoid dangers
- \* Mt 10:16 be wise as serpents & harmless as doves



\* sent out as sheep (prey animals)  
among wolves (predators)

2b (cont)

- harmless as doves
- \* not hurting others
- \* helping where you can
- Bible verse Mt 10:16

3. First Word "I"

- For each person alive
- Me, myself, & I
- Even when alone, ~~Christian not~~
- ~~really a~~ Remember Christian ~~not~~  
really alone - Heb 13:5-6, Jn 14:16, Acts 2:1-4

4. Second Words "Can Do"

- Ability to act - verb action
- Big work, little work
- Not question of "cannot"/"can't"
- Decision to do something
- Saying "yes" to work
- God gave humans one mind, 2 hands & 2 feet - one voice, 2 eyes, 2 ears
- Responsibility: obey God's Word to do God's commands

5. Third Words "All Things"

- Only one thing? No
- All things - everything
- Every action

6. Fourth Words "Through Christ"

- All actions based on Jesus Christ
- Actions based on Bible principles
- Questions to ask
  - Bible command?
  - Is it moral?
  - Is it good?
  - Does action fit Philp 4:8

7. Last Words "Christ Who Strengthens Me"

- Jesus Christ gives me strength
  - mental strength
  - emotional strength
  - moral strength
  - physical strength
- Jesus Christ never leaves you/me