

Word of Life

DO THE FIVE

1. BE _____



PSALM 118:24 ESV

THIS IS THE DAY THAT THE LORD HAS MADE; LET US REJOICE AND BE GLAD IN IT.

2. BE _____



MATTHEW 6:14 ESV

FOR IF YOU FORGIVE OTHERS THEIR TRESPASSES, YOUR HEAVENLY FATHER WILL ALSO FORGIVE YOU.

3. BE _____



JAMES 1:5 ESV

IF ANY OF YOU LACKS WISDOM, LET HIM ASK GOD, WHO GIVES GENEROUSLY TO ALL WITHOUT REPROACH, AND IT WILL BE GIVEN HIM.

4. BE _____



1 JOHN 4:7 ESV

BELOVED, LET US LOVE ONE ANOTHER, FOR LOVE IS FROM GOD, AND WHOEVER LOVES HAS BEEN BORN OF GOD AND KNOWS GOD.

5. BE _____



PHILIPPIANS 4:6-7 ESV

6 DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD. 7 AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.

DISCUSSION QUESTIONS

1. In what ways could you use these five steps to improve your Spiritual, Emotional, & Relational health?

2. In the midst of these troubling times what are 5 things you are thankful for today?

1. _____
2. _____
3. _____
4. _____
5. _____

