



**GET EMOTIONALLY FIT**

**We Fit: Part 3 of 5**

**January 17, 2009 || David Crosby**

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Emotional Health is defined by \_\_\_\_\_.

Shalom – peace, wholeness

**Memory Verse**

**"Let the peace of Christ rule in your hearts."**

**Colossians 3:15**

**THE PATHWAY TO PEACE**

**Philippians 4:4-7**

**\_\_\_\_\_ GOD AT ALL TIMES AND IN ALL THINGS.**

*"Rejoice in the Lord always; again I will say, Rejoice."* Philippians 4:4

*"Rejoice in hope, be patient in tribulation, be constant in prayer."*

Romans 12:12

*"Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing."* James 1:1-3

**\_\_\_\_\_ GENTLENESS AND MERCY .**

*"Let your reasonableness be known to everyone. The Lord is at hand."*

Philippians 4:5

*"But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil. Be merciful, even as your Father is merciful."* Luke 6:35

*"With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."*

Ephesians 4:2

**\_\_\_\_\_ ABOUT EVERYTHING.**

*"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."*

Philippians 4:6

*"Continue steadfastly in prayer, being watchful in it with thanksgiving."*

Colossians 4:2

**\_\_\_\_\_ GOD'S PEACE.**

*"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."* Philippians 4:7

*"Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all."*

**MY NEXT STEP TODAY IS TO:**

- Memorize Colossians 3:15 "Let the peace of Christ rule in your hearts."
- Sign up to lead a Community Group.
- Pray for and plan on attending Submerge on January 27.
- Ask God to give me peace in the following areas:

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\_\_\_\_\_

Join us next Sunday as we continue our new teaching series, "We Fit" with Part 4 - "Get Financially Fit"



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