

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6 (NIV)

To Help Me

Why do you think that you worry so much about anything and everything? You seem to move from one worry after another. You are right about that. My biggest worry is that I will be a failure. **What has all your worry done for you?** Not much of anything positive that is for sure. Worry has caused me to say no to you, of that, I am very sure. I have doubted my abilities and your call on my life. I have thought that I couldn't possibly do what you were asking me to do for you. **You right about half of that statement.** What's that, what do you mean? **You can't do what I am calling you to do, by yourself, without my help.** I want to work in and through you. **I want you to rely on my strength. I want you to draw near to me and ask me for my help. Every time I ask you to do something for me you will need my help. So, feeling a little inadequate isn't all that bad. But, don't look at yourself and think about your inability. The second you begin to think that you can't do something agree with that thought and ask for my help. Believe that I will work in and through you. Trust that I will be with you to help you. Don't say no to me and shrink back. Say yes to me and move forward.** Yes Lord, I will.

Let's talk about your fear of failure for a moment. How much of a failure could you possibly be? I'm not sure how to answer that question. **Let me put this question to you another way. You are my child. I am your Father. I made you. I am molding and shaping your life. I'm leading you through life. My Holy Spirit lives inside of you. I am praying for you. I will never leave you or forsake you. I will give you all the strength that you need to live your life for me. One day when your life on this earth ends you will begin to live forever in heaven with me. Now, I will ask you that very same question again, "How much of a failure could you possibly be?"** I will never be a failure. Yes, that's exactly right.

When you start to worry, what will you now do differently? Worry will be sign for me to come to you in prayer. I will talk with you about everything that I have begun to worry about. I will turn every worry that I have into a prayer. I will give thanks to you because I know that you will hear and answer my prayers. **Yes, I will.** You will give me all the strength that I will need to live my life for you. **Yes, I will.** Thank you Father that you are always with me to help me.

Lord, I have been a worrier about anything and everything. I know that you love me and are in control. I am so thankful that you hear and answer my prayers. Help me to always turn all my worries over to you in prayer. Amen

Gratitude *Do Not Be Anxious*

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

NIV Philippians 4:6

Gratitude *Do Not Be Anxious*

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

ESV Philippians 4:6

Gratitude *Don't Worry About Anything*

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

NLT Philippians 4:6

Gratitude *Be Anxious For Nothing*

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

NKJV Philippians 4:6

Gratitude *Do Not Worry About Anything*

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

NRSV Philippians 4:6

Gratitude *Don't Fret Or Worry*

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

MSG Philippians 4:6

Gratitude *Do Not Fret Or Have Any Anxiety*

Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.

AMP Philippians 4:6

Gratitude *Don't Worry About Anything*

Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers.

TLB Philippians 4:6

Gratitude *Be Anxious For Nothing*

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

NASB Philippians 4:6

Gratitude *Do Not Worry About Anything*

Do not worry about anything, but pray and ask God for everything you need, always giving thanks.

NCV Philippians 4:6

Do Not Be Anxious

Year _____ Week _____ Day _____ Date _____

Gratitude – Philippians 4:6

In Context: *Read Philippians 4*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God’s Word: ***(What is God speaking to your heart?)***

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

Considering The Words: ***(What words speak to your heart?)***

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

Praying The Scripture:

(What prayer from your heart will you write?)

Lord, I have been a worrier about anything and everything. I know that you love me and are in control. I am so thankful that you hear and answer my prayers. Help me to always turn all my worries over to you in prayer. Amen

What It Means:

(What questions speak to your heart?) *(Suggested questions for small group discussion are in bold)*

What do you have a tendency to worry about the most?

When do you meet with God so that you can ask Him to release you from your worries?

What gives you confidence to thankfully turn your worries into prayers to God?

What do you know about God that helps to replace your being anxious with being thankful?

What thanks would you like to give to God for hearing and answering your prayers?

What specific worries would you like to turn into prayers to God right now?

How has God been replacing your worries with thankful trust in Him?

Living It Out:

(What action step is God guiding your heart to take?)

When you start to feel anxious and begin to worry immediately turn your worries into prayers to God.

Seeing It Happen:

(What are you trusting God for in your heart?)

Have faith that you can replace your anxiousness with thanksgiving by turning your worries into prayers to God.

Get Ready To Share:

(What can you share with others from your heart?)

Share with another person or your small group what worries you have thankfully turned into prayers to God.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you be thankful that you can turn all your worries into prayers to God.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, thank you that I can turn my worries into prayers to you.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, what worries can I turn into prayers to you today?
