

Philippians 4:8 Exercise

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 praiseworthy—think about such things.

Philippians 4:8

Directions: Determine your trigger moments (these are the negative, mostly fear-based thoughts about your husband.) Then I want you to find the bright side of those negative thoughts. Perspective is everything! I am not saying your husband doesn't have faults, but God doesn't want you to focus on his faults. He wants you to focus on the good.

Trigger / Thought #1

Philippians 4:8 Truth

Trigger / Thought #2

Philippians 4:8 Truth

Trigger / Thought #3

Philippians 4:8 Truth

Trigger / Thought #4

Philippians 4:8 Truth

Trigger / Thought #5

Philippians 4:8 Truth

Trigger / Thought #6

Philippians 4:8 Truth

Trigger / Thought #7

Philippians 4:8 Truth
