WEEK 4

Anchor Passage

Philippians 4:4-9 — Rejoice and be thankful

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Philippians 4:6
- Challenge: Write down 3 things you're thankful for each day. Share one with your group or family.