

## **Philippians 4:1-9 | Seven Steps to Mental Health**

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1. Seek \_\_\_\_\_ (Phil 4.2-3)
2. \_\_\_\_\_ in God (Phil 4.4)
3. \_\_\_\_\_ Quickly (Phil 4.5)
4. \_\_\_\_\_ Less (Phil 4.6)
5. \_\_\_\_\_ More (Phil 4.6)
6. Think \_\_\_\_\_ (Phil 4.8)
7. Get \_\_\_\_\_ (Phil 4.9)

NOTES: \_\_\_\_\_

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### **Upcoming**

- July 13<sup>th</sup> – Next Steps Class
- July 20<sup>th</sup> – Guest Preacher / Ministry Department Meeting
- July 27<sup>th</sup> – New Series / Gideons / Picnic
- Aug 3<sup>rd</sup> – Quarterly Meeting

### **Please Note**

- Adult SS @ 9am in Middle Room
- Men's Group – Fridays – 7-9pm

## Group Questions

1. Which of the seven steps (Seek Peace, Rejoice in God, Forgive Quickly, Worry Less, Pray More, Think Positive, Get Busy) do you personally struggle with the most right now—and why?
2. Why do you think unresolved conflict affects our spiritual and emotional health so deeply? What does peace-making look like practically in your life right now?
3. How can joy be more than a feeling tied to circumstances? What's one way you can practice joy "in the Lord" this week?
4. Forgiveness can be difficult—especially when the pain is still fresh. What helps you move toward forgiveness when you don't feel like it? How does remembering "The Lord is near" (Phil. 4:5) change your perspective?
5. What is your first reaction when anxiety hits—panic, planning, or prayer? Why? What's one anxious thought you need to surrender to God today?
6. How has consistent prayer changed your mindset or mental health in the past? What would it look like to bring everything to God in prayer—with thanksgiving?
7. How do your daily thoughts influence your emotions and decisions? Look at Philippians 4:8. Which of these 8 categories (true, honorable, just, pure, etc.) do you need to focus on more? What's one way you can feed your mind with God-honoring content?
8. Paul told the Philippians to "practice" what they had learned from him. Why is obedience a crucial step in mental and spiritual health? Read Philippians 4:9 and James 1:22. Is there something God has told you to do—but you've been delaying?
9. Paul ends this section with the phrase "and the God of peace will be with you." What does it mean to you that God Himself is our peace—not just that He gives peace? (cf. Isaiah 26:3; John 14:27)
10. Which of these seven steps could your group commit to practicing together this week? Share how you can support one another—through prayer, encouragement, or accountability—in walking out these truths.