

# Dwell on These Things

TRANSFORM YOUR HEART AND MIND BY MEMORIZING GOD'S WORD

In this 8-session Bible study, sisters Natalie Abbott and Vera Schmitz lead teen girls through a study of Philippians 4:4-9 to teach students a simple method of memorizing God's Word. As teens fix these beloved verses in their minds through beautiful and powerful images, they will discover how to overcome anxiety, experience the peace of God, and dwell on godly things. Not only will teen girls store up the deep truths and precious promises of this passage, but they will also be equipped for a lifetime with the transforming truth of Scripture in their hearts and minds.

- Session 1: Introduction
- Session 2: Why We're Here
- Session 3: Searching for Joy
- Session 4: Gentle and Near
- Session 5: Don't Be Anxious
- Session 6: Safe Hearts and Minds
- Session 7: We're Never Not Thinking
- Session 8: Learn from Me

A Note To Parents:

To find out more about this study, check out [lifeway.com/dwellteen](http://lifeway.com/dwellteen)

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