

__ Facing & Fighting Fear __

Overcoming stress, anxiety, discouragement & depression

(With Prayer)

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **7** Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

PHILIPPIANS 4:6-7 [NLT]

MAIN IDEA

If you pray the right way, you can experience peace everyday.

How can we receive this gift of peace?

Replace your worrying with “everything prayer”.

*6 Don't **worry** about **anything**; instead, **pray** about **everything**.*

*... Tell God what you **need**, and thank him for **all** he has **done**.*

“Everything prayer” says...

1. “I **depend** on you for what I need today.”

Psalms 34:4-5 (NLT)

Matthew 6:25,30-34 (NLT)

2. “I thank you for yesterday’s caring **provision** .”

Joshua 24 (NLT)

3. “I **trust** you at the deepest level I’m able.”

Isaiah 26:3-4 (NLT)

CONTINUING THE CONVERSATION

1. If our picture of “who God is” is distorted, our prayers will be distorted.
 - a. In what ways can someone’s view of God be distorted?
2. How do you understand the phrase “Pray the right way”?
3. If “**everything prayer**” replaces everyday anxiety by expressing...
 - * “I **depend** on you for what I need today.”
 - * “I **thank** you for yesterday’s caring provision .”
 - * “I **trust** you at the deepest level I’m able.”

Which one of these is the most urgent for you to say today?