

Connected

Speaker: Sarah Richardson

Date: Sunday 20th August

Talk title: Peace?

Bible verses: Philippians 4:2-9

What are the main points?

- How do we create good patterns of thought and behaviour which can help in times of stress?
- Paul suggests
 1. Rejoice in the Lord always
 2. Remember God is near
 3. Pray with thanksgiving
 4. Present requests to God
 5. Focus on the excellent and praiseworthy
 6. Remember God is with you

Questions to prompt conversation...

- What did you find most helpful or most challenging from this talk/bible passage?
- Do you think these suggestions from v4-9 will be possible?
- Which of these would you like to focus on this week? Where is this tough?
- Maybe connect with one or 2 others to pray for you as you face this week