

First there's a command from God

But it's really 1 command: replace worrying with praying

Asking involves:

Praying for yourself

Praying for others "Intercession is love on its knees." (Harry Emerson Fosdick)

Complaining

"My soul is in deep anguish. How long, Lord, how long?" (Psalm 6:3)

Waiting

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. (Matthew 7:7-8, NIV)

Then there's a promise from God

As long as worries dominate your thoughts, there's no room for God's peace. But when you release your worries, God's peace can take over.

Two honest questions

If prayer is God's way to find peace of mind, is it wrong to take anti-anxiety medications?

What about the request? God may give us his peace, but will he also give us what we ask for?

Why might God choose not to give us what we ask for?

Our ignorance

Our timing

Our confusion

God empowers us in two primary ways: prayer and intelligent work

Sometimes you are the answer to your own prayer