

GOSPEL FUELED JOY PRAYER

If you're experiencing anxiety, stress, depression- or maybe all of the above- pray this prayer and meditate on God's promises.

"Be Still and Know That I Am God..." Psalm 46:10

PHILIPPIANS 4:4-9 (NLT)

Always be full of joy in the Lord. I say it again—rejoice!

- "Father, thank You for helping me to choose joy today by the power of the Holy Spirit.
- No matter what challenges, temptations or circumstances I face, my heart will rejoice in Your unfailing love."

Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

- "Father, thank You for helping me to walk by the Spirit – the fruit of which is gentleness and self-control.
- I know that I can do this because You live, dwell, move, breathe within me
- In You I have my being – Everything I need I have in You.
- I lack nothing."

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

- Gratitude is the gate that Guards my Heart!
- "Father, thank You for your promise to supply all of my needs according to Your riches in glory.
- I'm trusting You now for...
- Protection / Provision / Peace and Joy as I rest in Your love!
- Good opportunities for You to live Your life through me.
- All of my daily physical, psychological, and spiritual needs to be met by Your grace and power!

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.

- "Father, I praise You for this promise, that Your peace will rest upon me and will guard my heart and mind against all attacks from the world, the flesh, and the devil.
- Now I pray for the same in the lives of my family, your church, my pastors, my friends, and co-workers."



And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true:

- “Father, through Christ I have become Your righteousness...” (2 Cor. 5:21)
- “I am completely forgiven and reconciled to You...” (Eph. 4:32; Col. 1:14; 3:13)
- “I am Your friend and no longer Your enemy...” (John 15:15)
- “I am free from condemnation...” (Rom. 8:1-2)
- “I am united with You and I am one spirit with You...” (1 Cor. 6:17)
- “I am a new creation...” (2 Cor. 5:17)

Whatever is honorable:

- “I am a branch of the true Vine, a channel of Your life...” (John 15:1, 5)
- “I am a minister of reconciliation with God and others...” (2 Cor. 5:17-21)
- “I am a personal witness of the risen Christ...” (Acts 1:8)
- “I can do all things through Christ who strengthens me...” (Phil. 4:13)

Whatever is right:

- “Sin is not my master, because I am not under law, but under grace...” (Rom. 6:14)
- “My mind is in the process of renewal by your grace and truth...” (Rom. 12:2)
- “I am a living sacrifice, holy and pleasing to You – and learning to yield my members to You daily...” (Rom. 12:1)
- “I am Your masterpiece – Your workmanship – created for good works You’ve prepared for me...” (Eph. 2:10)

Whatever is pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

- “Father...fill my mind with that which is pure, lovely, admirable, excellent and praiseworthy.
- May my attitudes reflect Your heart of mercy, justice, compassion and humility toward others this day.”

Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.



“Father, the things I’ve learned from Paul include:

- That Your grace is sufficient for me... (2 Cor. 12:9a)
- That Your power is made perfect in my weakness... (2 Cor. 12:9b)
- That I can boast about my weakness, for when I’m weak, then I’m strong... (2 Cor. 12:9c-10)
- That I can consider all religious flesh to be “rubbish...” (Phil. 3:8)
- That I can become all things to all men so that I might win some... (1 Cor. 9:19-23)
- That I am blessed because You consider me faithful... (1 Tim. 1:12)
- That I have been crucified with Christ and I no longer live but You live in me... (Gal. 2:20)
- That I can forget what is behind and press on toward the goal... (Phil. 3:13)
- That my struggle against sin is normal and not unique to me... (1 Cor. 10:13)
- That as I walk by the Spirit, I will not gratify the desires of the flesh... (Gal. 5:16)
- That sin will not be my master, because I am not under law, but under grace (Rom. 6:14)

Father, help me trust You to produce this fruit in and through me today and each day.

- May I practice Your presence in my conversations
- In my private thoughts
- In my decisions
- In my interactions with the world around me.
- In Your holy Name I pray...Amen.”

