

**Press on in Confidence**  
**WBS Kids Lesson #15**  
**Philippians 4:11-13**

**HOOK:** Do you know the secret of something? For instance, maybe the secret to getting dessert at your house is that you first eat your vegetables! Or the secret to not getting cavities is to brush your teeth twice a day. The secret to building a steady tower out of blocks is to start with the larger blocks at the bottom. These kinds of “secrets” are knowing the right information to help you to get or do something.

**BOOK:** When we open our Bibles, we read about a secret that the Apostle Paul shared with his special friends in Philippi. Paul said, ***“I have learned the secret of being content in any and every situation...I can do all this through Him who gives me strength.”*** Being “content” means feeling satisfied or happy. Paul is saying that he has learned the secret to being content (or happy) no matter what is going on in his life. The secret is this: He has the power of Christ in him. God gives him strength!

**LOOK:** It didn’t matter if Paul was cold and hungry or warm and full—he felt content—he was happy and satisfied. Because Jesus helped Paul and gave him strength, he could be content and feel strong inside no matter what! Paul shared this secret because he knew God wants all His people—including you and me—to be content and strong inside, no matter what is happening in our lives.

**TOOK:** So, here’s a little challenge for you: The next time you want to do something (like eat a snack or watch T.V.), but you are told you have to wait, remember that Jesus can make you strong enough to be patient and behave well while you wait for that food or activity. Ask God to give you the strength you need to be content and not become grumpy or whiney! When you remember that you can do all things through God who strengthens you, you will feel better inside and act in a way that pleases the Lord and others. Share the secret of being content with someone today.

**Bible Verse: “I can do all this through Him who strengthens me.”**  
**Philippians 4:13**

**Prayer: “Dear God, Help us to remember the secret of being content and strong inside no matter what. Thank You for giving us strength! Amen.”**

## Press on in Confidence: #15



what we  
learned

The Apostle Paul shared a secret with his special friends in Philippi. Paul said, ***“I have learned the secret of being content in any and every situation...I can do all this through Him who gives me strength.”***

Being “content” means feeling satisfied or happy. Paul said that he learned the secret to being content no matter what was going on in his life. The secret is this: He has the power of Christ in him. God gives him strength! It didn’t matter if Paul was cold and hungry or warm and full—he was content. Paul shared this secret because he knew God wants us to be content and strong inside, no matter what is happening in our lives.



memory  
verse

**“I can do all this through Him who strengthens me.”  
Philippians 4:13**



parent/child  
activity

Today your child was given this challenge: *The next time you want to do something (like eat a snack or watch T.V.), but you are told to wait, remember that Jesus can make you strong enough to be patient and behave well while you wait for that food or activity. Ask God to give you the strength you need to be content and not become grumpy or whiney! When you remember that you can do all things through God who strengthens you, you will feel better inside and act in a way that pleases the Lord and others.* Help your child this week by gently reminding him of this challenge and praying with them (and yourself) for strength!



daily prayer

**“Dear God, Help us to remember the secret of being content and strong inside no matter what. Thank You for giving us strength! Amen.”**

the learning  
**TLC**  
continues