

First Baptist Church – Odessa

Pastor Byron McWilliams

Date: _____

“Praying for Peace of Mind”

“Peace of Mind: Winning the Battle for Your Mind” – Pt. 8

Philippians 4:6-7 and Selected

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:7

5 Steps for Praying for Peace of Mind:

I. Pray about everything!

“Do not be anxious about anything, but in everything by prayer...” Vs. 6a

II. Pray with intense pleading!

“Do not be anxious about anything, but in everything by prayer and supplication...” Vs. 6b

“The effective prayer of a righteous man can accomplish much.”

James 5:16 NASB

III. Pray with heartfelt gratitude!

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving...” Vs. 6c

1. Be thankful that God intimately cares for you!

“...casting all your anxieties on Him, because He cares for you.”

1 Peter 5:7

2. Be thankful that God recognizes your every need!

“And my God will supply every need of yours according to His riches in glory in Christ Jesus.” Philippians 4:19

3. Be thankful that God knows your limits!

“No temptation has overtaken you that is not common to man. God is faithful, and He will not let you be tempted beyond your ability, but with the temptation He will also provide the way of escape, that you may be able to endure it.” 1 Corinthians 10:13

4. Be thankful that God’s power is amazingly abundant!

“Great is our Lord, and abundant in power; His understanding is beyond measure.” Psalm 147:5

5. Be thankful God has not left you to fight alone!

“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:9 NIV

6. Be thankful God works all things for your ultimate good!

“And we know that for those who love God all things work together for good, for those who are called according to His purpose.” Romans 8:28

IV. Pray with a determined insistence!

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests....” Vs. 6d

“If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.” John 15:7

V. Pray with absolute boldness!

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” Vs. 6