

Planted to Flourish, Part 2: In Mental & Emotional Health

I Kings 19:3-18

April 14, 2024

God's Word tells us everything we need to know to flourish!

His divine power has given us everything we need for life and godliness through the knowledge of Him who called us by His own glory and excellence. 2 Peter 1:3

A part of flourishing is to be mentally and emotionally _____ and _____ no matter what our circumstances are.

How can we flourish in our mental and emotional health:

1. Control our _____

2 Corinthians 10:5, Proverbs 23:7a, Philippians 4:4-8

2. _____ your _____ daily.

Humbly accept the word God has planted in your hearts, for it has the power to save your souls. James 1:21

Psalm 23 says, "He restores my _____"

Be still, and know that I am God. Psalm 46:10

Action Points

What are my daily spiritual disciplines?

What changes is God wanting me to make?

Do I need to start taking captive every thought?

Verses for study this week: Philippians 4:7, Isaiah 26:3, Isaiah 50:4, 3 John 1:2, Psalm 55:22, Psalm 46:10, 1 Peter 5:7