

Sunday Evening Home Worship Guide

Open with prayer for God's wisdom.

We have probably heard the saying, "You are what you eat."

During this scorching time of year, we know if we don't drink enough water, we can become dehydrated, and our health is at risk. What we take in becomes who we are, and this truth includes more in daily life than what we eat. Paul knew this was true, so he gives us a list of the parts of life on which we are to focus.

Read Philippians 4:8 – 9

Discuss with your family or think on your own what in your lives fit these descriptions of blessings.

Discuss what blessings like these you can look forward to in this coming week. Encourage one another to think on these things every morning this week.

Close with prayer of thanksgiving to God.