

Prayer Concerns — Chester ARP 1/6/20

- For salvation of lost folks
- For parents of young children
- For the marriages and families of our congregation
- For the students in our congregation and educators in our community
- For unspoken requests
- For those dealing with the loss of loved ones



Chester ARP
Church
Growing and Witnessing

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- For the repentance of sin in your life.
- For renewed love for God and others.
- For a specific request that the Lord may have laid on your heart.
- For focused and hope-filled 2021.
- For the vaccine to be effective and the threat of COVID to diminish as we continue into 2021.
- For good physical health in our congregation.



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- For those struggling with faith.
- For those who are persecuted for their faith throughout the world.
- For opportunities to share Christ with other people.
- For peace for those facing anxiety, fear, and questions about themselves and their future.
- For encouragement in the Lord.
- For those wrestling with the effects of coronavirus — depression, isolation, addiction, frustration, illness, etc.
- For the glory of Christ to be in all things.



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Anxiety and Prayer



What is Anxiety?

“Anxiety is a painful or apprehensive uneasiness of mind usually over an impending or anticipated ill, a fearful concern or interest.”

“It’s trepidation. It’s a suspicion, an apprehension. Life in a minor key with major concerns.” — Max Lucado

“Sky is falling, and it’s falling on me.”

Anxiety and Prayer

“A Meteor Shower of What-ifs...”

Questions:

What if I don't close the sale/get the bonus/can't afford braces for the kids?

...kids have crooked teeth

...crooked teeth keep from good job

...homeless with a sign

... “Mom couldn't' afford braces.”

Anxiety and Prayer

Anxiety and Us

#1 mental health problem for women and second to alcohol/drug addiction in men.

20% of Americans have disorder every year.

8-10% of children suffer with anxiety.

1 in 13 global citizens suffer with it.

31% of adults experience anxiety disorder in their lifetimes.

Lucado, pg. 6

Anxiety and Prayer

Why are we so tense?

1. Change — Technology
2. Travel
3. Personal Challenges
4. Aging
5. Spiritual Expectations
6. Our Loves

Anxiety and Prayer

Anxiety is not sin; it's an emotion that can lead to sin.

1. Addictions and self-medication
2. Angry outbursts
3. Peddle fears on others
4. Abandon spouse
5. Neglect kids
6. Break covenants
7. Break friendships

Anxiety and Prayer

Questions to Ask Yourself

- Are you laughing less than you once did?
- Do you see problems in every promise?
- Are you getting more negative, cynical, and critical?

Anxiety and Prayer

Questions to Ask Yourself

- Do you downplay good news with your dose of reality?
- Would you rather stay in bed or lay around the house than get up?
- Do you magnify the negative instead of the positive?
- If possible, would you avoid any interaction with humanity for for the rest of your life?

Anxiety and Prayer



Some Hope for Today – 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.

Anxiety and Prayer



Some Hope for Today – Philippians 4:8-9 (ESV)

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Anxiety and Prayer

Anxiety is not sin; it's an emotion that can lead to sin.

1. Celebrate God's Goodness (4:4)
2. Ask God for Help (4:6)
3. Leave you concerns with him (4:6)
4. Meditate on good things (4:8)