**I Can Do All Things**

**Philippians 4:13**

**Introduction:**

I. I was raised to put my best effort forward at all times, (perhaps you too)

A. My dad in particular tried his best to teach this to me

1. Mowing the yard, playing pool, all sports – bowling, baseball, work/job

B. **Tough lessons to learn!** (***Motivation, Strong willed, Determination, Discipline, Focus, Desire, & Passion***).

II. The decision that most have made to accept and put forth a covenant/promise to God is somewhere we should be really applying ourselves – to do our best!

A. God shows/teaches us a better way - the right way.

1. But we must apply our best!

**Discussion:**

**I. If Jesus Didn’t Quit Why Should I? (Acts 2:23; Phil. 2:5-8)**

A. Jesus was/is perfect. He is the example we have of how to live our lives to the fullest and in the best way (1Pet. 2:21)

B. Jesus did not QUIT! Neither should we. (Luke 9:62; Gen. 19:26)

1. Think of all He had experienced and endured.

a. He knew why he came into the world (John 16:28; 3:17; Mark 2:17)

b. Gave up riches of heaven, persecuted, out for his life, brutal death

**II. Passion Stronger Than Fears**

A. It should be obvious to you, that because of the great distance of this spiritual race that we may not put the effort forth to do our best at all times (1Cor. 9:24)

1. Even the strongest gladiators of the gridiron will admit they take plays off

2. Is this the example we see in Jesus?

B. We must have our Passion be Stronger than our fears!

1. For it is fear that often will cause us to hesitate, pull back, or stop

**III. Strong Willed, Determined and Focused**

A. ***“I can do all things through Christ who strengthens me.” (***Phil. 4:13)

1. Be strong-willed to overcome (Jas. 1:12)

2. Determined to make it to the finish (2Tim. 4:7)

3. Focused upon the goal (Phil 3:14)

**Conclusion:**

I. Herman Edwards says: *“Don’t let anyone walk between your ears with dirty feet.”*

A, Control what goes into your head between your ears!

II. You can do all things through Christ who strengthens you!