

"I Can Do All Things through Christ"

Philippians; Colossians; Philemon (Lesson 40)

- What words are contained in the Article of Faith 13 and Philippians 4:8?
- **What is "the admonition of Paul"?**
- Where is it found?

1. Paul encourages the Philippian Saints to follow Jesus Christ. Philippians

- Paul was imprisoned in Rome when he wrote to the Philippians. **How did other members of the Church react to Paul's imprisonment?** (Philippians 1:12–18.)
- **How have you been helped by seeing or hearing about others who were courageous in serving the Lord?**
- In Philippians 2:2–3, **what did Paul exhort the Church members to do?**
- **In what ways should Church members be "of one mind"?** (Philippians 1:27; 2:14–15.)
- Why do we sometimes do things for "vainglory"?
- **Why do you think Paul counseled against this?**
- **Why is it important that we not think we are better than other people?** (D&C 38:24–26.)
- What did Paul teach about Jesus in Philippians 2:5–8?
- How did Jesus set the perfect example of being humble and submissive to the will of his Father? (John 8:29.)
- **How can we become more humble and submissive to Heavenly Father's will?**
- **What do you think Paul meant when he told the Philippians, "Work out your own salvation with fear and trembling"?** (Philippians 2:12.)
- Paul repeatedly counseled the Philippians to "rejoice in the Lord" (Philippians 3:1; 4:4). **How can we rejoice in the Lord?**
- Paul told the Philippians that he had sacrificed all things for Christ (Philippians 3:7–8). **What had Paul sacrificed?**
- **Why is it important that we make sacrifices for Christ?** (Philippians 3:9–12.)
- **How can we obtain the "peace of God" mentioned in Philippians 4:7?** (Philippians 4:6–7.)
- **When have you felt the peace of God?**
- **How can we apply Paul's counsel in Philippians 4:8?** (Articles of Faith 1:13.)
- **How are we blessed when we follow this admonition?**
- Paul testified, "I can do all things through Christ which strengtheneth me" (Philippians 4:13). **How do you think Paul gained this testimony of Christ?**
- **How have you seen that you can "do all things through Christ"?**

2. Paul reminds the Colossians that redemption comes only through Christ. 1(Colossians 1:23; see also Colossians 2:5–7)



Follow My Prophets To Me



- What truths about Jesus Christ did Paul teach the Colossians? (Colossians 1:12–22)
- Why was it important for the Colossians to understand these truths?
- **How does your knowledge and testimony of Jesus Christ affect the way you live?**
- What is the "inheritance of the saints" that we may receive from our Father in Heaven? (Colossians 1:12; 2 Nephi 9:18; D&C 50:5.)
- **Who makes this inheritance possible?** (Colossians 1:12–14.)
- **What must we do to receive this inheritance?** (Colossians 1:10–12; 2 Nephi 9:18; Alma 5:51; D&C 50:5.)
- **What did Paul mean when he exhorted the Colossians to be "grounded and settled" in the gospel?** (Colossians 1:23.)
- **What causes some people to be "moved away from the hope of the gospel"?** (Colossians 1:23).
- **What can we do to strengthen our testimonies?**

3. Paul teaches the Colossians what they should do as the elect of God. Colossians 2:1–8, 16–23; 3; 4.

- Paul wanted the Saints to have their hearts "knit together in love" and in the knowledge of God the Father and Jesus Christ (Colossians 2:2–3). **How can we accomplish this in our own ward or branch?**
- **What does it mean to be "rooted and built up" in Christ?** (Colossians 2:7.)
- **How can we become rooted in Christ?**
- **How can being "rooted and built up" in Christ help us in times of trial?**
- What attributes of "the elect of God" are listed in Colossians 3:12–15?
- **How has Jesus Christ set an example in these attributes?**
- How can we more fully develop these attributes?
- **How can we let the word of Christ dwell in us, as Paul admonished?** (Colossians 3:16–17; D&C 1:37; 18:34–36.)
- **How can hymns strengthen our understanding and testimony of the word of Christ?**

• **How can we make better use of hymns and other sacred music?**

- Paul repeatedly emphasized the importance of being thankful (Colossians 2:7; 3:15, 17). **Why is it important that we be thankful?**
- **How can we show gratitude to Heavenly Father and Jesus Christ in all circumstances?**

4. Paul encourages Philemon to be forgiving toward Onesimus. Philemon

- **What can we learn about Paul from his letter to Philemon?**
- **How did Paul show respect for Philemon's agency?** (Philemon 1:14.)
- How did Paul show his commitment to Onesimus's welfare?
- What can we learn from this epistle about the gospel's power to transform human relationships? (Philemon 1:16.)
- How does the gospel affect your relationships with the people around you?

5. Relationships between parents and children Colossians 3:20–21.

- **According to Paul, what is a child's obligation to his or her parents?**
- **What is the parents' obligation to a child?**
- **How can you improve the relationship between parents and children in your family?**

6. "Ye serve the Lord Christ" (Colossians 3:23–24)

- How can we follow Paul's instructions in these verses? (also Matthew 25:34–40.)
- **What difference might this attitude make in how we serve?**

Conclusion

It is very important to develop attributes that help us become more like Jesus Christ, such as those mentioned in Paul's letters to the Philippians, the Colossians, and Philemon. Philippians 4:8 and Colossians 3:12–15 I invite to choose one attribute from those verses to work on developing this week.