

WEEK FOUR LISTENING GUIDE

BRINGING GOD'S PEACE TO STRESSFUL PLACES
SIMPLICITY / SELF-CARE

THIS WEEK'S MEMORY VERSE:

*Not that I was ever in need, for I have learned how to be content with whatever I have.
-Philippians 4:11 NLT*

_____ decisions = _____ opportunities to become stressed.

Simplicity teaches you to identify and intentionally focus on the main thing and find _____ in all things.

Clarity is knowing that contentment isn't found in things, but in the _____.

Self-care is _____ care.

_____ about how you take care of yourself.

Extra Notes: