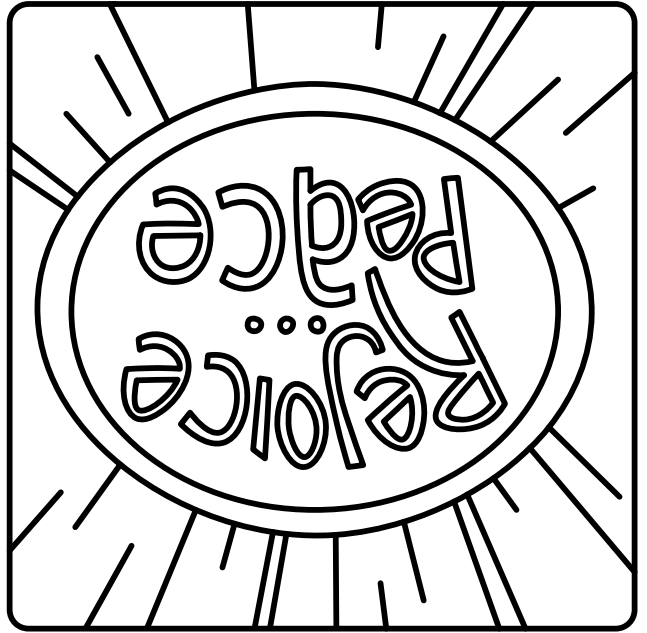


1. Philippi was a little town in Greece with a Christian church. The people in the church were having a really difficult time. Paul (an apostle, or someone who shares Jesus' teachings with others) wrote them a letter of encouragement.



2. Paul wrote, "Rejoice always! God has given you this minute and this day. God loves you today. Even if things are hard, rejoice! God is near to you. Let everyone see by your gentleness that you trust in God."

4. "When you rejoice and pray, God will send peace. We can't understand this peace—it is from God's very heart. This peace will protect your hearts and minds."



3. "When you are worried, do not waste your time thinking about every possible thing. Take your worries to God in prayer. Tell God what you need."