

**Do Not Be Anxious About Anything, But Pray About \_\_\_\_\_** **Philippians 4:6**

**With A Heart of \_\_\_\_\_, Pray About Everything!** **Philippians 4:6**

**Prayer \_\_\_\_\_**

I think we should change our perspective on things like anxiety, worry, fret, fear, stress, and even depression and use all these as emotional signals to remind us to pray. Think of them as prayer triggers.

**Next Step: This week I will use my feelings of anxiety as a trigger to pray.**

**\_\_\_\_\_ All Your Anxiety on Jesus** **1 Peter 5:6-7**

**Prayer \_\_\_\_\_** God's kind of peace. **Philippians 4:6**

**“Why Worry, When You Can Pray?”**

**Next Step: This week, I will keep my “Why Worry or Be Anxious, When You Can Pray?” card in a visible location and read it every day. Praying as I do.**

**Prayerful and \_\_\_\_\_** **1 Peter 5:6-11**

***“Solitude is a gift from God. Isolation is not – it's a tool of the Enemy.” - Carey Nieuwhof***

**Praying for \_\_\_\_\_** **2 Corinthians 1:8-11**

Paul is saying the Lord is delivering me, but one of the reasons is that you are helping me and those on our team by your prayers! Our prayers for each other work! **When we pray together, we win together.**

That's why we are calling this series **“Anxious No More!”**. Because even though we may have been there in the past or are there now, we know Jesus has delivered us, is delivering us, and will deliver us again! We know there will be a day when we say, “I used to live in a state of anxiety, but now I'm anxious no more!”

**God's Will for You** **1 Thessalonians 5:16-18**

### **Life App Group and Family Devotional Application**

1. According to Philippians 4:6, are there things that we can't pray about? Is anything out of bounds?
2. Do we take all things to God in prayer? Why or why not? What hinders us sometimes?
3. What does it mean to pray with a heart of thanksgiving?
4. What does Pastor mean by “Prayer Triggers”? Is this a good idea or not?
5. When it comes to anxiety, do we really understand the concept of casting? (1 Peter 5:6-7)
6. What does the Bible promise us the result of praying about our anxiety will be?
7. Why do we tend to worry first and pray second?
8. When it comes to praying for each other, how can we be better at that? Share ideas and ways to more effectively pray for each other.

*Answers: Everything / Thanksgiving / Triggers / Cast / Result / Alert / Each – Other*