ANXIOUS FOR NOTHING—
PRAYING THROUGH THE PAIN

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.**

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. [8]Be 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

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 1 Peter 5:6 NIV

Cycle of Anxiety

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

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

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 4:6-7 NIV

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

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?