



Teach
ME TO
Pray

Philippians 4:4-7
SCRIPTURE MEMORY JOURNAL

TEACH ME TO PRAY

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Commentary



MEMORY WORK & JOURNALING

Write Out & Say Philippians 4:4-7

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When do you find it easy or hard to rejoice? Are there times when you have found yourself rejoicing without warning?



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Consider those people in your life that you have known gentleness from. How did they show you gentleness and how can you grown this fruit in your own life?



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When are the times in your life when Satan tempts you to think that the Lord is far from you. What truth can you tell yourself to remind you that the Lord is near?



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How does this verse tell us to present our requests to God? Do you have a habit of coming to God in this way? Why/Why not. If not, what do you think is preventing you?



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“hearts and minds” is used a number of times throughout the scriptures. Reflect on why the writers included these two things together in so many instances.



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Reflect on your own prayer life up to now. What have you enjoyed, been encouraged by, be strengthened or challenged by? Think about how you would like to grown in the coming months in your conversations with God.



