

Bible Language Learning Lesson

English

Date: January 29, 2026
Level: C2

■ Verse of the Day

Philippians 4:13

I can do all things through Christ who strengthens me.

Meditation: This verse serves as a powerful reminder of the limitless potential we possess when we align ourselves with Christ. It encourages us to embrace challenges, knowing that our strength is not solely our own, but derived from a higher source that empowers us to overcome obstacles.

■ Reading Comprehension

The verse Philippians 4:13, which states, "I can do all things through Christ who strengthens me," encapsulates a profound theological truth about reliance on divine strength. This assertion underscores the centrality of faith in the Christian experience, suggesting that human limitations can be transcended through spiritual empowerment. The Apostle Paul, writing to the Philippians, emphasizes that true capability does not stem from self-sufficiency but from a relationship with Christ. This understanding invites believers to cultivate resilience in the face of adversity. It encourages them to seek strength not in their own abilities but in a higher source. Practically, this can manifest in various aspects of daily life, such as overcoming obstacles, pursuing personal goals, or enduring trials. By acknowledging dependence on Christ, individuals may find themselves equipped to tackle challenges that once seemed insurmountable. In essence, this verse serves as a reminder that faith can inspire action, transforming potential into reality through the strength bestowed by Christ.

■ Audio available for listening exercise

Key Vocabulary:

theological, empowerment, resilience, self-sufficiency, dependence, overcoming, insurmountable, transforming, potential, action

■ Reading Exercises

1. What is the main theological truth expressed in Philippians 4:13?
2. How does the verse relate to the concepts of empowerment and resilience?
3. In what ways does the notion of dependence on Christ contrast with self-sufficiency?
4. What does the author mean by 'insurmountable' challenges in relation to the verse?
5. How can the themes of overcoming and transforming potential be applied in everyday life?



■ Writing Exercises

1. Reflect on a personal experience where you relied on your faith for empowerment. Describe the situation and the outcome.
2. Discuss the balance between self-sufficiency and dependence on divine strength in achieving personal goals.
3. Write an essay on how resilience plays a role in overcoming insurmountable challenges, referencing Philippians 4:13.

■ Listening Exercises

1. Listen for examples of how the speaker illustrates the concept of divine empowerment.
2. What personal stories does the speaker share to highlight the theme of resilience?
3. What key points does the speaker make about transforming potential into action?
4. How does the speaker address the contrast between dependence and self-sufficiency?

■ Speaking Exercises

1. Discuss a time when you felt empowered by your faith. How did it affect your actions?
2. Explain the significance of resilience in your life and how it relates to overcoming challenges.

3. Share your thoughts on the balance between personal effort and reliance on divine strength in achieving success.

⇒ ■ **Fill-in-the-Blank Exercises**

1. The concept of ____ emphasizes the importance of divine assistance in achieving one's goals.
2. Many people find that their ____ grows when they face difficult situations with faith and determination.
3. The verse suggests that overcoming ____ challenges is possible when one relies on Christ.
4. ____ is a key aspect of personal growth, allowing individuals to discover their true potential.

■ Answer Key

Reading Answers

1. **The main theological truth expressed in Philippians 4:13 is the belief that through faith in Christ, individuals can access divine strength to overcome challenges.** *(This verse emphasizes the importance of relying on Christ for strength rather than solely on one's own abilities, highlighting a core aspect of Christian faith.)*
2. **The verse relates to empowerment and resilience by illustrating that true strength comes from Christ, enabling individuals to face difficulties with confidence and perseverance.** *(It suggests that empowerment is not self-derived but comes from a relationship with Christ, which fosters resilience in the face of adversity.)*
3. **The notion of dependence on Christ contrasts with self-sufficiency by illustrating that acknowledging one's limitations and seeking strength from a higher power is essential for true success.** *(While self-sufficiency promotes independence, dependence on Christ emphasizes the need for divine assistance to achieve one's goals.)*
4. **The author means that 'insurmountable' challenges are those that seem impossible to overcome without divine intervention, highlighting the belief that Christ provides the necessary strength to tackle such obstacles.** *(This term underscores the idea that some challenges may appear too great for human effort alone, reinforcing the need for reliance on Christ.)*
5. **The themes of overcoming and transforming potential can be applied in everyday life by encouraging individuals to face their challenges with faith, believing that they can achieve their goals through Christ's strength.** *(This practical application suggests that individuals can approach their daily struggles with a mindset of faith, leading to personal growth and achievement.)*

Writing Answers

1. **In my life, I have faced numerous challenges that felt overwhelming. However, through faith and reliance on Christ, I learned that I could overcome these obstacles. For instance, during a particularly difficult time in my studies, I prayed for strength and guidance. I found that by trusting in Christ, I was able to focus better and ultimately succeed in my exams. This experience taught me that my potential is not limited to my own abilities but is amplified through my faith.** *(This model response demonstrates personal application of the themes in Philippians 4:13, illustrating how reliance on Christ can lead to overcoming challenges.)*

Listening Answers

1. **Key points to listen for include the importance of faith in Christ, the concept of divine strength, and examples of overcoming challenges through reliance on God.** *(Focusing on these points will help listeners grasp the central message of Philippians 4:13 and its implications for personal empowerment.)*

Speaking Answers

1. When I think about Philippians 4:13, I feel empowered knowing that I can face any challenge with Christ's strength. For example, I've struggled with public speaking, but reminding myself of this verse gives me the courage to try. I believe that with faith, I can transform my fear into confidence. *(This sample response articulates a personal connection to the verse, demonstrating how it can inspire confidence and resilience in challenging situations.)*

Fill-in-the-Blank Answers

1. **strength** *(The missing word refers to the divine empowerment that allows individuals to overcome challenges, as expressed in Philippians 4:13.)*