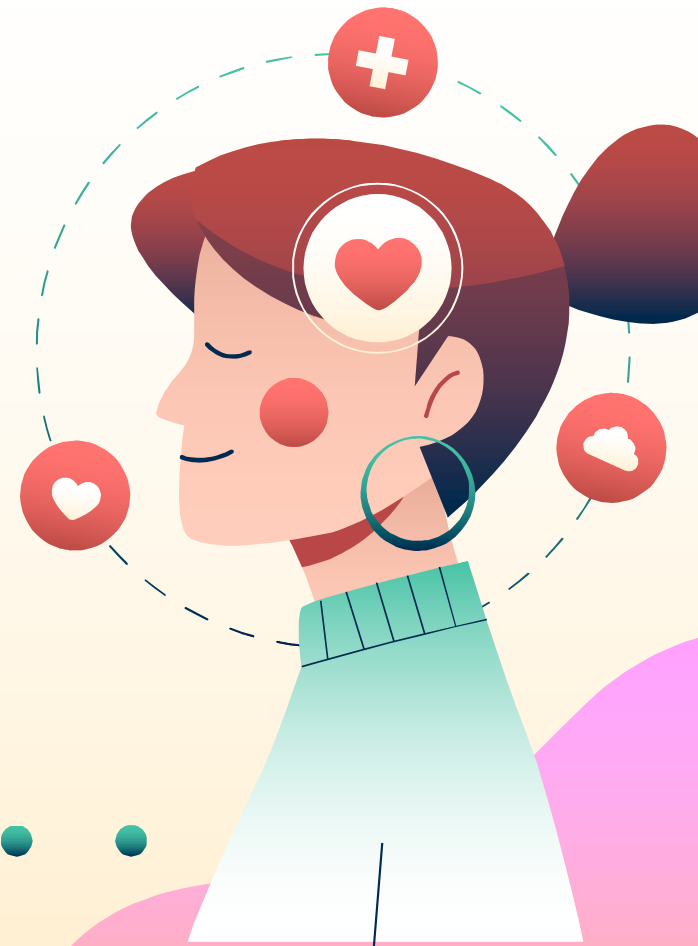


Orchard Valley Christian Church

How I Feel About Myself

PHILIPPIANS 4:8 - 21 MAY, 2023

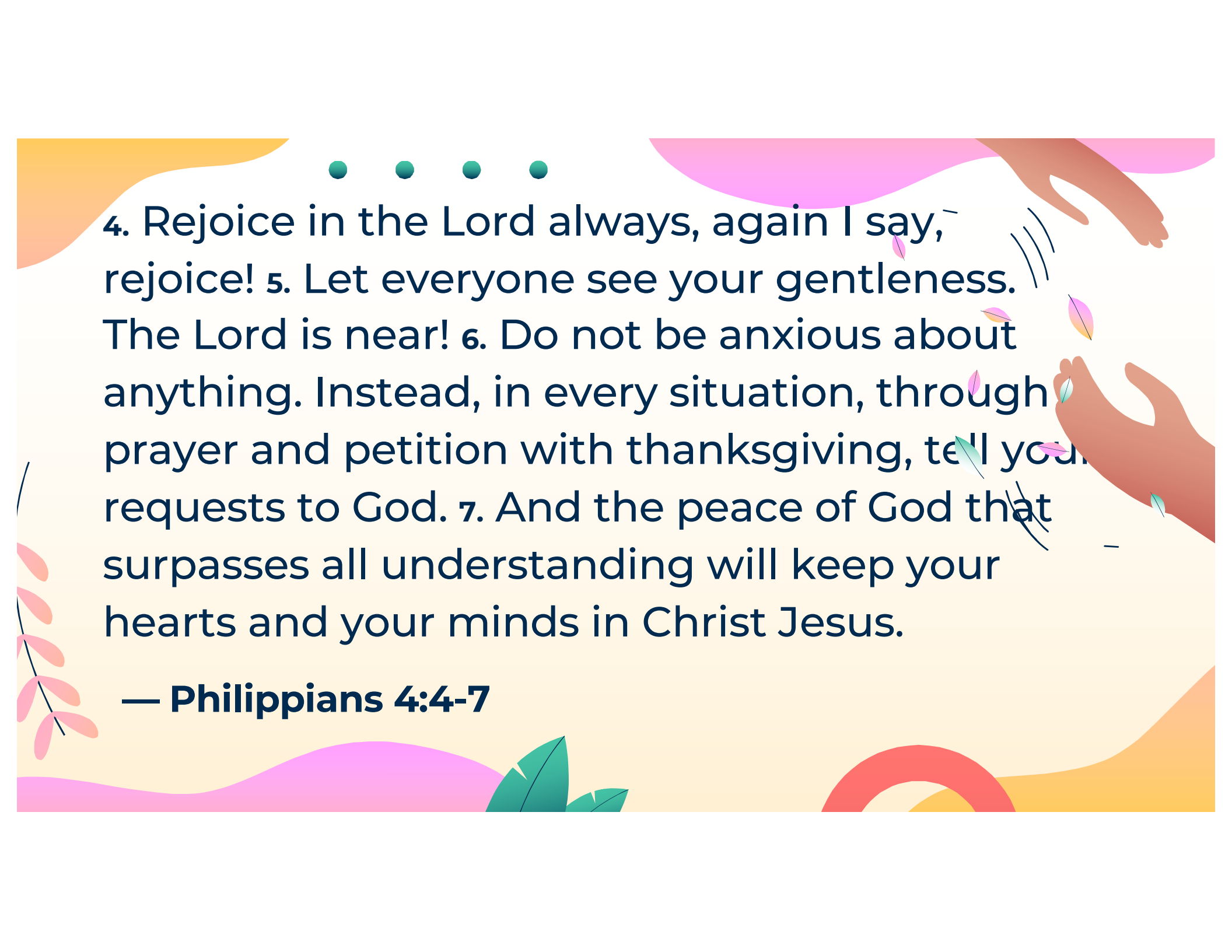




Whatever is true,
whatever is noble,
whatever is right,
whatever is pure,
whatever is lovely,
whatever is admirable,
if anything is excellent
or praise worthy
think about such things.

Philippians 4:8



The background features a light yellow gradient with decorative elements. At the top, there are four green dots. On the right side, two hands are shown in a gesture of offering or prayer, with several colorful leaves (pink, orange, green) falling from them. On the left side, there is a branch with pink leaves. At the bottom, there are stylized waves in pink and orange, and a red and orange arch resembling a rainbow or a stylized 'A' shape. The text is centered in a dark blue font.

4. Rejoice in the Lord always, again I say, rejoice! 5. Let everyone see your gentleness. The Lord is near! 6. Do not be anxious about anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. 7. And the peace of God that surpasses all understanding will keep your hearts and your minds in Christ Jesus.

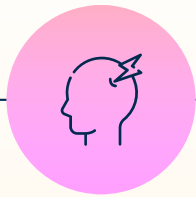
— **Philippians 4:4-7**

Self Image: How I feel about myself



1

Experience



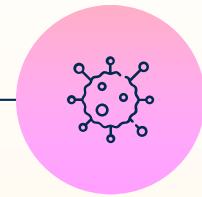
2

Science



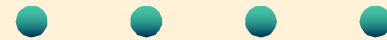
3

Scripture



4

Application





How I Feel about Myself

-
-
-
-

FEELINGS

Spontaneous

EMOTIONS

Learned inner reactions



Experience

01

Your feelings are not you, and you can control your response to your feelings.



KALUSH x SKOFKA - Батьківщина





02

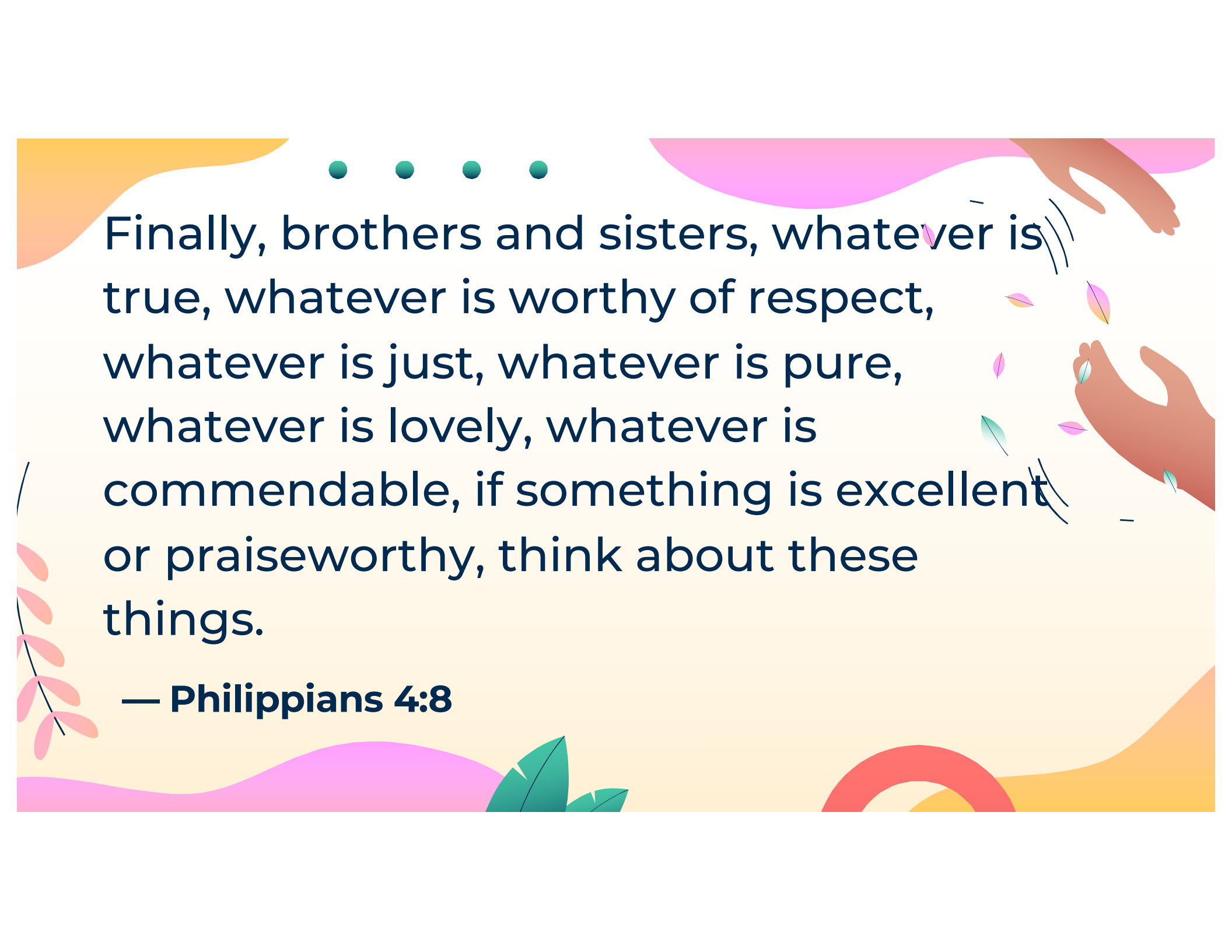
Science: Interoception

Dr Lisa Barrett, *How Emotions are Made*, 2018



03

**What does
Scripture say?**

The background features a light yellow gradient. At the top, there are four green dots in a row. To the right, two hands are shown in a gesture of giving or receiving, with several colorful leaves (pink, purple, green) falling between them. On the left side, there are pink and orange leaf-like shapes. At the bottom, there are wavy shapes in pink, purple, and orange, along with a few green leaves.

Finally, brothers and sisters, whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if something is excellent or praiseworthy, think about these things.

— **Philippians 4:8**



04

Application



Screen Time

Gaming, Phones, Social Media, TV: soaps, news, sports, Electronic Babysitting, Instant messaging, videos, images



**THINK ABOUT
WHATEVER IS**

**TRUE
NOBLE
PRAISEWORTHY
ADMIRABLE**

**RIGHT
PURE
LOVELY
EXCELLENT**

PHILIPPIANS

4:8





How I feel about myself

Philippians 4:8

ORCHARD VALLEY CHRISTIAN CHURCH

21 May 2023

