

October 14–20
Philippians; Colossians

“I Can Do All Things through Christ Which Strengtheneth Me”

Sunday School

Disciples of Jesus Christ become “new” as they live His gospel.

- *What does it mean to put off the “old man” and put on the “new man”?*
 - *[Colossians 3:9–10](#)*
- *How do we become new through the Savior Jesus Christ and our willingness to live his gospel?*
 - *study [Philippians 2:1–5, 14–18; 4:1–9](#) [Colossians 3:1–17](#).*
- *Share examples of you or someone you know who changed through the living the gospel?*
- *How has living the gospel helped you?*

We can find joy in Christ, regardless of our circumstances.

- *What are some of the trials that Paul Experienced?*
 - *[2 Corinthians 11:23–28](#)*
- *What did Paul counsel the people to help them in their trials?*
 - *[Philippians 4:1–13](#)*
- *Read Russell M. Nelson’s talk “Joy in Spiritual Survival”*
- *Watch the video Trial of Adversity*
 - *How did the people in the talk or video find joy in difficult circumstances?*
- *Read the story Peace that Passes all Understanding*
 - *Share a time that you felt the “Peace of God which passes all understating”*
 - *Or when you felt the “strength of Jesus Christ” to accomplish something they could not have otherwise done.*
- *Use the worksheet to compare the two scriptures which are Article of Faith 13 and Philippians 4:8*
 - *How do we “seek after these things”?*

When our faith is “rooted” in Jesus Christ, we are strengthened against worldly influences.

- *Read Paul’s testimony of the savor (use worksheet to help you)*
 - *[Colossians 1:12–23; 2:3–8](#)*
 - *What in theses verses helps to strengthen your own testimony of Jesus Christ*
 - *What does it mean to be “rooted and built up in Jesus Christ*
 - *Share picture of (spiritual whirlwinds)*
 - *Read the story from Niel L. Anderson*
 - *What can strengthen or weaken the roots of a tree?*
 - *How does being “rooted or built up in Christ” strengthen us against worldly influences*
 - *Share Dallin H Oaks “worldly traditions) Use the worksheet to discuss these traditions and how your class can be rooted in Christ*