

ANXIOUS FOR NOTHING—2 PRAYING THROUGH THE PAIN

Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:4-7 NIV

- **Anxiety is a signal alerting you that it's time to pray.**

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷Cast all your anxiety on him because he cares for you. ⁸Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 1 Peter 5:6-8 NIV

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Cycle of Anxiety

- **You don't always have the power to control but you always have the power to surrender!**

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When I say Jesus
The very mention
Shatters the darkness
And calms my soul

When I say Jesus
Even a whisper
Breaks through my doubting
Till all my fear is gone