

January 31, 2018

“Life Hacks: Four Habits that will Change Your Life Emotionally”

Philippians 4:8

David Self

(Php 4:8) Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable--if there is any moral excellence and if there is any praise--dwell on these things.

1) Begin and End Your Day on a Positive Note

(Eph 4:29) No foul language is to come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear.

2) Live in Truth not in Speculation

(Joh 8:32) You will know the truth, and the truth will set you free."

3) Avoid Bad Company

(1Co 15:33) Do not be deceived: "Bad company corrupts good morals."

4) Learn to Discern How Others Impact Your Emotions

(Php 4:13 NKJV) I can do all things through Christ who strengthens me.

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Upcoming High Point Speakers:

David Self – 2/14, 2/28

Guest Speakers:

Gabe Ianculovici - 2/7

Derek Nease – 2/21