

## Soul Surfer: I Can Do All Things

View the Soul Surfer video from the Game Changer FCA Resources DVD and walk through the questions below.

**Key Verse:** *I am able to do all things through Him who strengthens me.* – Philippians 4:13

- Read Philippians 4:11-13. What do you think Paul meant by “all things”?
- Have you found yourself relying on your own strength more than Christ’s? What kind of pressure did that place on you?
- How does it empower you as an athlete to know that your strength— physical, mental and spiritual— comes from Christ? Does it change the way you play? How about the way you pray?
- Read 2 Corinthians 12:9-10. What burdens are you freed from when you tap into Christ’s provision when you are weak? How does this make you stronger?

### **Bible Reference:**

Philippians 4



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