

PRAYING THROUGH THE PAIN

Philippians 4:4-7

Peace-Filled Living Week 2

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

Anxiety is a SIGNAL alerting you that it's time to PRAY.

“Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷Cast all your anxiety on him because he cares for you. ⁸Be 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

“Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.” - 1 Peter 5:6 NIV

CYCLE OF ANXIETY:

You don't always have the POWER to CONTROL but you always have the POWER to SURRENDER!

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CAST: means to throw, RELEASE, to SURRENDER, or to let it GO.

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