

PRESTONTRAIL

MESSAGE: Words To Live By | Philippians 4:6-7 SPEAKER: Paul Basden | DATE: May 23 & 24, 2020

We value one intangible thing more than most tangible things: peace of mind.

Here's the rub: life involves real problems that give us real reasons to worry

Unfortunately, worry doesn't help - it actually introduces new problems:

Our topic today is how to find peace of mind, God's way

Three reminders about prayer

Prayer is a "get to," not a "got to"

No sincere prayer is trivial to God

Remember the basic rule of prayer: Don't lie to God

How to find peace of mind through prayer

Do not be anxious about anything, but in every situation, 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)

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