

# Living Courageously

25-Day Devotional on Philippians

## WEEK 5

### DAY 22

Praise (Reflect on what you're grateful for from Day 21 in Philippians)

Read the text: Philippians 4:8-9 (Jot down key or repeated words and phrases)

Ask questions & interpret the context:

- What type of thoughts would you prefer not to think about?
- Make a short list of what you think applies to verse 8.
- How do you plan to pre-occupy your mind with these thoughts?

Summarize: Now take a moment to go back and pour over your observations as well as your responses to the questions.

Engage with God: Bring your thoughts, questions, and desire for change to the Lord for his forgiveness, wisdom, correction, guidance, and direction. Here are some more questions to consider:

1. What is the Lord saying to you personally?
2. What do you need to pray about?
3. With whom does the Lord want you to share this devotional?
4. Who has the Lord placed on your heart to pray for and invite to church?

### DIGGING DEEPER (Optional)

- According to 2 Corinthians 10:5, write down how you go about taking any ungodly, hurtful, anxious thought ***captive***.
- In what ways do you choose to love God with your mind? (Reflect on 3:19; Colossians 3:2-10)
- Make a personal list of what the words and phrases, in verses 8-9, mean to you and how you would think on them. Then PRAY! (Example: ***Whatever is lovely***...God's creation, my wife and children, etc.)
- How is the Lord speaking to you as a result of reflecting on this passage today?