

Sunday Morning Service 10/11/20

Text: Philippians 4:6-9

Title: Sermon Series: Standing Firm in the Lord: Mental Stability [Part 3]

3 spiritual disciplines that will promote mental health in your life:

I. Pray about the things that worry you and you will experience the peace of God [vv. 6-7]

II. Ponder over the things that are true and God will give you peace of mind [v. 8]

III. Practice the truth you have learned and the God of peace will be with you [v. 9]