

ANXIOUS FOR NOTHING

Praying Through the Pain

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⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:4-7 NIV

1. Anxiety is a _____ alerting you that it's time to _____

- If it's big enough to _____, it's big enough to _____
- We don't have to _____ or be _____ to surrender our anxiety to God

⁶ Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷ Cast all your anxiety on him because he cares for you. ⁸ Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

1 Peter 5:6-8 NIV

2. _____ do I pray about it?

- No _____, no _____ needed
- You can: _____

- God can handle _____ of your _____

3. When we "pray through the pain", God brings _____

Next Steps:

- Commit to pray and share my heart with God when I am worried or anxious
- Pray this week, sharing my hurt, anxiety, and concern with God until the peace comes
- Read 1 Peter 5:6-8 and/or Philippians 4:4-7 this week
- _____
