# Devotional Worksheet

1. **‘Quiet’ your heart**

* Release the ‘things’ of this world
* Comfortable posture
* silence

1. **Ask God to help you connect with Him**
2. **Read a passage of Scripture – Philippians 4: 4-13**

**4**Rejoice in the Lord always. I will say it again: Rejoice! **5**Let your gentleness be evident to all. The Lord is near. **6**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7**And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**8**Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **9**Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

1. **Thanks for Their Gifts**

**10**I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it.**11**I am not saying this because I am in need, for I have learned to be content whatever the circumstances. **12**I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. **13**I can do all this through him who gives me strength.

1. **Allow God to speak to you through His Word. (Write down what you sense God is saying to you in your journal)**
2. **Present your prayer requests to God:**
3. **Write a prayer to God. Remember to also thank Him for what He has done and provided for you.**