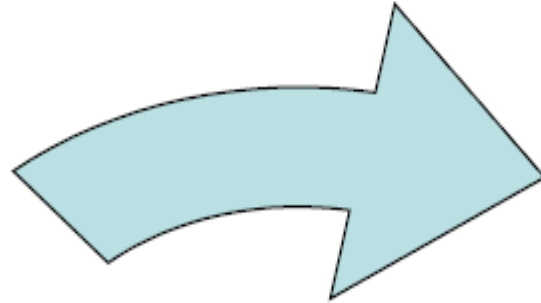


# *Philippians*

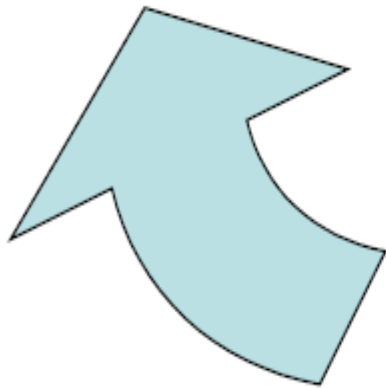


# *Philippians*

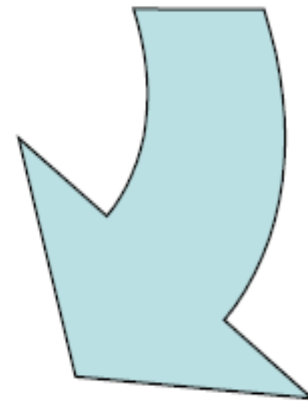
Behaviors  
Reinforce  
Thoughts



Thoughts  
Create  
Feelings



Feelings  
Create  
Behaviors



# *Philippians*

**Proverbs 23:6-7 NKJV**

**Do not eat the bread of a miser,  
Nor desire his delicacies;  
For as he thinks in his heart, so is he.  
“ Eat and drink!” he says to you,  
But his heart is not with you.**

# *Philippians*

**If we change the way we think, we can change the way we feel, and if we change the way we feel we will change the way we behave**



# *Philippians*

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# *Philippians*

## **Philippians 4:4-9 (NIV)**

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

# *Philippians*

**<sup>8</sup> 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.**

# *Philippians*

**whatever is true: factual, provable**

**whatever is noble: of good character**

**whatever is right: brings glory to God**

**whatever is pure: unadulterated, of God**

**whatever is lovely: acceptable, pleasing**

**whatever is admirable: of good report**

**if anything is excellent: moral goodness**

**or praiseworthy: worthy of thanks**



# *Philippians*

**Change is possible**

# *Philippians*

**Change is possible**

**I am a work in progress**

# *Philippians*

**Change is possible**

**I am a work in progress**

**It takes effort**