



## PHILIPPIANS 4:4-9 WEEK 4

### ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS) IN THE FOLLOWING EXERCISES THIS WEEK

Our focus this week is Philippians 4:9... practice

#### 1. Warmup Exercises

Complete these exercises for the warmup

- Read Philippians 4:4-9 out loud.
- Copy Philippians 4:4-9.

#### 2. Memorize

Memorize Philippians 4:9. Start now and add on sections throughout the week. Make sure to review verses 4-8 and put them all together as you gain confidence. By the end of the week, hopefully you can say the whole section from memory.

\*Helpful tips for memorizing are available on our website [www.establishedfootsteps.com](http://www.establishedfootsteps.com)

#### 3. The Things

Verse 9 starts off, ***“The things you have learned and received and heard and seen in me...”*** As their leader, Paul knew that he had taught, imparted, said and modeled many things to the believers in Philippi, and now he was challenging them to put these things into practice. All of us as well have had leaders of the faith in our lives who have taught, imparted, said and modeled many things to us too. Let’s consider what those things are, and who God used to share them with us. Journal about each of the following:

- What is one of the most powerful things of the faith that you have been taught? Who taught you?
- What is one of the most meaningful things in the faith that you have received? Who gave it to you?
- What is one of the most impacting Truths of God that you have heard? Who shared it with you?
- What is one of the strongest disciplines of the faith that has been modeled for you? Who modeled it for you?

\*Now go the extra mile and send each of these people a thank you, letting them know how God used them in your life. Sending a thank you is so easy these days via text, email etc. so make sure to take a moment to send your thanks!

#### 4. Practice

In verse 9 Paul says, ***“The things that you have learned and received and heard and seen in my, practice these things...”*** So, look back at the exercises you completed in #3, and journal about each one by answering the following:

- How am I currently practicing this thing?
- How have I improved in this thing?
- How can I raise the level of my practice regarding this thing?

#### 5. God of Peace

The word ***“practice”*** is used in verse 9. I love that it doesn’t say, ***“perfect these things”***... but it says, ***“practice these things.”*** I love this word choice for all that the word ***“practice”*** implies. And I love that this command is followed with a promise, ***“And the God of peace shall be with you.”*** So...

- What does the word “practice” imply? Many things! Here are a couple to get you started. (it implies that perfection has not yet been attained, it implies that mistakes will be made)
- The title ***“God of Peace”*** is very intentional here. What does it mean to you to know that the ***“God of Peace”*** is the One who will be with you as you practice?

#### 6. Use the Scripture Prayer Image to pray into verse 9 and how you ***“practice these things”***...

