



Soul Food | Phillipians 4:6-7

July 28 & August 1st | Michelle Witty

WARM UP

1. What was THE FUNNIEST MEMORY you have from your childhood?
2. What stood out to you in this week's message?

DIG IN

3. What did you find yourself thinking or feeling as you read the bible verse? Find and read another version of this verse too.
4. How do I deal with anxiety? Is how I deal with anxiety different than 5 years ago? Why?
5. Find 2 other verses in the bible that talk about anxiety and worry.

WRAP UP

6. PHILLIPIANS 4 :6-7 Is worth memorizing! Chew on this amazing **Soul Food!**



Series: *Soul Food*
Title: *Phillipians 4:6-7*
Speaker: *Michelle Witty*

Phillipians 4:6-7

Anxiety / Worry = Stress..._____

What does the Bible say? _____

Neuropathways_____

Retrain the brain_____

How to live a life **without** letting life's circumstances **control** me?

_____.

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