

### **Devotion 3: Prayer Leads to Peace**

Philippians 4:4–7 (ESV) *Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

Paul writes this rich encouragement from prison, reminding us twice to rejoice! Why? Because the Lord is near—He is at hand. We don't have to carry anxiety alone. Instead, he gives us a simple, powerful pattern: Thank God (for who He is and what He's done) and ask God (pour out your needs in prayer). As we've often said, "He is worthy, and we are needy."

When we follow this pattern, God promises something extraordinary: the peace of God—deep, supernatural peace that goes beyond human logic—will guard our hearts (our emotions) and minds (our thoughts) in Christ Jesus. This isn't just a quick ritual to "fix" our worries. True peace flows from intimacy with Him—being mindful of His character, His faithfulness, His presence, and our total dependence on Him. It comes from loving to be with Him.

During this Seek Week, let's turn anxiety into prayerful intimacy. Pray using the pattern: "He is worthy" (thanksgiving) and "We are needy" (supplication). Prayer Prompts:

#### **He is Worthy (Thank God specifically):**

- Lord, I thank You for \_\_\_\_\_

(Examples to fill in: my salvation through Jesus; Your unfailing love; the gift of life and breath today; Your provision of daily needs; family and friends who point me to You; the beauty of creation that declares Your glory; the hope of eternal life with You; Your Word that guides and comforts me.)

#### **We are Needy (Ask God for help):**

- Lord, I need Your help in the area of \_\_\_\_\_ to turn my anxiety into peace.

(Examples: my health or a recent diagnosis; financial pressures; my job or work uncertainty; relationships that feel strained or broken; decisions about the future; fears for my children/family; overwhelming worries about the world/news.)

- Lord, I need Your presence right now as I face \_\_\_\_\_.

(Examples: loneliness or relational conflict; health concerns for myself or loved ones; financial stress or debt; uncertainty about tomorrow; work demands and burnout; grief or past hurts; fear of failure or the unknown.)

Closing Prayer (optional to pray aloud):

- Heavenly Father, thank You that You are near and worthy of all praise. Help me rejoice in You always. Take my anxieties today—replace them with peace that comes from thankful, dependent prayer. Let Your surpassing peace guard my heart and mind in Christ Jesus. Amen.

Go forward today in His peace: **Prayer leads to peace**—because He hears, He cares, and He is at hand. You can bring everything to Him.