

Digging Deeper: The Greater Meaning of Philippians 4:13

Tuesday, September 29, 2026

“For all things I have the strength through the one who gives me power.” (Philippians 4:13)

Paul wrote these words while he was a prisoner in Rome, and he was thanking the Philippian brothers for their generous support. His point is that Jehovah gives us the strength to face whatever comes. The day's text adds that even though we can't pass our own energy to someone else, we can use the strength Jehovah gives us to help others, both with practical help and with words that comfort and encourage.

1 “All Things”: Strength for Every Situation (πάντα, *panta*)

The Greek word πάντα (*panta*) simply means “all things.” It’s easy to read this verse as if Paul were saying he could accomplish anything he set his mind to. The context shows he meant something different. Just before, he wrote: “I know how to be low on provisions and how to have an abundance. In everything and in all circumstances I have learned the secret of both how to be full and how to hunger.” (Philippians 4:12)

So “all things” means every situation Jehovah allows in our life, whether we have plenty or are doing without. Paul had learned that in each of those situations, he could count on Jehovah for what he needed. Isaiah gives the same

assurance: Jehovah “gives power to the tired one and full might to those lacking strength.” (Isaiah 40:29)

- “All things” isn’t about personal goals. It means strength to stay faithful in whatever circumstances we face.

2 “I Have the Strength”: Real Ability to Cope (*ἰσχύω*, *ischyō*)

The verb *ἰσχύω* (*ischyō*) means “to be strong” or “to be able.” It describes real ability, not just a positive attitude. The same word appears at James 5:16, where “a righteous man’s supplication has a powerful effect.”

Paul didn’t claim this strength came from himself. He knew his own weaknesses well. When he asked for relief from a painful trial, Jesus told him: “My power is being made perfect in weak-

ness.” That’s why Paul could say, “When I am weak, then I am powerful.” (2 Corinthians 12:9, 10)

The day’s text shows how we can put that strength to work for others. We might run errands or do household chores for an older or sick brother or sister, or volunteer to help clean and maintain the Kingdom Hall.

- Strength from Jehovah is meant to be used, and practical help is one of the best ways to use it. (Galatians 6:2)

3 “The One Who Gives Me Power”: Help That Keeps Coming (ἐνδυναμόω, *endynamoō*)

The verb ἐνδυναμόω (*endynamoō*) means “to put strength into” someone. Paul used it in a form that shows continuing action, so the idea is “the one who keeps on giving me power.” Jehovah didn’t

strengthen Paul just once. He kept supplying strength day after day, and he does the same for us.

Paul used this same word near the end of his life, after he had been abandoned by others: “The Lord stood near me and infused power into me.” (2 Timothy 4:17) He also urged fellow Christians to “go on acquiring power in the Lord.” (Ephesians 6:10)

The day’s text then reminds us that words have power too. “Anxiety in a man’s heart weighs it down, but a good word cheers it up.” (Proverbs 12:25) Paul urged us to say only “what is good for building up as the need may be.” (Ephesians 4:29) A sincere compliment, a visit, a phone call, a card, or a short text can help someone keep going.

- Jehovah’s help is ongoing, and our encouraging words can be one way he strengthens others.

Key Spiritual Reflections

- **Depend on Jehovah:** When I'm under pressure or facing a heavy load, do I remember that my strength comes "through the one who gives me power"? (Philippians 4:13; Isaiah 40:29)
- **Put Strength to Work:** Who could use some practical help from me this week, such as an errand, a chore, or help at the Kingdom Hall? (Galatians 6:2)
- **Speak Words That Build Up:** Is there someone I could commend or comfort today with a visit, a call, or a message? (Proverbs 12:25; Ephesians 4:29)