

Date: November 15, 2020
Message: "PRAYER: GOD'S PRESCRIPTION FOR WORRIERS"
Text: Philippians 4:6-7
Speaker: Steve Balvanz

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus." (Phil. 4:6-7)

I. The Definition/Description of Worrying

MERIMNAO— "to have an anxious concern based on apprehension about possible danger or misfortune."

MERIZO — "to be pulled in opposite directions, to be divided, to be distracted"

Worrying pulls us apart mentally and spiritually. Our worries obscure the face of God. Worry blinds us to the greatness, goodness, and promises of God.

Worrying is *gnawing* on our problems rather than *ruminating* on the truth of God's word.

"Be anxious for nothing" is not a suggestion, it is a _____.

Reasons why Christians are prohibited from worrying:

1. Worrying is a subtle form of _____.
2. Worrying _____ out the word of God.
3. Worrying damages our _____.
4. Worrying hinders our _____.
5. Worrying changes _____.
6. Worrying leads to further _____.

"Worry is allowing problems and distress to come between us and the heart of God. It is the view that God has somehow lost control of the situation and we cannot trust Him. A legitimate concern presses us closer to the heart of God and causes us to lean and trust Him all the more."
(Gary E. Gilley)

"Concern draws us to God, worry pulls us from Him." (Joanna Weaver)

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The powerful remedy for worry is not found in a medicine chest, it is found in the Bible!

II. The Prescription for Worrying

Biblical prayer is an essential part of the antidote to worrying.

Worrying magnifies our _____, but prayer magnifies _____.

Biblical prayer is God-focused, not self-focused.

Biblical prayer is more focused on having God change _____ than on having Him change my circumstances.

"If my only motivation in prayer is to get my need met, I will soon find myself in a huff with God." (Oswald Chambers)

"The word *prayer* is the general word for making requests known to the Lord. It carries the idea of adoration, devotion, and worship. Whenever we find ourselves worrying, our first action ought to be to get alone with God and worship Him. Adoration is what is needed. We must see the greatness and majesty of God! We must realize that He is big enough to solve our problems. Too often we rush into His presence and hastily tell Him our needs, when we ought to approach His throne calmly and in deepest reverence. The first step in "right praying" is adoration." (Warren Wiersbe)

_____ is the greatest answer to our prayers!

"Prayer without thanksgiving is like a bird without wings."
(William Hendriksen)

No promise is given in this text that God will grant the exact answer to our prayers in the exact manner and timing that we want, but He always promises us His peace.

When we decide to pray biblically instead of worry, when we choose to have a grateful heart in not-so-great circumstances, then the peace of God comes and takes us into protective custody. The peace of God which transcends all understanding will guard our hearts and our minds in Christ Jesus.

"O what peace we often forfeit, O what needless pain we bear, all because we do not carry everything to God in prayer."
(*"What a Friend We Have in Jesus"*)

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