



**READ:** Philippians 4:4-9

**JOURNAL:** As you read, share what you H.E.A.R. from God by answering the four questions below.

**Highlight:** What is a verse(s) that stood out to you in your reading?

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**Explain:** What is the author’s intended meaning in the context of the passage?

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**Apply:** What is the principle to live by today?

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**Respond:** How will I respond to the application in my relationships and/or situations this week?

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**MEMORIZE:** Philippians 4:13