

Life Steps

Mindset: The Peace of God

Monday

Philippians 4:4-9

What are the triggers that cause your thoughts and emotions to spike to unhealthy levels of anxiety, fear and worry? Find a box and label it God. Everytime this week you begin to worry, fret or get anxious, write down the trigger evoking the emotion and prayerfully place it in your "God Box."

Tuesday

Matthew 6:25-34

What do you worry about the most? How does this passage encourage and challenge you? Write out your prayer.

Wednesday

Romans 8:5-11

What do you think about the most? Is your mind more governed by the flesh or the spirit, the world or ways of Jesus? Explain.

Thursday

Philippians 4: 4-5

What does it mean to "rejoice in the Lord, always"? Why is it important for our "gentleness to be evident to all"? Why is it important to remember that "the Lord is near?"

Friday

Philippians 4:6-7

How does praying bring peace? Is it because God promises to grant our every request or something else? Why is it important for prayers for peace be done "with thanksgiving"? Write out your prayer.

Saturday

Philippians 4:8-9

Come up with an antonym for each of the adjectives in verse 8. Do your thoughts focus more on the antonyms or the words Paul instructs us to intentionally think about? What is the evidence that the "God of Peace" is with you or someone?

Sunday

Matthew 6:5-15

Describe your earthly father. How do you think your relationship with your earthly father has impacted your relationship with your heavenly Father? Offer a prayer of thanksgiving for the men in your life who God has most used to shape and mold who you are.