

Learning Competency:
 “I can do all this through Christ who gives me strength.”
 Philippians 4:13



What can you say about the picture?



As of this moment what are the things that you are struggling with?
 Write your answer below.

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What is your idea about resilience? Write your answer on the space provided.



A series of seven horizontal lines for writing.

Just before Paul says, "I can do all things through Him who gives me strength," he recounts some of the different circumstances he found himself in:

1. He's been hungry and well-fed.
2. He's been in need and he's been well off.
3. He learned to be content no matter what his circumstances are.

Paul's victory came through his union with Christ. Paul's victory didn't come through his own strength. His secret was that he didn't do it, but Christ did it through him. The spirit of Christ who dwells in believers empowers us to be victorious even in the midst of trials.

**LET'S DIG IN!**

Victory through suffering

DISCUSSION:

Resilience -the capacity to recover quickly from difficulties; toughness.

-the ability of a substance or object to spring back into shape; elasticity.

In this biblical context we can endure all things, good or bad, through Christ. The context of the passage suggest the "do all things" is not achieve all things, but endure all things with contentment.

1. Through Trials

-Christ gives us the strength to not only endures the tough times, but also to grow during them. We aren't meant to just slog through the pain; we're meant to see our faith blossom right in the face of our battles. In Christ, we will certainly see joyful times, just as anyone does. But what truly sets us apart as followers of Jesus is that we can find victory in the most difficult trials.

2. Through Contentment

- But in Christ, we move our eyes off the things we don't have, the frustrations that surround us, and we put them where they need to be. After all, our hope isn't in what we have or don't have here on earth. Our hope is in Christ. Jesus gives us the strength to see beyond our present circumstances and to trust in Him to provide everything we truly need.

3. Through His Victory

- Our greatest victory, however, isn't really ours at all. We can face any situation and be content no matter what happens because of one important fact: Jesus died in our place and came back to life as a true Conqueror, and all He accomplished gets credited to our account. We didn't earn a single bit of it, but we're guaranteed so much.



NAME: _____

SECTION: _____

SUBJECT: _____

WEEK NO.: _____

- I. Identification: Write **TT** if the statement is **Through Trials**, **TC** if it's **Through Contentment** and **TV** if it's **Through His Victory**. Write your answer on the space provided.
- _____ 1. Our hope is in Christ.
 - _____ 2. Jesus gives us the strength to see beyond our present circumstances and to trust in Him to provide everything we truly need.
 - _____ 3. But what truly sets us apart as followers of Jesus is that we can find victory in the most difficult times.
 - _____ 4. Christ gives us the strength to not only endure the tough times but also to grow during those times.
 - _____ 5. We aren't meant to just slog through the pain; we're meant to see our faith blossom right in the face of our battles.
 - _____ 6. In Christ, we will certainly see joyful times, just as anyone does.
 - _____ 7. Jesus died in our place and came back to life as a true Conqueror.
 - _____ 8. Matthew 6:32-33 "He has given us a direct command not to worry about the things in the world.
 - _____ 9. Our God is the one who goes with us and to fight for us against our enemies to give us victory.
 - _____ 10. We didn't earn a single bit of victory, but we're guaranteed so much.



Enumeration: Give what is being asked. Write your answer on the space provided (5 pts. each)

- 1. In your own understanding, define Resilience.

- 2. How do you cope with pressure?

WORDS TO PONDER

Paul was at peace with his circumstances because he didn't rest his hope on them, but on God.

1. Pursuing a deeper joy that transcends our immediate circumstances.
2. Learn to make Jesus Christ the center of your thinking. Don't let your mind dwell on negative things, things that are sinful and worldly. But let your mind dwell instead on Jesus Christ and on things that are related to Him as often as you can.
3. Philippians 4:13 is not a blind promise that you will be successful in every endeavor. Instead, it is encouragement that we are able to remain content in all circumstances because our hope and source of joy is in an unchanging Saviour



PERFORMANCE TASK:

Instruction: In a short bond paper make a poster with the theme "RESILIENCE"

Rubrics:

- Design 10%
- Content 25%
- Creativity 15%

Total of 50%



Encircle the word/s which of our core values you can possibly apply our topic?

- A. COMMITMENT
- B. ACCOUNTABILITY
- C. RESILIENCE
- D. EXCELLENCE
- E. STEWARDSHIP



- The Bible
- E-Bible
- https://www.google.com/search?q=+philippian+4%3A13+short+sermon&rlz=1C1RLNS_enPH990PH990&sxsrf=AJOqlzWGtVLazfTPjbQpyOUTJT8bhZRtZg%3A1678930886016&ei=xnMSZMJJSza-x4w-otbWYCw&ved=0ahUKEwjCzcD4qN_9AhXNV2wGHahaDbMQ4dUDCA8&uact=5&oq=+philippian+4%3A13+short+sermon&gs_lcp=Cgxnd3Mtd2l6LXNlcuAQAzokCAAQRxDWBBCwA0oECEYAF_C9AVi1pAFg9qYBaAJwAHgAgAG_A4gB2iuSAQowLjguMTEuMy4xmAEAoAEBByAEIwAEB&sclient=gws-wiz-serp
- <https://www.thegospelcoalition.org/article/victory-suffering/#:~:text=Means%20of%20Our%20Victory&text=Paul's%20victory%20came%20throug h%20his,in%20the%20midst%20of%20trials.>