



Experience 38: Prayer

Wednesday, March 3, 2021

Philippians 4:6-7

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Our lives are turbulent and ever changing; this is simply the nature of life. Change and uncertainty regardless of the situation can produce anxiety and worry, which can easily steal our joy, our energy and our peace. But prayer paves a path towards restoration of what's been lost! Philippians 4:6-7 gives us a prescription for anxiety. Notice that the verse doesn't promise that God will take all of our problems away, or get rid of the things that we are worried about. Rather, it promises that when we bring our problems and worries to God, He will give us peace to guard our hearts and minds.

I recently heard someone say, "God may not always calm the storms in our lives, but He is always willing to calm His child in the storm." This struck me because more often than not, my prayer is that a difficult or painful situation will be turned around and resolved, and I won't have to go through it anymore. But it's precisely these situations that can bring me even closer to God! Lately, I've been asking

God to make me more aware of His presence in my negative circumstance and to help me find relief from my worry. He longs to soothe anxiety and replace it with hope for the future. Let me be honest, it's not always easy to let go of the worry and let God calm me down, but every time I do, it brings so much peace.

I read Philippians 4:6-7 as a promise. The Bible tells story after story of God following through with His word, so we can trust that He'll guard our hearts and minds with unfathomable peace if we take the risk of bringing our real fears, worries, and thoughts to Him.

When we come to God and transparently tell Him what's on our minds we have access to peace that goes beyond comprehension! Challenge yourself to develop an authentic and individual prayer life, having conversations with God that are personal. He wants to hear it all, not just the things you need, and not just the things you're grateful for. He wants to know the real you!

Actions to take

- Set aside time to be completely alone with God, away from family members, pets, your phone, anything that might distract you.
- Get comfy, drink some tea or water, put on your favorite slippers, we're about to dive into something deep!
- Write down a list of three concerns that have been on your mind lately. Nothing is too big or small. What's weighing you down?
- Talk with Him about these three things, present each concern individually. Listen and be still. Wait on the Father to speak into your life and restore peace.
- Write Philippians 4:6-7 on a post-it, small card, a mirror, or any place you'll see it this week and be reminded of this tremendous promise.