

CHRIST CHURCH

REFLECTION GUIDE

CHECK-IN

What have you learned from
this series?

What do you want to remember most?

REFLECT

What word or phrase from the
passages stuck out to you?

SCRIPTURE

Philippians 4:7-9

PRAYER

*Lord, help us to live our lives as
You intended, to rejoice
continually, to pray without
ceasing, and to give thanks in
all things, knowing that this is
Your will for our lives. Amen*

RESPOND

What can you do for your mental health?

What do you want to remain committed
to in the long term
for long-term health?

What does it mean to know that "the
God of peace" will be with you?

CLOSING

What or whom can we be
praying for?



Peace of Mind