

HOW TO RELIEVE YOUR STRESS?

PHILIPPIANS 4:2-9



How has God spoken to you through this passage of the Bible? What stands out to you as an encouragement or challenge?

What is the particular situation in Philippi Paul is addressing in this passage?

What are the commands (v2, 3, 4, 5, 6, 8, 9) and promises (v5, 7, 9) Paul gives?

How will these commands and promises help Euodia and Syntyche find peace?

Think about the most recent conflict, disagreement or moment of tension you were in with another believer. What can you take from these verses to refresh your relationships in future?

Above all else press the story of your salvation onto your heart...
and the peace of God will be with you