

Read It

Read Philippians 4:4-9

Open It

Anxiety is troublesome thought or emotional pain that results from distressing information, situations, or people. What anxiety or emotional distress do you feel in response to the corona virus pandemic or current election cycle?

Consider It

What does God's word command regarding our anxious thoughts (4:6)?

How do these instructions on prayer (4:6) serve as an application of 4:4-5?

What does God promise us in answer to our prayers (4:7)?

What thoughts should replace our anxious thoughts (4:8)?

What are some examples of things that are true, noble, right, pure, lovely, admirable, excellent, and praiseworthy?

How can we enjoy God's peace (4:7-9)?

How does your anxiety affect your family and friends?

If you were more thankful, joyful, and gentle, how might your family and friends be affected?

Live It

Continue praying, "Speak LORD, Your Servant is listening" before your daily Bible reading through November 25th.

What can you do today to reduce your level of anxiety?

I need to stop listening to _____.

I need to spend more time _____.

Family Activity

Watch Mr. Phil TV episode on [Philippians 4:4-7](#) and use the following questions for discussion.

- Is Paul teaching us how to get stuff from God through prayer?
- What does Paul say we should do with all our worries?
- What do you worry about?
- Can you trust God to take care of you?

Pray together giving your worries to God.

Dangerous Prayers: Don't Pray It Safe

The Test Me Prayer

Psalm 139:23-24

October 31st and November 1st, 2020

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 139:23–24 (NIV)

Sermon Proposition

Don't pray it safe! Pray, "Test me and know my anxious thoughts" for three reasons.

First, Anxious Thoughts Cause Harm.

Second, God Cares for You.

Third, The Holy Spirit Will Help You.