

**PRISON LETTERS**  
**A Four-Part Film Series**  
**Inspired by Paul's letters to the early church**

**Episode 4 – “MARATHON”**

**INTRODUCTION:**

Carla is a runner whose dream is to run the marathon like her grandfather. Her dream is shattered after a terrible accident. In an extraordinary way, God reveals the key to finding strength in Him which ultimately lifts her up beyond her natural ability. There are things that happen in life causing you to feel like your goal is not obtainable. What are some things that we hope to achieve, but requires complete faith and strength in Christ Jesus?

**KEY VERSE:**

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

**WATCH EPISODE #4**

**DISCUSSION:**

Read Philippians Chapter 4

- How does *“the peace that surpasses all understanding”* factor in when we are facing various trials?

---

---

---

- How should we react when the goals we set in life are not achieved?

---

---

---

- Is there a trial in your life that you are facing, and how can you apply verse 13?

---

---

---

- Discussion: God’s desire is to reveal Himself in difficult times. Can you recall any times in your past where you knew and experienced a visitation from God in your darkest time?

---

---

---

- Verse 13, “*I can do all things through Him who strengthens me*”? What is the “all” that Paul is talking about in this scripture verse?

---

---

---

- Is there someone you know going through their darkest hour? How can you be an encouragement to them? Read verse 16.

---

---

---

- How do we overcome the anxious feelings that we face in our situation? Paul sites three things that we need to do in verse 6.

---

---

---

- After doing these 3 things what is the promise of God? Verse 7.

---

---

---

- Read verse 9. What are things in your past that you can remember to help you to overcome current challenges?

---

---

---

- In our challenges how can we do as Paul says in verse 4 while facing trials?

---

---

---