

April 14th, 2024

The Practice of Peace

1 Thessalonians 5:22-23 NIV; Psalm 88:3-5, 13-14, 18 NIV

1. Which part of this message was most impactful for you and why?
 2. What gift or random act of kindness have you received recently?
- What do you think about when you hear the words “mental health”? How is your mental health right now?
 - Read **Isaiah 26:3**. What does it look like to trust God? How can you fix your thoughts on Him?

