

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)

Weighed Down

What are you doing? What does it look like I am doing? **It looks like you're doing nothing. You look like you are frozen in place. You look like you are sitting there paralyzed with anxiety and worry. You look like you are carrying a very heavy burden. You look like you are weighed down by anxiety and worry.** I can't hide anything from you. **No, you cannot. Do you like to be filled with anxiety and worry?** No, I do not. What kind of question is that? Who would ever say that they like to be filled with anxiety and worry? **Well, one could wonder about you. Why is that? You have almost made anxiety and worry a hobby in your life. You worry about anything and everything. Much of what you worry about doesn't have the remotest chance of every happening. You seem to imagine the worst and then begin to worry about that.** Yes, I do. **That's not good.** Yes, I know.

Would you like to be free of anxiety and worry? Yes, I would. **Really?** Yes, really. **If you want to be free from anxiety and worry you must do two things.** You have my full and complete attention. I want to know what two things I must do to be free from anxiety and worry. **Are you sure?** Yes, I am sure. **First, you must relinquish control of your life over to me. You are not in charge. You do not control your destiny. You do not know the future. Will you trust me? Will you place your faith in me?** Yes, I will trust you. Yes, I will place my faith in you. **You say that now. Your commitment to trust me and place your faith in me will be tested every time you start to feel anxiety and begin to worry. In fact, anxiety and worry will be a sign that you are once again beginning to trust and rely on yourself. Do you understand?** Yes, I understand.

What is the second thing that I must do if I want to be free from anxiety and worry? **After you have placed your trust and faith in me, you must turn each one of your anxieties and worries into prayers to me. I want you to let go of your anxiety and worry by turning them into prayers to me. Do you believe that I will hear and answer your prayers?** Yes, I do. **Will you turn all your anxieties and worries into prayers to me?** Yes, I will. **That will be very good. My peace will come into your life as you turn all your anxieties and worries in prayers to me.** That is what I want. **That is what you will have as you present your prayer requests to me.**

Heavenly Father, I have allowed my heart and mind and life to become filled with anxiety and worry. I have not turned my anxiety and worry into prayers to you. No longer will I carry anxiety and worry. Fill me with Christ's peace as I present my requests to you. Amen

Discipleship *Present Your Requests*

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

Discipleship *Let Your Requests Be Made Known*

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

Discipleship *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. 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

Discipleship *Let Your Requests Be Made Known*

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

Discipleship *Let Your Requests Be Made Known*

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

Discipleship *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. 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

Discipleship *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. 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

Discipleship *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. 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

Discipleship *Let Your Requests Be Made Known*

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

Discipleship *Ask God For Everything You Need*

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

Present Your Requests To God

Year ____ Week ____ Day ____ Date ____

Discipleship –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?)***

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

Heavenly Father, I have allowed my heart and mind and life to become filled with anxiety and worry. I have not turned my anxiety and worry into prayers to you. No longer will I carry anxiety and worry. Fill me with Christ's peace as I present my requests to you. Amen

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

What has caused you a great deal of anxiety and worry?

Why is it counterproductive to allow yourself to become weighed down by anxiety and worry?

How has carrying anxiety and worry damaged your life?

When have you turned your anxiety and worries into prayers to God?

How has God heard and answered the requests that you have presented to Him?

How has God's peace come into your life as you have turned anxiety and worry into prayers to Him?

How are your prayers to God now guarding your heart and mind in Christ Jesus?

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

Turn all your anxiety and worries into prayer requests to God.

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

Have faith that God will hear and answer the prayer requests you present to Him.

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

Share with another person or your small group how turning your anxieties and worry into prayers has given you peace.

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 present your requests to God so His peace will guard your heart and mind in Christ Jesus.

Prayer To Carry

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

Heavenly Father, I will present my requests to you so your peace will guard my heart and mind in Christ Jesus.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Heavenly Father, what requests should I present to you today?
