

# Philippians 4:13

Authorized King James Version (KJV)

I can do all things through Christ which strengtheneth me.

## Analysis

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**I can do all things through Christ which strengtheneth me** (Πάντα ἰσχύω ἐν τῷ ἐνδυναμοῦντί με, *Panta ischyō en tō endynamounti me*)—*Panta ischyō* ("I can do all things")—not unlimited power for any desire but strength for whatever circumstances God appoints (context: contentment in v. 11-12). *En tō endynamounti me* ("in the One strengthening me")—present participle shows continuous divine enabling. Christ is source; Paul is conduit. *Endynamoō* ("to strengthen, empower") appears in Acts 9:22 (Paul's post-conversion empowerment). This verse concludes contentment teaching (vv. 11-13): self-sufficiency (v. 11) learned through extremes (v. 12) by Christ's strength (v. 13). It's the epistle's most memorized verse but often misapplied—it's about contentment amid hardship, not triumphalistic success-theology.

## Historical Context

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Modern misuse makes 4:13 a prosperity-gospel proof-text or motivational slogan. Context corrects this: Paul 'can do all things' specifically means endure abasement, hunger, need (v. 12) with contentment (v. 11). The 'all things' are appointed circumstances, not arbitrary ambitions. Christ's strengthening enables patient endurance, not worldly success. Paul wrote this from prison, facing possible execution—hardly triumphal circumstances. His strength was spiritual, enabling faithful suffering, not escape from suffering.

## Related Passages

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**Genesis 1:1** — Creation of heavens and earth

**Psalms 19:1** — Heavens declare God's glory

## Study Questions

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1. How is this verse commonly misapplied, and what does context (vv. 11-12) reveal its true meaning to be?
2. What 'things' is Christ currently strengthening you to endure with contentment?
3. How does reliance on Christ's strength (endynamounti) differ from self-reliance or passivity?

## Interlinear Text

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πάντα	ἰσχύω	ἐν	τῷ	ἐνδυναμοῦντί	με	Χριστῷ
all things	I can do	through	which	strengtheneth	me	Christ
G3956	G2480	G1722	G3588	G1743	G3165	G5547

## Additional Cross-References

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**Isaiah 41:10** (Parallel theme): Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

**Colossians 1:11** (Parallel theme): Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;

**Ephesians 6:10** (Parallel theme): Finally, my brethren, be strong in the Lord, and in the power of his might.

**Ephesians 3:16** (Parallel theme): That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man;

**John 15:7** (Parallel theme): If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

**Isaiah 45:24** (Parallel theme): Surely, shall one say, in the LORD have I righteousness and strength: even to him shall men come; and all that are incensed against him shall be ashamed.

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