

## **Day 6: Prayer:**

*“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” - **Philippians 4:6***

### **Read:**

Take a moment to read this verse again. Is there something God is asking you to do?

### **Think:**

*“Prayer is not overcoming God’s reluctance, but laying hold of his willingness.” - **Martin Luther (1483 - 1546)***

If you feel any weakness, depression, or anxiety, receive it with gladness that God will provide a way to deliver you from these things. You are not self-sufficient. The bond of fellowship with the Lord in prayer must be your first step out of the darkness. He has an open hand and He’s ready to pour out blessing into your life. (Psalm 145:16)

## **Pray:**

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

- **Psalm 139:23-24**

We need this deep time of exposure to the Spirit as we read Scripture and pray. Let this time of prayer be a time of self-examination. Pray that the Holy Spirit would help you to discern the places in your heart that need to let go of anxieties and replace it with a hallelujah. Fight to get your soul at rest. Beg God to be at work in your fight. Get on your face and beg him to be at work in the valley you're in. Pray for the authentic courage that only the Holy Spirit can bring. Pray for the strength to praise the Lord in the presence of your enemies. Pray that the True Shepherd would lead you in the middle of the storm. Pray for Him to sustain you for the next six days of our church-wide fast.