



Be  
anxious  
for nothing.

PHILIPPIANS 4:6-7

Philippians 4:6-8 Be anxious for nothing, 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 minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

**A daily prayer guide to help you pray through the problems and needs of life.**



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### **BE ANXIOUS FOR NOTHING!**

- 1. Be anxious for nothing: The Matthew Henry commentary explains this phrase by saying, “Avoid anxious care and distracting thought in the wants and difficulties of life.”**
- 2. Being anxious for nothing does not mean that I should not have a positive concern for needs and problems because I should care. I should never be negligent, irresponsible, or unconcerned in the face of wants or difficulties.**
- 3. Being anxious is offensive to God because it communicates that I do not trust Him. I am to trust in His power and promises.**
- 4. Being anxious and filled with worry begins in the amygdala which is the part of your brain that is responsible for perceived fear. Then the amygdala responds by sending signals to the hypothalamus, which stimulates the autonomic nervous system. This drives the fight-or-flight response. Then your body releases a stress hormone adrenaline and cortisol which then can affect your heart, and various organs of the body. There are various coping mechanisms and techniques to bring your anxiety down such as deep breathing, exercise, good sleep, having a friend to talk to and of course the most affective of all...prayer and trust in God!**

Psalms 37:3-10 Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness. Delight yourself also in the LORD, And He shall give you the desires of your heart. Commit your way to the LORD, Trust also in Him, And He shall bring it to pass. He shall bring forth your righteousness as the light, And your justice as the noonday. Rest in the LORD, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass.

Proverbs 3:5-6 Trust in the LORD with all your heart and lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

Jeremiah 17:7-8 Blessed is the man who trusts in the LORD, and whose hope is the LORD. For he shall be like a tree planted by the waters, which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit.

Matthew 6:31-33 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear? For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you

Luke 10:41-42 And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."



Philippians 4:6-8 Be anxious for nothing, but in everything by **prayer and supplication...**

### **PRAYER AND SUPPLICATION:**

- 1. Instead of being anxious about my problems and needs, which can lead to the sin of worry and ultimately distrusting God, I need to take the problems and needs straight to God in prayer. When I immediately surround my needs with prayer, I give God the privilege to be God and to step right in and work. He says that I can come boldly to the throne, and I will find immediate grace in my time of need.**
- 2. Supplication comes from the Latin verb supplicare, which means “to plead humbly.” To plead humbly with God means to ask with a trusting dependency upon Him. When I refuse to humbly plead with God then most likely my pride will encourage me to handle my problems independently of Him.**
- 3. When I choose to pray about my problems and needs, there are four things that I am choosing to do. Firstly, I am choosing to acknowledge that God is the Lord of my life who guides me. Secondly, I am choosing to depend upon Him as my Father who is capable of helping me. Thirdly, I am choosing to trust in Him and not myself with the outcomes. Fourthly, I am choosing intimacy as I commune with and share my cares with Him.**
- 4. Prayer and supplication can involve great emotions of weeping, intercession, and travail. It is okay to be emotional in prayer when we deeply care about something. The story of Hannah in I Samuel chapter twelve tells us of her desperate desire to give birth to a son. She did not bow to worry but took her need straight to prayer. She chose to trust God through her desperate prayer of weeping and travailing. God honored her desperate prayer, and she gave birth to a son named Samuel who was greatly used of God.**
- 5. God honors faith. When I mix faith with my prayers, I can have what I ask for.**

Psalms 37:4-5 Delight yourself also in the LORD, And He shall give you the desires of your heart. Commit your way to the LORD, Trust also in Him, And He shall bring it to pass.

Mark 11:24 Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.

Hebrews 4:15-16 For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

James 5:16 ...The effective, fervent prayer of a righteous man avails much.

1Peter 5:7 Casting all your care upon Him, for He cares for you

Ephesians 6:18 Praying always with all prayer and supplication in the spirit and watching thereunto with all perseverance and supplication for all saints.



**PRAYER NEEDS FOR 2022:**

**1. Self: (spiritual, emotional, social, physical, intellectual)**

1.)

Need: \_\_\_\_\_

Scripture:

\_\_\_\_\_

2.)

Need: \_\_\_\_\_

Scripture:

\_\_\_\_\_

3.)

Need: \_\_\_\_\_

Scripture:

\_\_\_\_\_

4.)

Need: \_\_\_\_\_

Scripture:

\_\_\_\_\_

**2. Family: (spiritual, emotional, social, physical, intellectual)**

1.)

Need: \_\_\_\_\_

Scripture:

\_\_\_\_\_

2.)

Need: \_\_\_\_\_

Scripture:

\_\_\_\_\_

3.)

Need: \_\_\_\_\_

Scripture:

\_\_\_\_\_

4.)

Need: \_\_\_\_\_



**MY PRAYER NEEDS FOR 2022:**

**3. Family: (spiritual, emotional, social, physical, intellectual)**

1.)

Need: \_\_\_\_\_

Scripture: \_\_\_\_\_

\_\_\_\_\_

2.)

Need: \_\_\_\_\_

Scripture: \_\_\_\_\_

\_\_\_\_\_

3.)

Need: \_\_\_\_\_

Scripture: \_\_\_\_\_

\_\_\_\_\_

**4. Family: (spiritual, emotional, social, physical, intellectual)**

1.)

Need: \_\_\_\_\_

Scripture: \_\_\_\_\_

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2.)

Need: \_\_\_\_\_

Scripture: \_\_\_\_\_

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3.)

Need: \_\_\_\_\_

Scripture: \_\_\_\_\_

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**MY PRAYER NEEDS FOR 2022:**

**5. Friends: (spiritual, emotional, social, physical, intellectual)**

1.)

Need: \_\_\_\_\_

Scripture:

\_\_\_\_\_

2.)

Need: \_\_\_\_\_

Scripture:

\_\_\_\_\_

3.)

Need: \_\_\_\_\_

Scripture:

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**6. Other:**

1.)

Need: \_\_\_\_\_

Scripture:

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2.)

Need: \_\_\_\_\_

Scripture:

\_\_\_\_\_

3.)

Need: \_\_\_\_\_

Scripture:

\_\_\_\_\_



Philippians 4:6-8 Be anxious for nothing but in everything by prayer and supplication, **with thanksgiving, let your requests be made known to God...**

### THANKSGIVING

1. Taking my problems and needs to God in prayer and making them known is the key to overcoming anxiety and worry. However, the door to ultimate peace will not open with just prayer alone. I must end my prayers by offering thanksgiving regarding what I am praying about.
2. Firstly, thanksgiving is a proclamation to God that He is good because of His character. Some examples of His characteristics are that He is just, true, faithful, merciful, slow to anger and kind. Secondly, it's a proclamation that He is good based on what He has done for me both in my past and in my present.
3. Since Thanksgiving is the proclamation that God is good based on His character and what He has done for me, I can willingly place my expectation and trust in Him for the current needs that I have. When my expectations are not placed upon God but are wrapped around the problems, people and the circumstances that surround my need then I am setting myself up for anxiety. Instead of expecting and trusting God to meet my needs and handle my problems I will become distracted and filled with complaining, anger, impatience, and blame. But when my expectation is in God, I can rest in peace knowing that He will work according to His will and in His way and in His timing.
4. Thanksgiving is the prerequisite to praise and worship. Only when I learn first to give thanks can sincere worship flow from my heart. As I express gratitude for God's goodness in my life and place my expectation in Him, deep feelings of respect, adoration and devotion can flow out. As I put on the garments of praise the spirit of heaviness and anxiety will leave and peace and joy will come in to fill my mind and heart.

Psalms 62:5 My soul, wait silently for God alone, For my expectation is from Him.

Psalms 63:3 Because thy lovingkindness is better than life, my lips shall praise thee.

Psalms 107:22 And let them sacrifice the sacrifices of thanksgiving and declare his works with rejoicing.

Isaiah 61:3 To console those who mourn in Zion, to give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified.

Hebrews 13:15 Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.

Ephesians 5:20 Giving thanks always for all things to God the Father in the name of our Lord Jesus Christ.

1Thessalonians 5:18 In everything give thanks; for this is the will of God in Christ Jesus for you.



Philippians 4:6-8 Be anxious for nothing 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 minds through Christ Jesus.**

### PEACE

- 1. Peace is the tranquility and calm of mind that I reap after that I have prayed, given thanks, worshipped, and are fully trusting God with my needs and problems. Peace is free from fear, trouble, and anxiety as it is calmly confident that God is in control.**
- 2. Peace is the absence of strife, anger, conflict, and stress. It is still, quiet, and restful. It embraces the yoke and burden of Jesus which is easy and light.**
- 3. Peace is the soil in which patience grows as I calmly wait for God to do His work. God works in His own timing so I must let patience have its perfect work not to destroy me but to perfect and complete me.**
- 4. The peace of God that comes from my trust in Him will be beyond human reasoning and supernatural. It will guard and protect my heart and mind so that nothing can cause me to be troubled.**

Isaiah 26:3 You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.

Isaiah 30:15 For thus says the Lord GOD, the Holy One of Israel: "In returning and rest you shall be saved; In quietness and confidence shall be your strength..."

Isaiah 32:17 The work of righteousness will be peace, And the effect of righteousness, quietness and assurance forever.

Isaiah 40:31 But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

Lamentations 3:25-26 The LORD is good to those who wait for Him, To the soul who seeks Him. It is good that one should hope and wait quietly For the salvation of the LORD.

Romans 12:12 Rejoicing in hope, patient in tribulation, continuing steadfastly in prayer.

Hebrews 12:14 Pursue peace with all people, and holiness, without which no one will see the Lord.

James 1:4 But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

James 3:17 But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.

1Peter 3:4 rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God.





Philippians 4:6-8 Be anxious for nothing 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 minds through Christ Jesus. **Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.**

### **MEDITATE**

**1. I am my thoughts! Proverbs 23:7 says, For as he thinks in his heart, so is he. This tells me that what I think is who I am. I am only as trusting and peaceful as my thoughts are.**

**2. My thoughts also have profound affect upon my emotions, words, behavior, and health. When I think too much about my problems, I create neural pathways which become wired in my brain. I can create new neural pathways by replacing negative thoughts with good ones.**

**3. After I pray, offer thanks, and experience peace I have a mandate on what things to think about.**

- true
- noble
- just
- pure
- lovely
- good report

Isaiah 26:3 You will keep him in perfect peace, whose mind is stayed on You.

Romans 8:5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.

Romans 12:2 And be not conformed to this world: but be transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God.

1 Corinthians 2:16 For who has known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

2 Corinthians 10:5 Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

Ephesians 4:23-24 And be renewed in the spirit of your mind; And that you put on the new man, which after God is created in righteousness and true holiness.

Philippians 2:5 Let this mind be in you, which was also in Christ Jesus:

2 Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.



**APPLY AND ACTIVATE THE WORD:**

**ANXIETY**

**These are the ways that I will work to build my trust in God:**

1.

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2.

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3.

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**APPLY AND ACTIVATE THE WORD:**

**PRAYER & SUPPLICATION**

**These are the ways that I will pray and take my needs immediately to God:**

1.

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2.

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3.

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**APPLY AND ACTIVATE THE WORD:**

**THANKSGIVING & WORSHIP**

**These are the ways that I will offer thanksgiving and will worship:**

1.

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2.

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3.

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**APPLY AND ACTIVATE THE WORD:**

**PEACE**

**These are the ways that I will work to cultivate the peace that God declares to be mine:**

1.

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2.

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3.

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**APPLY AND ACTIVATE THE WORD:**

**MEDITATE & THINK**

**These are the ways that I will be proactive to choose good thoughts on purpose so that I can think on things that are true, honorable, just, pure, lovely, praiseworthy, and of a good report:**

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2.

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3.

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“The beginning of anxiety is  
The end of faith, and the  
beginning of true faith is the end  
Of anxiety.”

George Mueller

“The presence of anxiety is unavoidable,  
But the prison of anxiety  
Is optional.”

Max Lucado

“Every tomorrow has two  
handles. We can take hold of it  
With the handle of anxiety or the  
handle of faith.”

Henry Ward Beecher

“The little troubles and worries of life may be as  
stumbling blocks in our way, or we may make them  
steppingstones to a nobler character and to Heaven.  
Troubles are often the tools by which God fashions us  
for better things.”

Henry Ward Beecher



“I am no longer anxious  
about anything, as I realize the  
Lord is able to carry out His will,  
and His will is mine. It makes no  
matter where he places me, or how.

That is rather for Him to consider than for me; for in the  
easiest positions He must give  
me His grace, and in the most difficult,  
His grace is sufficient.”

Hudson Taylor

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