

Prayer: God's Rx for Worry

Philippians 4:6-7

Proverbs 12:25

Big Idea: Cease worrying, and start praying. It's God's pathway to peace.

I. Remember why we should put worry aside: He is near! vs 5b

Psalm 34:18

Psalm 145:18

II. Command #1: Actively seek to stop worrying vs 6

Philippians 2:20

2 Corinthians 11:28

- Worry is sin because it's distrust of God.

III. Command #2: Replace unproductive worry with proactive prayer vs 6.

1 Peter 5:7

A. Comprehensive prayer

B. Specific prayer

C. Grateful prayer

Psalm 142:1-7

IV. The Promise: God will guard your heart/mind with His garrison of peace vs 7

John 14:27

Isaiah 26:3-4

For us today:

- 1) Starting your day: The Word and Prayer
- 2) Winning the battles: The Word and Prayer
- 3) Don't fight alone: Pray together