



## Study Guide, Episode 90—How to Do & Become All Through Christ

### *Phillipians & Colossians*

00:00-09:05	"QOTW: How do I know & do all I need to do?"
09:06-20:28	"The meaning of 'perfect' vs. perfectionism; Becoming like Jesus"
20:29-30:24	"Grace='enabling & strengthening power'"
30:25-41:50	"Come unto Christ & BE perfected in Him"
41:52-50:19	"Good, better, best' & The ABC Method"
50:20-END	"Continue in faith, be grounded & settled & not moved"

- 1) When you think or read about being "perfect," what do you feel? What do you think? Listen to 09:06-20:28 & learn the true meaning of "perfect." Now how do you feel about perfection? What do you think? Write about this in your journal.
- 2) Have you ever struggled with perfectionism? Striving to always be perfect in all you do? If yes, how does this habit impact your life? Write about this in your journal. Then, ponder what a difference it would make if you instead sought to become more like Jesus, and to let Him "perfect" you. What would that feel/be like? Write about this in your journal.
- 3) Exercise: Listen to 20:29-30:24 about grace. Try Elder David A. Bednar's idea, and wherever you read "grace" in your scripture study, insert the words "enabling and strengthening power". How does this tiny shift in your words help you better understand the full scope of grace and what grace can do for you? Discuss with your family or friends this week.
- 4) Do you ever feel like you have to DO "all the things" in order to get to salvation? Listen to 30:25-41:50. How might you, instead, try to simply "come unto Christ" and let Him raise, help, enable and "perfect" you? What is one way you can work on this, this week?
- 5) Exercise: The ABC Method. Next time you write a "to do" list, try this. Next to each item, place an A, B, or C. A=Must be done & done immediately. B=Needs to be done, but could wait a bit. C=Want to do, but not necessary today or right now. Then, cross off the C's on your list. Then, cross off the B's. This exercise will enable you to do what matters most, the best things, and to let go of many of the merely "good" or even "better" things.
- 6) Exercise: Balance=focus on Jesus Christ. Try a balance exercise like Tree Pose. First, attempt it while closing your eyes. See how this feels. Then, pick one spot and focus intently. Repeat, "I can do all things through Christ which strengtheneth me" in your mind. Feel the difference when you're focused & when you're not. Remember to focus on Christ this week in the same way.

#### Resources

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