

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7 (NIV)

Present Your Requests

I'm not hearing many actual prayer requests from you. You are not asking me for very much. Why is that? Do you think that I may be too busy to hear and answer your prayers? Do you think your prayers may come as an inconvenience to me? Do you not want to bother me with your requests? Do you think that you are not worthy to have your prayers heard and answered by me? Are you so busy that you just don't have the time to pray? You don't have to answer all my questions immediately. I do want you to think deeply about what I am saying to you.

Is your life so under control that you don't need my help? Now, I can't let that question go by unanswered. That is a question I don't need to take time to answer. **I didn't think so either.** You've seen my life. **Yes, I see your life from beginning to end. I take notice of every detail of your life on every day of your life.** Have you noticed that I am full of worry and anxiety? **Yes, that's exactly why I started this conversation with you about your prayers.** What do you have in mind? **What do you think I have in mind?** You don't want me to carry worry and anxiety through life. **No, I do not.**

I want your life to be filled with joy. I want you to have peace that is so full and deep that you can't even explain it. I want you to have my joy and peace no matter what circumstances you face in life. How is that possible? **You tell me.** I don't know. **Well, do you want to keep carrying your worries and anxieties through life?** No, I don't. **What can you do with your worries and anxieties?** I can give my worries and anxieties to you. I can turn each one of my worries and anxieties into a prayer to you. **Yes, you can. Now if you did that, you would be asking for a lot more from me in your prayers.** Yes, I would. **That is exactly what I want to hear from you. I want you to ask me for all that you need. I want you to come to me to rely on me in your prayers. Will you do that?** Yes Lord, I will.

Lord, I have held on to anxious worries. My joy has been robbed. My ability to rejoice has been limited. I know that you are near to me and ready to hear my prayers. I will turn all my worries into prayers to you so that your peace will guard my heart and mind. Amen

Knowing God *Guard Your Hearts And Your Minds*

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

NIV Philipippians 4:4-7

Knowing God *Guard Your Hearts And Your Minds*

Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 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.

NLT Philipippians 4:4-7

Knowing God *Guard Your Hearts And Your Minds*

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, 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 understanding, will guard your hearts and your minds in Christ Jesus.

NRSV Philipippians 4:4-7

Knowing God *Guard Over Your Hearts And Your Minds*

Rejoice in the Lord always [delight, gladden yourselves in Him]; again I say, Rejoice! Let all men know and perceive and recognize your unselfishness (your considerateness, your forbearing spirit). The Lord is near [He is coming soon]. 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. And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.

AMP Philipippians 4:4-7

Knowing God *Guard Your Hearts And Your Minds*

Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. 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.

NASB Philipippians 4:4-7

Knowing God *Guard Your Hearts And Your Minds*

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, 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 understanding, will guard your hearts and your minds in Christ Jesus.

ESV Philipippians 4:4-7

Knowing God *Guard Your Hearts And Minds*

Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. 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 understanding, will guard your hearts and minds through Christ Jesus.

NKJV Philipippians 4:4-7

Knowing God *Come And Settle You Down*

Celebrate God all day, every day. I mean, revel in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute! Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

MSG Philipippians 4:4-7

Knowing God *Keep You Thoughts And Hearts Quiet*

Always be full of joy in the Lord; I say it again, rejoice! Let everyone see that you are unselfish and considerate in all you do. Remember that the Lord is coming soon. Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

TLB Philipippians 4:4-7

Knowing God *Keep Your Hearts And Your Minds*

Be full of joy in the Lord always. I will say again, be full of joy. Let everyone see that you are gentle and kind. The Lord is coming soon. Do not worry about anything, but pray and ask God for everything you need, always giving thanks. And God's peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus.

NCV Philipippians 4:4-7

Knowing God – Philippians 4:4-7

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?)***

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7

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

Rejoice | in the Lord | always. | I will | say it | again: | Rejoice! | Let | your gentleness | be evident | to all. | The Lord | is near. | Do not | be anxious | about anything, | but | in everything, | by prayer | and | petition, | with thanksgiving, | present | your requests | to God. | And | the peace | of God, | which transcends | all understanding, | will guard | your hearts | and | your minds | in | Christ Jesus. Philippians 4:4-7

Praying The Scripture: ***(What prayer from your heart will you write?)***

Lord, I have held on to anxious worries. My joy has been robbed. My ability to rejoice has been limited. I know that you are near to me and ready to hear my prayers. I will turn all my worries into prayers to you so that your peace will guard my heart and mind. Amen

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

When have you felt the nearness of God as you have turned your worries into prayers to Him?

How has God guarded your heart and mind as you have turned your worries into prayers to Him?

When have you made a choice to carry your own worries rather than to turn them into prayers to God?

What is a worry that you would like to turn into a prayer to God right now?

How have you come to know God better as you have turned your worries into prayers to Him?

How has the peace of God come into your life as you have turned your worries into prayers to Him?

How have you been free to rejoice and give thanks to God after turning your worries into prayers to Him?

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

Draw near to God and turn all your worries into prayers to Him so that He can guard your heart and your mind.

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

Have faith that the God will guard your heart and mind as you turn your worries into prayers to Him.

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

Share with another person or your small group how you have drawn near to God to turn worries into prayers to Him.

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 turn al your worries into prayers to God so that His peace will guard your heart and mind.

Prayer To Carry

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

Lord, I will turn all my worries into prayers to you so that your peace will guard my heart and mind.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, what worries do I need to turn into prayers to you so that you will guard my heart and mind today.
