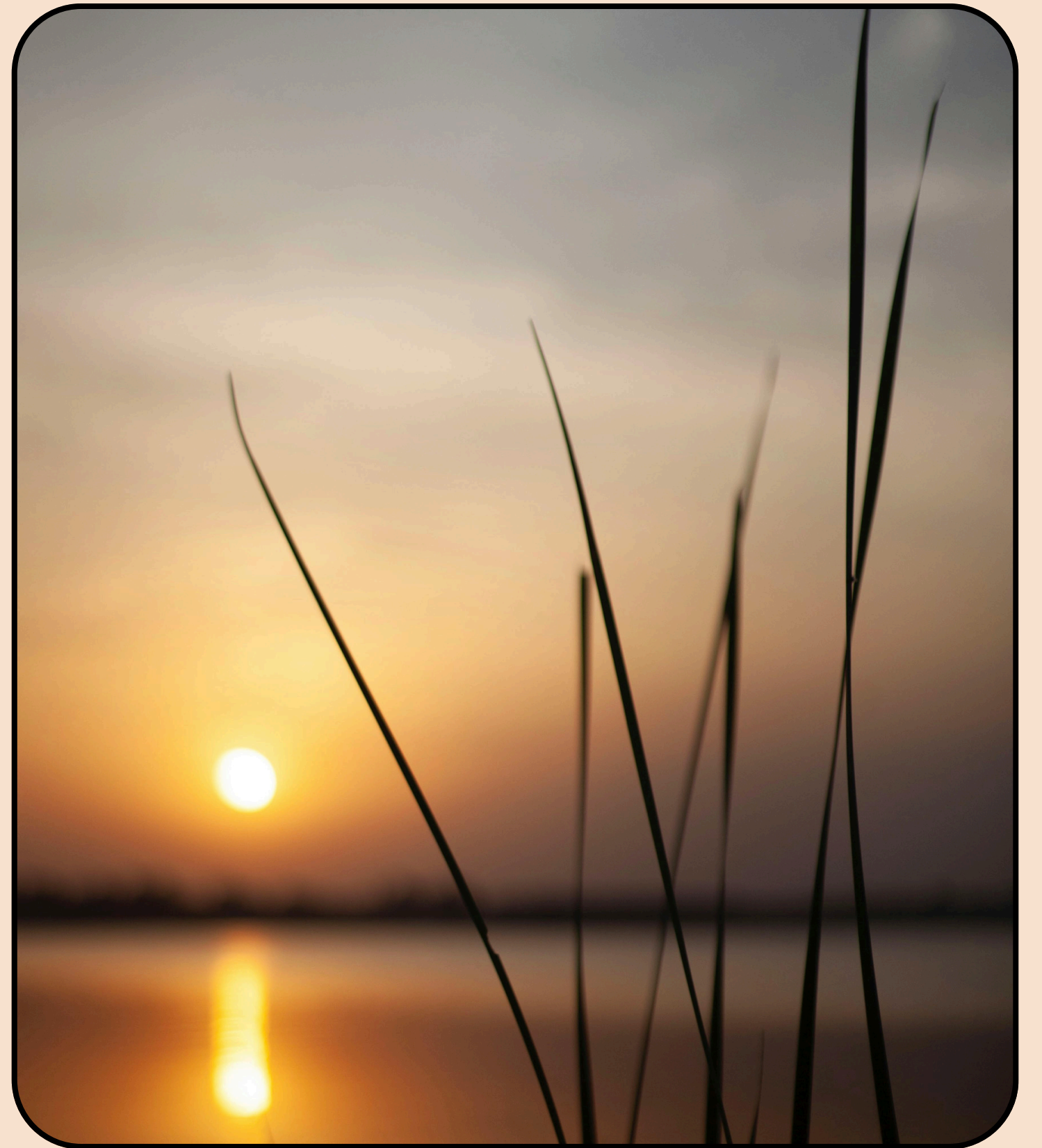


**LESSON 3**

**Emotional  
Health &  
Inner  
Peace...**



## **Key Scripture: Philippians 4:6-9,**



**6 Be anxious for nothing,  
but in everything by  
prayer and supplication,  
with thanksgiving, let  
your requests be made  
known to God;**

**Scripture: Philippians 4:6-9,**

**7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**

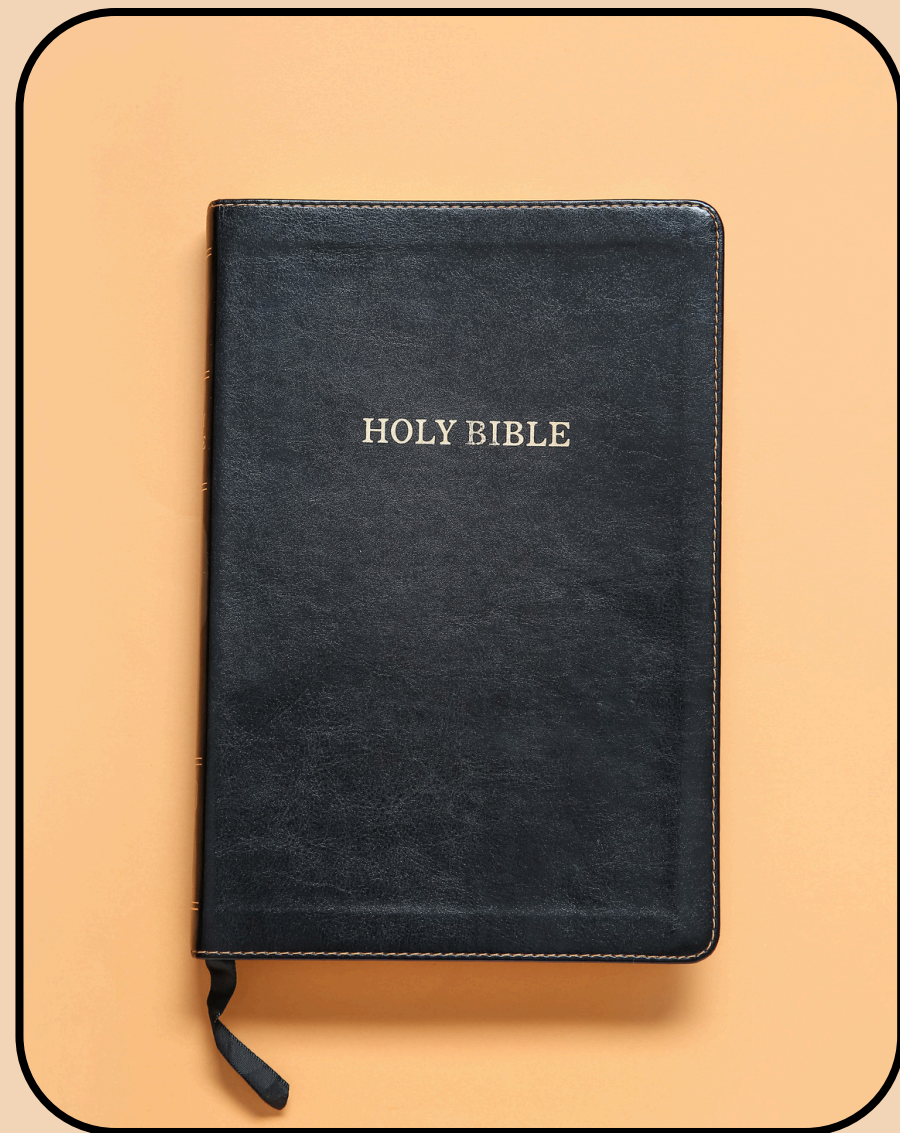
## **Scripture: Philippians 4:6-9,**

**8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.**

**Scripture: Philippians 4:6-9,**

**9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.**

## Key Scripture: Psalm 42:5



**5 Why are you [a]cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him [b]For the help of His countenance.**

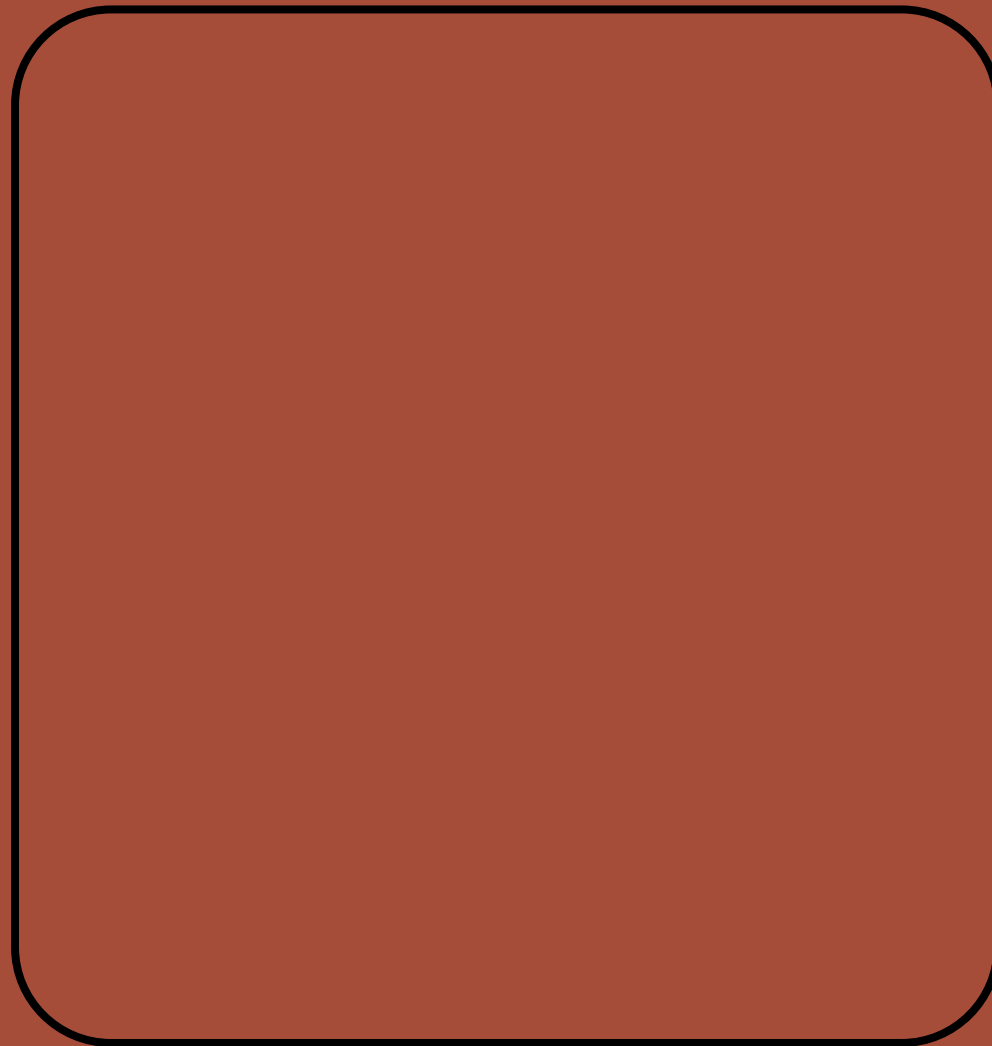
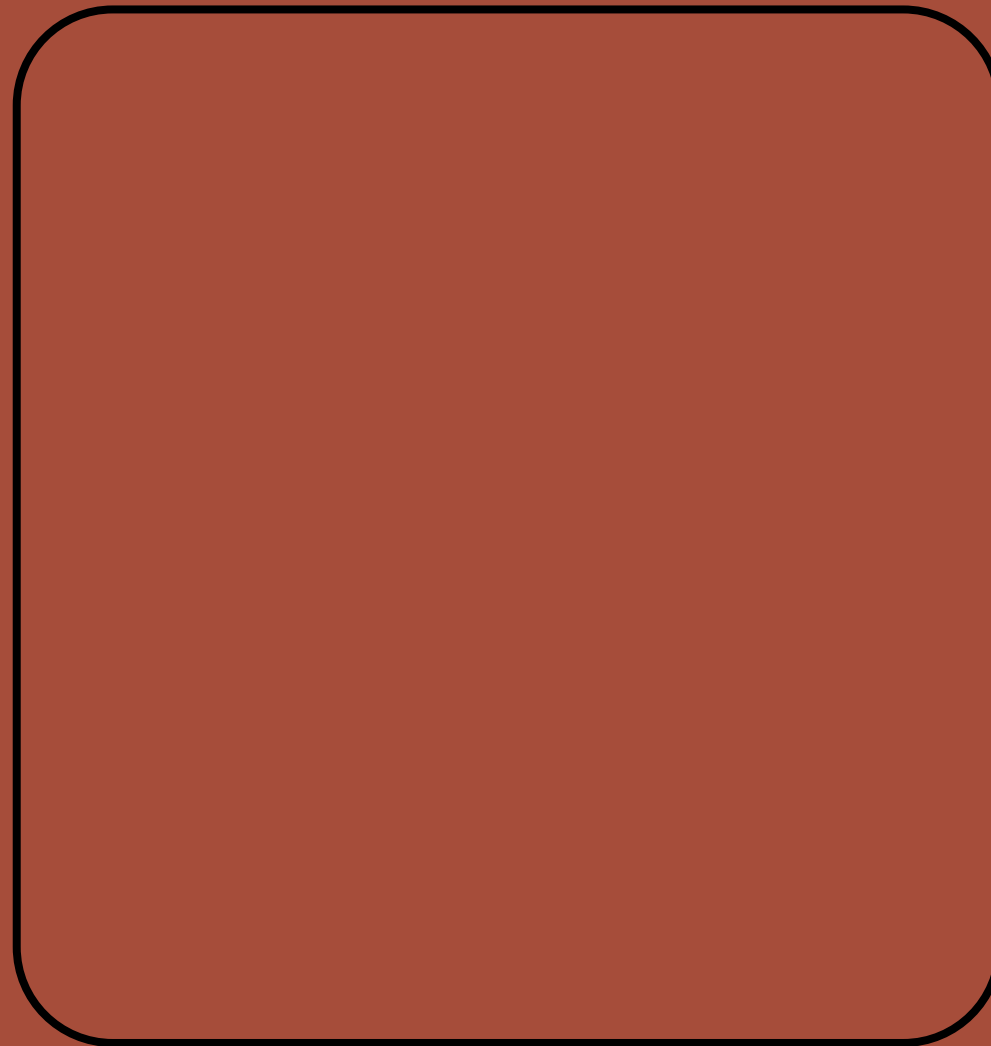
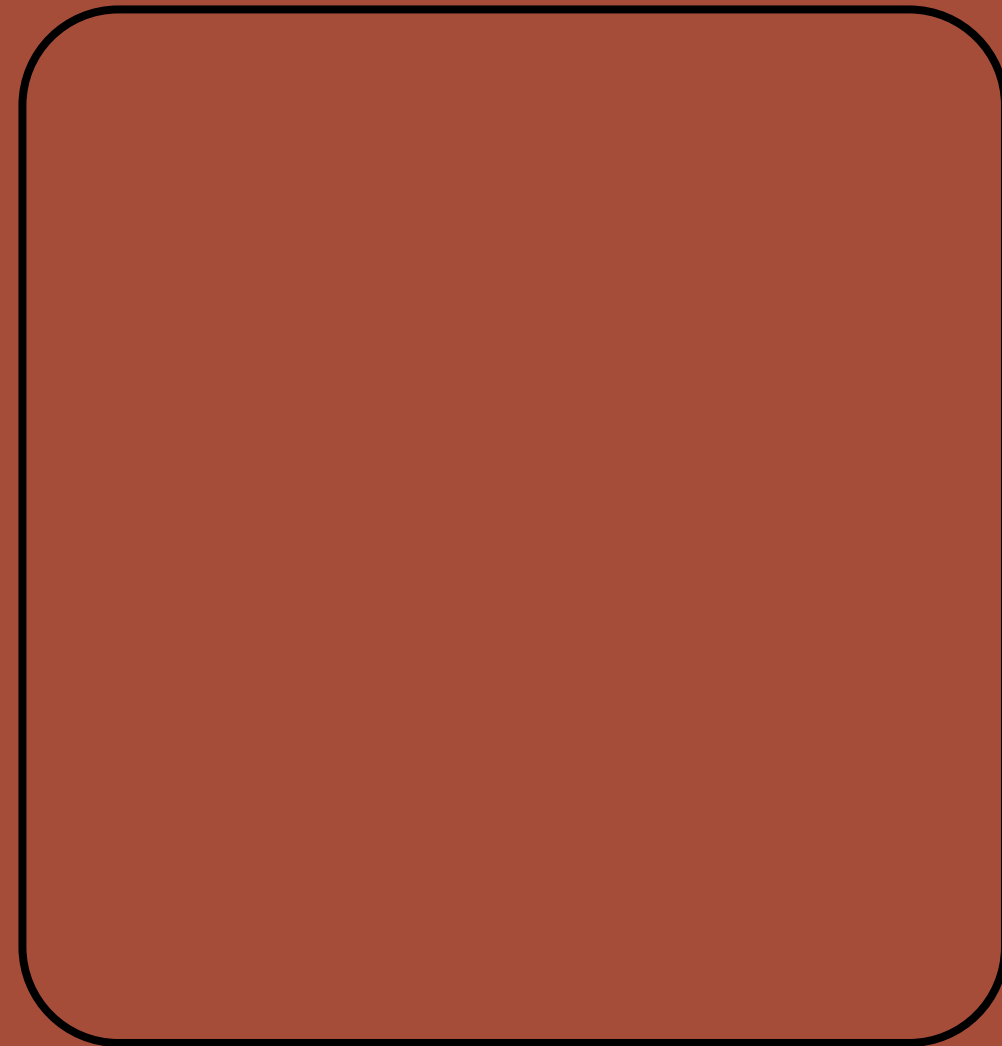
**Focus**

Managing emotions  
through prayer,  
gratitude, and faith.

**What  
emotions  
most  
easily  
throw you  
off  
balance?**

A large, empty rounded rectangular box with a black border, intended for the user to write their answer to the question on the left.

**How does God's peace guard your heart and mind?**

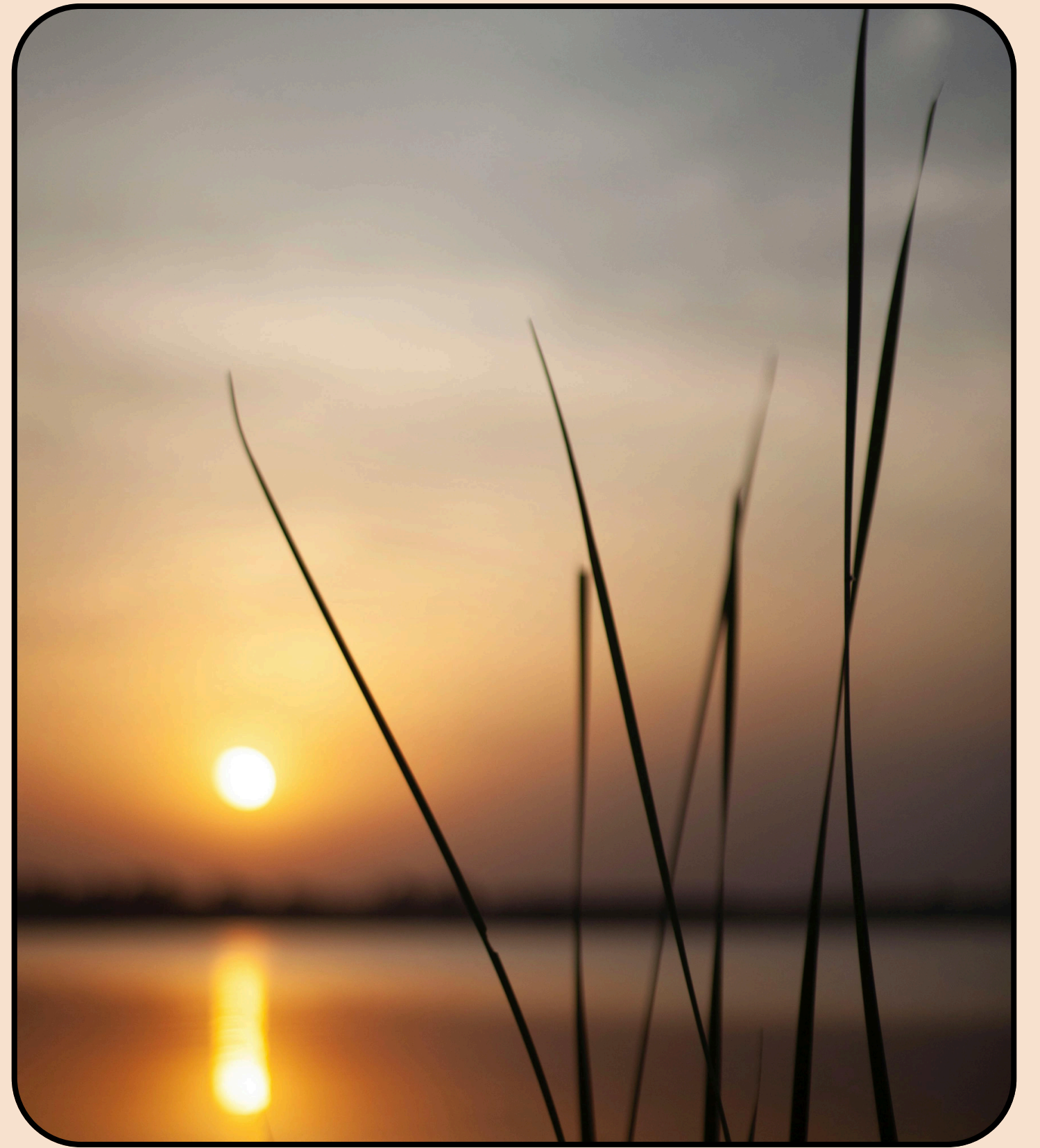
An empty rounded rectangular box with a black outline, intended for writing a response to the question above.An empty rounded rectangular box with a black outline, intended for writing a response to the question above.An empty rounded rectangular box with a black outline, intended for writing a response to the question above.



## **Action Step:**

Practice gratitude journaling every day this week.

# Emotional Health & Inner Peace

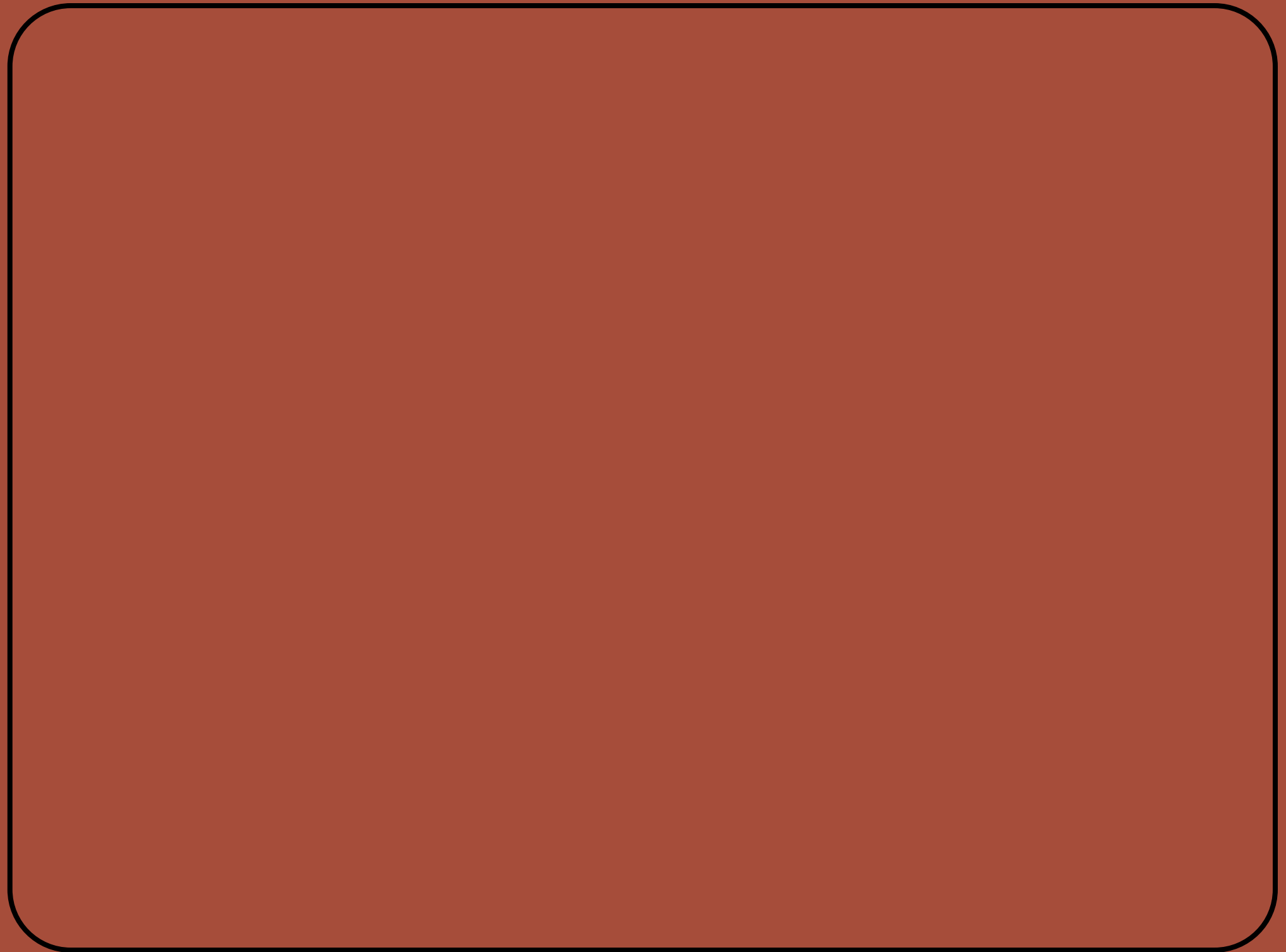


**Key Verse:  
Philippians  
4:6-9**

<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

<sup>8</sup> Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. <sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

**Fill-in-  
the-  
Blank  
Notes**



## **Reflection:**

My life feels most out of balance in this area:



**This week I will:**



**Action Step:**

**Emotional  
Health & Inner  
Peace  
(Devotional)**



**Key Verse:  
Philippians  
4:6-9**

<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

<sup>8</sup> Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. <sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.



# **Meditation Thought**

Take 5–10 minutes each day to reflect on what it means to live with balance in this area: Emotional Health & Inner Peace.

## **Journal Prompt:**

What is one practical step I can take today to align my life more closely with God's Word?

## **Prayer Focus:**

Lord, teach me to keep emotional health & inner peace in harmony with Your will. Show me when I drift out of balance and help me return quickly to You.