

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 4:6-7 (NIV)

On Guard

Are you on guard? Am I on guard over what? **Are you on guard over your heart?** What does that mean? How can I guard my heart? What do I need to be on guard against? Can something attack my heart? What might put my heart in danger? **Those are very good questions. I think it would be very helpful for you to answer your own questions. I know that you have a good idea of what will endanger your heart. I would like to hear your answers. You talk, I will listen.**

It seems to me that my heart is under constant attack from the world. The world is a noisy chaotic place. It shouts for my ear and demands my attention. Life in this world is filled with worries of every shape and size. There are financial worries. There are physical worries. There are emotional worries. It would be easy to allow my life to become paralyzed by worry. **Have you ever let your heart become paralyzed by worry?** You know the answer to that question. I have frequently let my heart and mind and life become paralyzed by worry. **How will you guard your heart against worry?** That seems like an odd question to me. **Why is that?** Aren't you the one who will guard my heart? Aren't you the one who will fill my heart and mind and life with your peace? Won't your peace guard my heart? **Yes, my peace will guard your heart under certain circumstances.** Under what circumstances will your peace guard my heart and mind and life? **That again, is a question you can answer. If you want my peace to guard your heart and mind and life you must answer that question with both your words and actions.** I get it. I must turn all my worries into prayers to you. I must come to rely on you. I must ask for your help. I must present all my requests to you. I must believe that you will hear and answer my prayers. When I pray to you, I must thankfully consider your help as a certain and settled matter. You will hear me. You will help me. When I rely on you I will have your peace. Your peace will be with me in and through every twist and turn and up and down in life. I will be able to hold on to you as you hold on to me. I will be able to live in your supernatural peace that will guard my heart and mind and life. **Yes, you will.**

Lord, too often I have carried my worries and anxieties on my own all by myself. Help me now to turn all my worries and anxieties into thanksgiving filled prayers to you. Guard my heart and mind with your unexplainable peace. Amen

Heart *Guard Your Hearts*

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 *Philippians 4:6-7*

Heart *Guard Your Hearts*

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 *Philippians 4:6-7*

Heart *Guard Your Hearts*

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 *Philippians 4:6-7*

Heart *Guard Over Your Hearts*

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 *Philippians 4:6-7*

Heart *Guard Your Hearts*

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 *Philippians 4:6-7*

Heart *Guard Your Hearts*

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 *Philippians 4:6-7*

Heart *Guard Your Hearts*

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 *Philippians 4:6-7*

Heart *Settle You Down*

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 *Philippians 4:6-7*

Heart *Your Hearts Quiet*

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 *Philippians 4:6-7*

Heart *Keep Your Hearts*

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 *Philippians 4:6-7*

Guard Your Hearts

Year _____ Week _____ Day _____ Date _____

Heart – Philippians 4:6-7

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?)***

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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. | And | the peace | of God, | which transcends | all understanding, | will guard | your hearts | and | your minds | in Christ Jesus. Philippians 4:6-7

Praying The Scripture:

(What prayer from your heart will you write?)

Lord, too often I have carried my worries and anxieties on my own all by myself. Help me now to turn all my worries and anxieties into thanksgiving filled prayers to you. Guard my heart and mind with your unexplainable peace. Amen

What It Means:

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

What kinds of circumstances are most likely to cause your heart and mind to be filled with anxiety?

How quickly do you turn your worries and anxieties into prayers to the Lord?

Why is it foolish to go through life carrying your worries and anxieties all by yourself?

What worries and anxieties would you like to turn into prayer requests to the Lord?

When have you prayed prayers filled with thanksgiving as you brought your worries and anxieties to the Lord?

When has God given you unexplainable peace through worrisome and anxious circumstances?

How has praying to God about your anxieties guarded your heart and mind and given you His peace?

Living It Out:

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

Turn every one of your worries and anxieties into thanksgiving filled prayers to the Lord so He can give you His peace.

Seeing It Happen:

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

Have faith that the Lord will give you His peace as you turn your worries and anxieties 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 what worries and anxieties you are turning into prayers right now.

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 all your worries and anxieties into prayers of thanks to the Lord so He can give you His peace.

Prayer To Carry

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

Lord, help me now to turn every one of my worries and anxieties into prayers to you so I can have your peace.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, what worries and anxieties can I be released from as I turn them into prayers to you?
