

## Hang in there!

(A believer's guide to survival during hard times)

Philippians 4: <sup>2</sup> Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. <sup>3</sup> And I ask you, my true partner,<sup>[a]</sup> to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.

<sup>4</sup> Always be full of joy in the Lord. I say it again—rejoice! <sup>5</sup> Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.<sup>[a]</sup>

<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

<sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. <sup>9</sup> Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

I. Choose unity!

2 Please, because you belong to the Lord, settle your disagreement.

II. Choose joy!

4 Always be full of joy in the Lord. I say it again—rejoice!

III. Choose kindness!

<sup>5</sup> Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon

IV. Choose prayer over worry!

<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

V. Choose where you “dwell”!

<sup>8</sup>And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

VI. Choose to practice what is believed!

<sup>9</sup>Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you..