

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

Philippians 4:6 (NIV)

Specific Prayers

Do you have really vague worries? I'm not sure what you mean. **Do you feel worry but don't know what you are worrying about?** No, I can't say that I do. **That's what I thought.** My worries are usually very specific. I may have no real cause to worry but at least I know what I'm worrying about.

So then, if your worries are well defined and quite specific why do you offer vague prayers about them? I'm not sure. **If you offer a very vague prayer how will you ever know if I answered it?** I might have a vague feeling that my prayer was answered. **That's my point. You would never know for sure if your prayer was or wasn't answered.** I get it.

When you pray do you really expect that I will hear and answer your prayers? I hope that you will. **That doesn't sound like a real answer to me.** When I pray I wonder if I'm asking for something that is worthy of being asked and answered. **Let me tell you something.** What's that? **If something causes you to worry then its worthy of turning it into a prayer to me. Do you know why that is?** You don't want me to worry. **That's right. What do I want you to do instead of worrying?** You want me to have faith in you. **Yes, but be more specific.** You want me to have faith that you will hear and answer my prayers. **Why would I do that for you?** You love me and I am your child. **Yes, you are. Do you delight in hearing and answering requests from your children?** Yes, I really do. **You can be just as sure that I do as well, even more so.**

If you have faith that I will hear and answer your prayers, with what attitude will you make them? I will make my prayers to you with joy and thanksgiving because I know that you are listening to me. **Yes, I am. What then will happen to the worry and anxiety that you have been carrying?** When I pray to you my worries and anxieties will be replaced with joy and thanksgiving. **Yes they will. Now start praying specific prayers that I can hear and answer for you.** Yes Lord, I will.

Lord, I will no longer hold on to my worries and struggle through them on my own. I am so thankful that I can turn all my worries into very specific prayers and petitions to you. Thank you for hearing and answering me in my need. Amen

Gratitude *Present Your Requests To God*

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

NIV Philipippians 4:6

Gratitude *Let Your Requests Be Made Known To God*

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

ESV Philipippians 4:6

Gratitude *Tell God What You Need*

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

NLT Philipippians 4:6

Gratitude *Let Your Requests Be Made Known To God*

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

NKJV Philipippians 4:6

Gratitude *Let Your Requests Be Made Known To God*

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

NRSV Philipippians 4:6

Gratitude *Letting God Know Your Concerns*

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

MSG Philipippians 4:6

Gratitude *Make Your Wants Known To God*

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 Philipippians 4:6

Gratitude *Tell God Your Needs*

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

TLB Philipippians 4:6

Gratitude *Let Your Requests Be Made Known To God*

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

NASB Philipippians 4:6

Gratitude *Ask God For Everything You Need*

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

NCV Philipippians 4:6

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 will no longer hold on to my worries and struggle through them on my own. I am so thankful that I can turn all my worries into very specific prayers and petitions to you. Thank you for hearing and answering me in my need. Amen

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

What are some current worries that you can turn into prayers to the Lord?

When have you turned a very specific worry into a very specific prayer?

Why will turning a specific worry into a vague prayer be of little help to you?

How has turning a worry into a prayer released you from worry and anxiety?

What specific prayers are you now presenting to the Lord as your requests from Him?

Why are you able to have an attitude of thanksgiving as you present your requests to the Lord?

What makes you certain that the Lord will hear and answer your prayers?

Living It Out: ***(What action step is God guiding your heart to take?)***

Turn your worries into prayers to the Lord with thanksgiving knowing that He will hear and answer your prayers.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith that you can turn your worries into prayers that the Lord will hear and answer.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group how turning your worries into prayers have released you from worry.

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 have faith to turn all your worries into prayers and petitions with thanksgiving to the Lord.

Prayer To Carry

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

Lord, thank you that I can turn my worries into prayers that you will hear and answer.

What Do You Want To Remember About Today?
