

The peace of God

Philippians 4:4-9

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What should we do instead of being anxious (v. 6)?

What does God promise will guard our hearts (v. 7)?

2. What does it show me about people — and about myself?

What could you bring to God 'with thanksgiving' today?

3. What will I obey this week? (a concrete step, with a day)

What will you pray about this week instead of carrying it alone?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Lord, I give you what I am anxious about. Fill me with the peace that only you can give.

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