

Diet for a Healthy Mind

Philippians 2:1-11; 4:1-9

Bible Study

Philippians 2:1-11

1. How can the same mind be in us that is in Christ Jesus?
2. How does God honor Jesus for his humility?
3. Who all will confess that Jesus Christ is Lord?
4. When do you think this will occur?

Philippians 4:1-5

1. Why does Paul tell us to rejoice in the Lord always?

Philippians 4:6-7

1. How can we keep from worrying or being anxious?
2. From whom or what do our hearts need to be guarded?

Philippians 4:8-9

1. How does Paul tell us to guard our hearts and minds in these verses?
2. If we are to follow Paul's teaching what should we do? Not do?

**THIS
PASSAGE
TELLS
ME...**

PROMISES to REMEMBER from PHILIPPIANS

1. **Philippians 1:21** To live is Christ, and to die is gain.
2. **Philippians 2:10-11** At the name of Jesus, every knee shall bow, in heaven, on earth and under the earth and every tongue confess that Jesus Christ is Lord.
3. **Philippians 3:8** I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord.
4. **Philippians 4:7** And the peace which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
5. **Philippians 4:8-9** Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is anything worthy of praise, think about these things...and the God of peace will be with you.
6. **Philippians 4:13** I can do all things in him who strengthens me.
7. **Philippians 4:19** My God will supply every need of yours according to His riches in glory.

PROMISES to REMEMBER from COLOSSIANS

1. **Colossians 1:26-27** The mystery hidden for ages and generations...Christ in you, the hope of glory.
2. **Colossians 2:9** For in him the whole fullness of deity dwells bodily and you have come to fullness of life in him, who is the head of all rule and authority.

**MY
MEMORY
VERSE**

Catechism Lookup

LIFE IN CHRIST

1. **Y286 CCC1731** What is freedom?
2. **Y287 CCC1733** How does a person become freer and freer?
3. **Y288 CCC1734** What does freedom do?
4. **CCC1739** Why is our freedom limited?
5. **Y291 CCC1750** What are the elements on which the morality of human acts depend?
6. **Y295 CCC1776** What is a person's most intimate core and sanctuary?
7. **Y295 CCC1778** What is conscience?

**MY
CATECHISM
OF THE
CATHOLIC
CHURCH
ASSIGNED
READING**

PRAYER

Dear Jesus,
I have sinned.
Thank you for forgiving me.
Please come into my heart
And stay there
As Savior,
As Lord,
And as Friend

In Christ we are **FRIENDS!**
In Christ we have **FUN!**
In Christ we have **FAITH!**
In Christ we go **FORWARD**

...to love and serve the Lord!

Prayerfully consider which is most needed in your life for better mental and emotional health - humility, rejoicing in God, exposing your mind to wholesome knowledge. Choose a course of action to bring this about.

I RESOLVE...