



### **Find Peace**

Philippians 4:6-7: Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

#### **Give it to God**

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

“It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan.” Dr. Caroline Leaf, *Switch On Your Brain*

#### **Give it to God**

1:12: Now I want you to know, brothers and sisters...

3:1: Further, my brothers and sisters...

4:1: Therefore, my brothers and sisters...

4:8: Finally, brothers and sisters...

#### **Don't Fight Alone**

*All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.*