

PRAYER IS AN ANXIETY KILLER!

Philippians 4:6 “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Essential Biblical Premise: *Biblical Prayer is not merely telling Jesus our anxieties and needs. Biblical prayer is focusing on Jesus in the midst of our anxiety.*

This is what the Bible is telling us about prayer.

When we don't focus on the right thing our view of life, faith and Jesus can be distorted. Our goal is to always be in focus when we pray.

“Where is the peace of God that passes all understanding?” She demanded, as she always did!



Here is what I found:

Philippians 4:4 Rejoice in the Lord always; again I will say, Rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

⁹ *What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*

I was astounded! I suddenly realized that there were **CONDITIONS** for this promise to take affect.

Vs. 4: REJOICE in the Lord. Condition #1: Rejoice.

Vs. 5 REASONABLENESS to all. Condition #2: Be reasonable.

Vs. 6 ANXIOUSNESS. Condition #3: Do not be anxious.

Vs. 6b BY PRAYER. Condition #4: Turn to the Lord in prayer.

Vs. 6c SUPPLICATION. Condition #5: Take your problems to Jesus.

Vs. 6d THANKSGIVING. Condition #6: Do all of this with thanksgiving.

Vs 9b PRACTICE THESE THINGS

THEN (when you have done these things above) *the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

Vs. 6 in depth: *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*

Anxiety (about anything) is a massive problem in America. I did some research on Anxiety. The results are frightening!



The Bible says that there are solutions to anxiety!

First: make sure you see you doctor to correct chemical imbalances!

Second: Take Philippians 4:6 seriously and apply its' truth:

•By prayer •By petition. •Presenting your Requests

Here is the point: Yes we bring our requests and problems to Jesus, lay them at his feet, and FOCUS ON JESUS



When Paul talks about praying, he uses three words in this verse.

First: Prayer – This word is the general word for coming into the presence of the Lord.

*When we get our eyes off our troubles and can focus them on the face of **God the Father, God the Son, and God the Holy Spirit**, then as He grows larger in our hearts, our problems grow smaller in our minds!*



Prayer is the **noise-canceling headphones** of Christianity!



Second: Petition (Supplication) – This word refers to an earnest sharing of our burdens, needs and problems. These are not **arrow prayer**, or the drive through prayers, **but prayers that arise out of the heart putting them at the feet of Jesus.**



Third: Requests – This word refers to detailed prayer about specific issues.

Example of specific prayer

Lord Jesus, Jan has had a headache for three days, she cannot sleep and she is miserable. I know that she is worried about her friend and her friend's marriage. Bring healing to her friend Mary and Jeff in their relationship one another. Help them to listen, to forgive, to truly care about each other. As you heal them heal Jan. Help her to know that she cannot solve their problems, but you can. Give her wisdom, inner peace and specific things she can do to help Mary. This is a burden for Jan and she gets these headaches every time she talks to Mary. Bring healing and hope and drain the pain out of her body. Help her to focus on you, the great physician and letting you solve Mary and Jeff's problems. You are the answer and you alone! Enable Jan to focus on you. I put this request at your feet because I know you have the best answer for Jan, Mary & Jeff.

Remember: The more focused you are on Jesus and the more specific your prayers the better!

Paul tells the Philippians that they should pray in this way WITH THANKSGIVING!

So what do prayers, that focus on Jesus, not merely us, sound like?

- *Jesus', you have given us everything, so we give you thanks for our resources, home and family.*
- *I am giving praise to you Jesus, I am purposefully thanking You for Your goodness to me.*
- *I give you thanks Jesus for Your mercy and provisions in the past week.*
- *I even thank you Jesus for hard things that come into my life because of how You use them to change my heart to be like you!*
- *I thank you Jesus for my church family at St. Paul's.*
- *When I place my offerings in the plate, I am expressing my thanks to you Jesus.*
- *I thank you Jesus that I can do all things through Your power.*
- *I want to always please You Jesus because You have the name above all names.*
- *When I catch myself being ungrateful, I will apologize to you, Jesus, and thank You for Your grace.*
- *Lord Jesus, help me to be careful not to give thanks simply with my lips, but also with heart and as vs 9b tells me-WITH ACTIONS.*

Three ways you can put power into your prayers and life.

1. **Admit to Jesus** that he alone has and knows the answer to every problem.
2. **Pray with others** as often as you can with your primary focus on listening since Jesus already know your deepest needs.
3. **Select a prayer partner.** Identify a person who prays and ask them to pray for you and you for them at a certain time each day.

ASSURANCES based on this verse in Philippians 4:6

- As you bring your anxiety into Jesus presence keep your focus on Jesus, not your problem:
- Jesus knows what you have faced, are facing and will face – Pro. 15:3; Job 23:10; Psa. 37:23.
- Jesus desire to live anxiety free– Heb. 4:15; 1 Pet. 5:7.
- Jesus has promised to take care of you always– Phil. 4:19; Heb. 13:5-6.

