

## Lesson 6:

# Called to Overcome

### LESSON PREPARATION

#### Lesson Summary

We all face obstacles in our lives, but by identifying our resources, growing confident in who God has called us to be and leaning into the wisdom of Scripture, we can overcome them. Despite hardship and injustice, our victory has already been won for us by Jesus.

#### Lesson Objectives

- ◆ Participants will discuss the meaning of Philippians 4:11-13.
- ◆ Participants will examine the fears and failures that keep them from their goal.



#### Scripture References:

Philippians 4:13; Romans 8:37



#### Vocabulary

- ◆ **Overcome:** to prevail over an obstacle or an adversary
- ◆ **Obstacles:** things or thoughts that hinder one's progress toward a goal
- ◆ **Resource:** something or someone that is readily available to support one's efforts



#### Materials

- ◆ Workbook
- ◆ Pen/Pencil



### INSTRUCTION (25 minutes)

#### Welcome and Review

*Greet participants and review the previous lesson.*

#### Ice Breaker

☰ **Say:** Today, we are going to start with a fun challenge that will demonstrate the importance of persevering when we encounter obstacles.

- ◆ Give each group a simple drawing or building task (e.g., draw a tree, build a paper bridge).
- ◆ Then, "limit" their tools (e.g., one person cannot use their dominant hand, one cannot talk, one can only use one finger).
- ◆ See how they adapt to finish the challenge anyway.

❓ **Ask:** What was the hardest part of completing this activity without talking? What strategies helped you succeed?

*Allow students time to respond to each question.*

## Teaching Point

- ☹️ **Say:** This activity may have felt silly, but it reveals an important truth. In life, we often face obstacles. Sometimes we may feel like we do not even have a voice. These struggles can feel unfair, overwhelming and even cause us to want to give up on our calling. But through God, we can be overcomers. He helps us find new strategies so we can continue to press on. Today, we will discuss how **obstacles are not the end; they are opportunities to discover strength, creativity, and God's willingness to help.**
- ☹️ **Say:** As we have learnt in our very first lesson, God's purpose for each of us is to thrive in harmony with him and his creation. Yet, every day, so many people spend their lives in a constant state of defeat. They ease their way through the years with no ambitions, stuck in their fears and their insecurities.

Today, we are going to discuss how **God acknowledges our obstacles, the things that hinder us from reaching our goals, yet he still calls and equips us to overcome them.**

## Scripture Study

- ☹️ **Say:** Let us look at Philippians 4:13, which shows us the true source of our strength to face and rise above every challenge.

*Invite students to open to page 13 in their workbook and follow along as you read the Scripture selections.*

### Philippians 4:13

**|** For I can do everything through Christ, who gives me strength.

*Pause and invite students to respond to questions 1 and 2 in the workbook.*

## Ask

- ❓ **Question 1:** What does this verse teach us about where our strength truly comes from when we face challenges?
- ❓ **Question 2:** As you work on your project, what is one specific obstacle you might face, and how can you rely on Christ's strength to overcome it and complete the task?
- ☹️ **Say:** Paul wrote these words while he was in prison, facing difficult circumstances. Yet, instead of complaining, he declared his confidence in Jesus' faithfulness. He explained that **anyone can accomplish the purposes God calls them to by making the most of the resources that have been made available to them.**

... **Say:** The key words in this passage are “through Christ”. Our strength is not self-made, but God-given. Paul had learnt to be content when he had plenty and when he had nothing because Christ was his source. This means when we face personal struggles, injustices in the workplace, or difficulties in completing our projects, we can depend on Christ’s power and provision to take us beyond our own abilities.

? **Ask:** How do you think we can make sure we are relying on God’s strength to overcome the challenges in our lives instead of our own?

*As students answer, reveal the value of building habits that help them abide in Jesus. This can include basic spiritual disciplines such as reading the Bible daily, spending time in prayer and being active in a faith community.*

### Romans 8:37

| No, despite all these things, overwhelming victory is ours through Christ, who loved us.

## Ask

? **Question 3:** What do you think Paul means when he says we are “more than conquerors”?

? **Question 4:** What challenge in your life right now can you face differently if you remember that you are “more than a conqueror” through Christ?

... **Say:** Paul reminds believers that even in the face of trouble, or anything life throws at us, we are not just survivors. We are conquerors—not in our own power, but “through him who loved us”. The phrase “more than conquerors” means that we do not barely make it out alive; we come out stronger, victorious, and with a testimony of God’s love. **Our victory is not defined by the absence of problems, but by the unshakable confidence that God’s love will never fail us.**



## GROUP PROJECT INTEGRATION (30 minutes)

... **Say:** **If we hope to overcome the things in our lives that are holding us back from thriving in our calling, we must first be brave enough to acknowledge them.** Being called to overcome means we do not stop when things go wrong; we use wisdom to adapt. Today, we will think ahead and prepare for potential challenges in our project. Having a backup plan gives us confidence that our work can continue even when obstacles appear.

## Workbook Activity

Invite students to turn to page 14 in their workbook. Give them some time to complete the project activity. Then, invite students to share their thoughts aloud with the group.

### Sample Completed Activity

This example assumes the project is tutoring academically challenged kids.

- ◆ List your key project steps in order.
- ◆ Identify possible obstacles for each step.
- ◆ Suggest a possible backup plan to overcome the obstacle.

No.	Project Step	Possible Obstacle	Backup Plan
1	Create a lesson plan alongside teacher's guidance	Teacher to guide is unavailable	Create a lesson plan alongside parent's guidance
2	Prepare a one-hour tutoring session	Family is not comfortable with a one-hour session	Prepare tutoring session for 30 minutes
3	Collect feedback using printed feedback forms	Forms were not printed in time	Collect feedback using a link

### Project Milestones

- ◆ **Identify obstacles.** By the end of the lesson, students will have worked within their groups to identify obstacles or possible challenges that could occur throughout their project.
- ◆ **Propose solutions.** By the end of the lesson, students will have worked with their groups to brainstorm solutions and strategies to overcome possible obstacles.

### Facilitation Tips

If you sense your students need additional support, consider these teaching strategies.

- ◆ **Encourage creativity.** Remind students that there are multiple ways to solve a problem.
- ◆ **Use guiding questions.** Ask simple, open-ended questions to help spark ideas. (e.g., What could go wrong? Who could help? Is there an easier solution?)



## CONCLUSION (5 minutes)

... **Say:** Today, we have seen that being *called to overcome* means we can trust in Christ's strength through every struggle, and depend on his wisdom when things do not go as we have planned.

Throughout our lives, we will encounter all kinds of challenges. There will be moments when thriving seems impossible and giving up the only logical route to take, but our God is not limited by our personal perception. There is always hope, even when you cannot see it.

In his infinite wisdom and power, God masterfully provides us with the exact things we need at the precise moments we need them. With faith and wisdom, we can keep moving forward and own our responsibilities with confidence and hope.

Here is one final thing for you to reflect on as we complete this lesson: **perseverance is contagious**. When others see you thriving, despite the hardship that has come your way, they will want to know how you have overcome it. It is in these moments when the faithfulness of Jesus can shine brightest. Let the world know where your persistence comes from. As God's Word says, our help comes from the Lord—the Maker of heaven and earth.



### Pray

*Allow time for participants to repeat each section after you.*

**Heavenly Father, thank you for reminding us that through Christ we are more than conquerors.**

**Give us wisdom to plan well and strength to keep going even when things do not go as expected.**

**Help our projects to succeed and bring glory to your name.**

**In Jesus' name we pray.**

**Amen.**