

WHOL-I-NESS

In My Emotional Life – Philippians 4:2-9

November 19, 2008

What is the best thing that happened to you this week?

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1. How does Paul advise the Philippians to deal with conflict and disagreement?
2. What do you do to relieve stress from worry in your life? What does Paul say to do?
3. How does what you think about affect how you feel? How does that affect your relationship with God?
4. Looking at verse 8, what are some things you can think about that fit these characteristics?





1. On a scale from 1-10, what is the stress level in your life?
2. What is your body saying to you?
3. How can prayer help?
4. Use verse 6 as a guide to close in prayer.

MEMORY VERSE..... *"Do not be anxious about anything, but in everything, by prayer and thanksgiving, present your request to God, And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus"* Philippians 4:6,7