

# TUESDAY

## WEEK 4

### READ & OBSERVE

- Philippians 4:4-9
- Nehemiah 12:17, 43
- 1 Peter 5:5-7

### INTERPRET & APPLY

- So far in his letter, what examples has Paul given for what he is asking of the Philippians in verses 4-9?
- What do Paul and Peter tell us to do with worry, and what promises do they include?
- What causes you anxiety and how do you tend to respond? How might Paul's instructions change how you handle anxiety?