

TAKE HOME SHEET



Series: At the Movies
Message: The Boys in the Boat
Speaker: Yayo Espinosa
Date: August 18, 2024

Take some time to read this passage we focused on today. Underline the words and phrases that stand out to you as you read.

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.⁷ 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.

Philippians 4:6–7 NLT

What does it mean to "not be anxious about anything" in today's world?

What does the "peace of God, which transcends all understanding" look like in practical terms?

How can we practice gratitude ("with thanksgiving") even when facing difficult situations?

Take some time to read another passage we focused on today. Underline the words and phrases that stand out to you as you read.

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.

Philippians 4:9 NLT

How does practicing what we've learned contribute to experiencing the "God of peace" in our lives?

What are some practical ways to ensure that what we learn from scripture is actively applied in our daily routines?

How does this verse encourage accountability in our spiritual walk?

BIBLE TRANSLATIONS:

NLT – New Living Translation

MESSAGE NOTES



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Philippians 4:6–7 (NLT)

Prayer is the key to experiencing God's peace.

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.

Philippians 4:9 (NLT)

Practice makes PROGRESS.

The past can't STOP your progress.

¹² I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. ¹³ For I can do everything through Christ, who gives me strength.

Philippians 4:12–13 (NLT)

Don't let your past change your attitude.

We need to move forward with Christ and not look back.

I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Philippians 3:14 (NLT)

We must hold on to our progress.