

Temple – The Place of Strength
Sedric D. Veal Sr., TH. D., Lead Servant / Pastors Hour

“Stress Free Living”
Philippians 1:1 – 2

The book of Philippians highlights “stress-free living.” Have you ever experienced stress? Meditating on the book of Philippians on a consistent basis will help to alleviate stress. Paul is the pen man of this passage.

Stress means mental _____ or mental _____.

List situations that stress you out and how did you respond / react to the situations. How would you respond / react now that you have matured and taught the Word of God?

Know Who You Are (1:1a)

Where does Paul write from? _____

Circumstances and environments should never define who we are.

Who are you?

Servants (doulos) means _____

What expresses Paul’s devotion to Jesus Christ? _____

What are you a slave to?

Know What You Want to Accomplish (1:1b-c)

To whom does Paul write this letter? _____ 1:1b

The word saints (Hagios) mean _____

Every Christian is a _____, which means set _____ from the world to be used by _____.

Saint means basically to be _____.

It means we are non-conformist; we don’t give in to _____; and we don’t go along with the crowd, family, friends, clicks and groups when we know that they are wrong.

Write out Romans 12:2

Write out Ephesians 2:10

Workmanship (Poiema) is the word where we get our word _____ and refers to a _____.

Write out John 15:16

What does God want you to accomplish in your daily life?

We are to be _____ that produce the _____.

The _____ also refers to the _____ that make us like Christ.

List the nine components of the Fruit of the Spirit:

The Lord calls each one of us _____ in the True Vine.

Know God Can Empower You (1:2)

What causes us to get stressed?

List three kinds of grace in the New Testament Paul writes about:

- _____
- _____
- _____

Peace (Eirene) means _____ peace or _____ in the midst of life's pressures and problems.

Write out John 14:27

What have you learned from this lesson and how will you apply it to present and future situations?