

Get It

What are the “things of life” people worry about today?

Define the ways we are to present our requests to God.

- by Prayer

- by Petition

- with Thanksgiving

Write down God’s promise [Philippians 4:7] in your own words.

Live It

Heavenly Father, I have been anxious about (name it). I am using this moment of anxiety to stop and pray. I come to you because you know my needs and delight in giving good gifts to me, your child. I urgently need you to act on my behalf by (name your request). I come to you with a grateful heart saying, thank you for (name the things He has done for you). I thank you and wait in faith for you to provide for me according to Your good purpose. Give me the gift of your peace while I wait. In Jesus name, Amen.

Meet with your Prayer Partner or Prayer Cord to pray for each other this week.

Draw the Circle: The 40 Day Prayer Challenge

Recycle Your Worry

Philippians 4:6-9

Sunday, May 26, 2019

Sermon Sentence

Recycle your worry! You can enjoy God’s peace by means of prayer.

Recycle your worry!

Do not be anxious about anything, but in every situation...

Philippians 4:6a (NIV)

Stop worrying about even one thing, but in everything...

Philippians 4:6a (Wuest)

Recycle your worry! **You can enjoy God's peace...**

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7 (NIV)

And the peace of God which surpasses all power of comprehension shall mount guard over your hearts and minds in Christ Jesus.

Philippians 4:7 (Wuest)

Recycle your worry! You can enjoy God's peace **by means of prayer.**

...but in every situation...present your requests to God.

Philippians 4:6b (NIV)

...but in everything...let your requests for the things asked for be made known in the presence of God.

Philippians 4:6b (Wuest)

Discussion Guide

"Recycle Your Worries"

Philippians 4:6-7

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. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:6–9 (NIV)

Open It

Think of a time when you were waiting for a loved one to come home. Where did your imagination take you while you waited?

Study It

What "things of life" did people worry about in the time of Jesus (Matthew 6:25-33 and Luke 12:22-31)?

What do we learn about God the Father in Matthew 6:25-33 and Luke 12:22-31?

How does Paul instruct us to recycle our worry (4:6)?

What three ways are we to present our requests to God (4:6)?

What is the promise given to us in this passage (4:7)?