

I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me. (Philippians 4:12–13)

How can we equip one another to flourish in Christ *in any and every circumstance*?

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We can often bond with friends, neighbors, and co-workers by commiserating about difficult things. But what we learn from Philippians 4 is that anxiety and worry should not dominate our conversations. How can that lesson help us approach everyday conversations where discussions might turn negative?