

Today's Text: Philippians 4:4-9

If you want to experience the kind of _____ and _____
that transcends circumstance, facts are your friends

_____ are fearfully and wonderfully made!

Merimnao is a _____, not a _____ (Philippians 4:6)

We invite you to adopt and share _____ and
_____ mental health soundtracks

- Seeking practical help isn't a sign of weakness, it's a sign of wisdom!
- Sometimes medication is a helpful part of a comprehensive plan
- Our mental health affects everything!

We believe _____ should be the _____ and most
_____ place to have a conversation about mental
health

Giving

We believe giving is an act of worship and thanksgiving to God.



Online

Visit emmanuel.church/give
to learn more about online
giving and to get signed up



On Your Phone

Text 84321 with an
amount to get
signed up



In Person or Mail

Place in the black mailbox or
mail to: 513 Tanglewood Dr.
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