



ANXIOUS FOR NOTHING

Part 2: And I Mean Everything!

“Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And 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!

“Don’t worry about anything; instead, pray about everything,” - Philippians 4:6 NLT

And I mean EVERYTHING!

If it’s big enough to worry about, it’s big enough to pray about.

If it’s on your mind, it’s on God’s heart!

I will answer them before they even call to me. While they are still talking about their needs, I will go ahead and answer their prayers! - Isaiah 65:24 NLT

How Should We Pray?

1. Tell him what you need.

Don’t worry about anything; instead, pray about everything. Tell God what you need, - Philippians 4:6 NLT

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you. - 1 Peter 5:6-7 NIV

You don’t always have the power to control, but you always have the power to surrender!

2. Thank him for all he has done.

Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. - Philippians 4:6 NLT

TALK IT OVER

- Do you ever hold back how you're feeling from God? How could being honest with Him help in times of anxiety?
- Read 1 Peter 5:6-8. Why is it important to focus on God's ability to care for you, rather than on the threats of the enemy?
- What steps can you take to surrender to God and break the cycle of anxiety this week?

Suggested Reading Plan: [Anxious For Nothing](#)

Announcements:

- **Sunday Service @ 10 AM.** Nursery for children up to age 4 on weeks 2,3 & 4; KidZone for ages 5-11.
 - Christmas in KidZone 12/10!
- **Girl's Ministry** for grades K-6 *on Wednesdays @ 5:30 PM!*
- **Finish Line Youth** for ages 12-12th grade *Wednesdays @ 7 PM!*
 - Wood'n Wheel outing 12/8!
- **Women's Bible Study** - *Abide: A Study of 1,2, & 3 John*, Thursdays from 6:30-8 PM.
- **Pizza with Pastor** following the Sunday Service 10/22 - 11/12 for those who pre-registered.
- **Operation Christmas Child** shoebox packing and collection 11/12. See Melissa Lasher for more info.
- **Angel Tree** is a ministry to children of incarcerated parents. 11/26 - Take an "angel;" 12/10 - return wrapped gift; 12/17 - Deliver gifts. See Shirley Lane if you are interested in participating.
- **Christmas Play** 12/17! Invite your family, friends and neighbors!

For more information, visit newlife-saugerties.org and download our mobile app!



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