

Bible Language Learning Lesson

English

Date: January 29, 2026

Level: B1

■ Verse of the Day

Philippians 4:13

I can do all things through Christ who strengthens me.

Meditation: This verse reminds us that we are never alone. With Christ's strength, we can face any challenge and achieve our goals. Trust in Him, and you will find the power to succeed.

■ Reading Comprehension

The Bible verse Philippians 4:13 says, 'I can do all things through Christ who strengthens me.' This verse teaches us that we can find strength in our faith. It means that no matter what challenges we face, we can overcome them with Christ's help. This idea is important for our daily lives. When we feel weak or unsure, we can remember that we are not alone. We can pray and ask for support. For example, if you have a difficult task at school or work, you can rely on your faith to give you courage and energy. In addition, this verse encourages us to help others. When we see someone struggling, we can remind them of this truth. By sharing our faith, we can support each other. Overall, Philippians 4:13 is a powerful reminder that with faith, we can achieve our goals and face any challenge that comes our way.

■ Audio available for listening exercise

Key Vocabulary:

strength, faith, challenges, overcome, support, courage, energy, struggling, remind, achieve

■ Reading Exercises

1. What does Philippians 4:13 teach us about strength?
2. How can faith help us in challenging situations?
3. What does the word 'achieve' mean in the context of this verse?
4. According to the reading, who gives us strength?

■ Writing Exercises

1. Write about a time when you faced a challenge and how you overcame it.
2. Describe how faith can help someone during difficult times.
3. What does courage mean to you? Write a short paragraph explaining your thoughts.

■ Listening Exercises

1. Listen for the main message of Philippians 4:13.
2. What examples of challenges are mentioned in the audio?
3. What does the speaker say about support from others?
4. How does the speaker suggest we can find strength?

■■ Speaking Exercises

1. Discuss a situation where you needed courage. What happened?
2. How can people support each other in overcoming challenges?
3. What do you think is the most important quality to have when facing difficulties?

⇒ ■ Fill-in-the-Blank Exercises

1. Having ____ can help us face difficult times.
2. To ____ a challenge, we need to believe in ourselves.
3. Friends can give us the ____ we need to keep going.
4. It's important to ____ ourselves of our strengths.

■ Answer Key

Reading Answers

1. **It teaches us that we can find strength in our faith.** *(Philippians 4:13 emphasizes that through faith in Christ, we are empowered to face and overcome challenges.)*
2. **Faith can provide us with hope and resilience.** *(In challenging situations, faith helps individuals maintain a positive outlook and gives them the strength to persevere.)*
3. **'Achieve' means to successfully accomplish a goal.** *(In the context of the verse, 'achieve' refers to the ability to reach one's goals with the support of Christ.)*
4. **Christ gives us strength.** *(According to the reading, it is through Christ that we are empowered to handle life's difficulties.)*

Writing Answers

1. **One time I faced a challenge was during my final exams in college. I was overwhelmed with the amount of material I needed to study. I felt stressed and anxious, but I decided to create a study schedule and break down the material into manageable sections. I also reached out to friends for support and formed a study group. With dedication and the help of my peers, I was able to overcome my anxiety and perform well on my exams.** *(This response illustrates a personal challenge and the steps taken to overcome it, highlighting problem-solving and support from others.)*
2. **Faith can help someone during difficult times by providing a sense of purpose and comfort. When faced with adversity, believing in a higher power can give individuals the strength to keep going. For example, someone who is struggling with illness may find solace in prayer, which can help them feel less alone and more hopeful about recovery.** *(This response describes how faith serves as a source of strength and comfort during hardships, emphasizing its role in providing hope.)*

Listening Answers

1. **Key points include the importance of faith, the role of Christ in providing strength, and examples of overcoming challenges.** *(Listening for these key points will help understand the central themes of faith and strength in overcoming difficulties.)*

Speaking Answers

1. **I believe that faith plays a crucial role in helping us navigate tough times. For instance, when I lost my job, I turned to my faith for guidance. I prayed for clarity and direction, which helped me stay positive and motivated. I also found support in my community, which reinforced my belief that I was not alone in my struggles. This experience taught me that faith can truly empower us to face challenges head-on.** *(This sample response provides a personal anecdote that illustrates how faith can support someone during difficult times, demonstrating reflection and personal growth.)*

Fill-in-the-Blank Answers

1. **strength** *(The word 'strength' is essential in conveying the message of empowerment through faith as taught in Philippians 4:13.)*