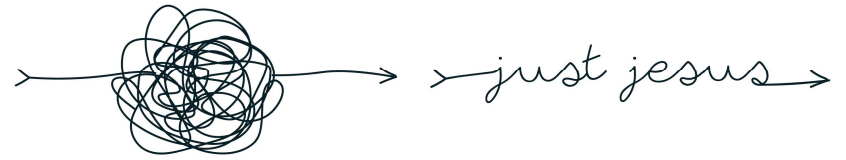


Food for Thought
For the week following August 30, 2020

1. What is Paul's antidote for anxiety? Has his approach worked for you? (Reflect on what has worked for you to reduce anxiety).



"Peace"
Philippians 4:6-7

Bill Hogan
August 30, 2020

2. Why do you think Paul says we should include thanksgiving with our prayer requests? What happens if we don't?

3. How is the peace of God different from our understanding of peace?

4. Why is it important to guard the heart AND mind? Why not just one or the other?

5. What are we guarding against?