

# CROSS CHURCH



SEPTEMBER 16-17, 2023

**ANXIOUS FOR  
NOTHING PART 2:  
PRAYER THAT  
MOVES MOUNTAINS**

*PHILIPPIANS 4:4-9 Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

**ANXIETY IS THE SIGNAL ALERTING YOU  
THAT IT'S TIME TO PRAY.**

## **HOW TO PRAY:**

### **1. Be vocal.**

*MATTHEW 6:8 ...your Father knows what you need before you ask him.*

### **2. Be thankful.**

*1 PETER 5:6-8 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*

### **3. Be humble.**

### **4. Be passionate.**

**I WILL ALWAYS HAVE THE POWER TO SURRENDER!**

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