

Series: Core Values, # 5

Wholeness: The Mind of Christ

Philippians 4:4-9

In this passage, the apostle Paul instructs the church in Philippi how to have their hearts and minds at peace with God. Practical action steps he suggests:

- 1) give _____
- 2) be _____
- 3) avoid _____
- 4) _____ in every situation
- 5) discipline your _____
- 6) become a _____
- 7) love _____

Name some ways in which modern life wars against our mental and emotional health:

How can the local church be a safe place for those who struggle with mental and emotional health, depression, and anxiety?