



“You Can Make It”
Time: 25-30 Minutes

Opening

Life can feel heavy sometimes. Some days bring stress, disappointment, exhaustion, financial pressure, heartbreak, health issues, loneliness, uncertainty, or simply the weight of trying to keep going. Often it is not one major event, but the constant everyday battles that wear people down mentally, emotionally, and spiritually.

But the good news of the Gospel is this: God never promised that we would never face trouble, but He did promise that we would never face it alone.

This Bible study is a reminder that no matter what comes your way daily, you can make it through the strength of Jesus Christ. You may bend, but you do not have to break. You may cry, but you do not have to quit. You may get tired, but God will give you strength for another day.

Key Scriptures

“I can do all things through Christ which strengtheneth me.” — Philippians 4:13 (KJV)

“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” — John 16:33 (KJV)

Points to Ponder

1. God Understands the Weight of Everyday Life

Sometimes people think they are failing because life feels hard. But Jesus Himself told us that trials would come. In John 16:33, Jesus said: “In the world ye shall have tribulation...” Tribulation means pressure, trouble, hardship, and affliction. Jesus was preparing His disciples for real life. He knew there would be days when they felt discouraged, overwhelmed, or attacked on every side.

The encouraging part is that Jesus did not stop there. He continued: “...but be of good cheer; I have overcome the world.” That means the trouble does not get the final say—God does.

Think About It

Some people are carrying silent battles: trying to provide for their family, caring for sick loved ones, dealing with anxiety, grieving, struggling in marriage, or fighting temptation but know that God sees every hidden burden. He understands the pressure of everyday life.

2. God Gives Strength for Today — Not Just Tomorrow

Philippians 4:13 says: “I can do all things through Christ which strengtheneth me.” Paul wrote these words while facing hardship, imprisonment, and suffering. Yet he understood something powerful: **his strength did not come from circumstances—it came from Christ.**

Sometimes we keep waiting for life to become easier before we believe we can make it. But God often gives strength in the middle of the struggle.

Example of Elijah

In 1 Kings 19, the prophet Elijah became overwhelmed and discouraged. After doing great things for God, he became emotionally exhausted and wanted to give up.

But instead of condemning Elijah, God strengthened him. God allowed him to rest. God fed him. God spoke to him gently. Then God reminded Elijah that his assignment was not over.

This shows us that even strong people can become weary sometimes. But God knows how to restore His people.

3. Trouble May Visit, But It Cannot Defeat You

One of the enemy’s greatest tactics is convincing people that what they are facing will destroy them. But the Bible repeatedly reminds us that trouble is temporary. **Psalm 30:5** says: “Weeping may endure for a night, but joy cometh in the morning.” That means yes, the pain is real, the tears are real, the struggle is real, —but so is God’s promise. Your current season is not your final destination.

4. God’s Grace Is Sufficient for Daily Battles

Paul prayed for God to remove a struggle from his life, but God answered him in **2 Corinthians 12:9**: “My grace is sufficient for thee: for my strength is made perfect in weakness.” Sometimes God does not immediately remove the situation, but He gives grace to endure it. Grace is God’s supernatural help. It is the ability to keep standing when you should have fallen.

Remember that...

- When you feel weak — His grace is enough.
- When you feel overlooked — His grace is enough.
- When you feel tired of fighting — His grace is enough.
- When you do not know what tomorrow holds — His grace is enough.

You are not surviving by your own strength alone. God has been carrying you even on the days you did not realize it.

Think & Discuss

1. What daily struggles tend to challenge your faith the most?
2. Have you ever experienced God giving you strength during a difficult season?
3. What does Philippians 4:13 mean to you personally?

4. How can we encourage others who may feel like giving up?
5. What is one practical way you can trust God more this week?

Takeaway

No matter what comes each day, **you can make it because God is with you.** Life may not always be easy, but God is faithful. The same God that kept David in the wilderness, Elijah in discouragement, Paul in suffering, and Jesus through the cross is the same God keeping you today. **Do not allow one bad day to make you believe you have a bad life. Do not allow one difficult season to make you believe God has abandoned you.**

You are stronger than you think because God is greater than what you are facing. Keep praying. Keep trusting. Keep showing up. Keep believing. With God's help—you can make it.

Closing Prayer: Father, in the name of Jesus, thank You for being our strength in difficult times. Thank You that no matter what comes in life, we do not have to face it alone. Help us to trust You daily, even when life feels heavy. Give us peace in our minds, strength in our hearts, and endurance for the journey ahead. Remind us that we are never abandoned and that through Christ we can overcome every challenge we face. Help us not to give up, but to keep walking by faith one day at a time. **In Jesus' name, Amen.**

Consider Sowing Seed: May your seed be planted in good soil and bring forth a bountiful harvest in due season.