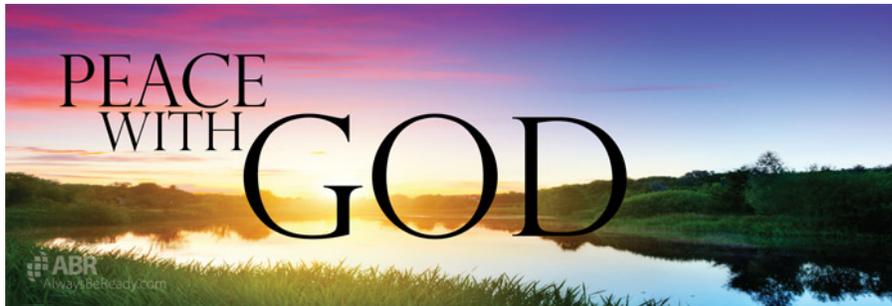


PRAYING THAT CHANGES ME

(HOW REAL BIBLE PRAYING RESULTS IN THE PEACE OF GOD)

PHILIPPIANS 4:6,7



THE PEACE OF GOD OBTAINED

- ◆ THROUGH PRAYER
- ◆ THROUGH SUPPLICATION
- ◆ THROUGH THANKSGIVING

“Be careful for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.” (Philippians 4:6)

Bill Kirk

“PRAYING THAT CHANGES ME”

Philippians 4:6, 7

“Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

Introduction

If anybody had an excuse to worry, it was Paul the Apostle. (Why?)

1. There was division in Rome among the preachers. (Philippians 1:15,16)
2. There was division in Philippi as Euodia and Syntyche were disputing. (4:2)
3. There was the increased possibility of Paul’s own execution as he is imprisoned in Rome while writing to the Philippians.

What Is Worry?

The Greek word translated “anxious” (careful) in 4:6 means: “To be pulled in different directions.”

In other words, faith pulls us in one direction while worry pulls us in the opposite direction.

The English root where the word worry comes from means: “To strangle”. Worry strangles a person and causes headaches, ulcers and neck and back pains. Worry, if allowed to remain, will affect your thinking, your digestion and your effectiveness.

The Greatest Thief Of Joy

1. Worry is wrong thinking (in the mind) (**and**)
2. Worry is wrong feeling (in the heart) over circumstances, people, or things.

Question: Since worry is an “inside job”, how can we live above what strangles so many people?

Answer: By possessing the “peace of God” which is our safeguard and protection against satan’s strangulation of our thoughts and feelings.

Question: How can we obtain and maintain this peace of God?

Answer: By learning how to pray the **Bible Way!**

(How Real Prayer Gives Personal Victory)

I. **“Be careful for nothing, but in everything by prayer.” (v. 6)**

Fact: The word “prayer” that Paul uses means three things:

1. Adoration 2. Worship 3. Devotion
- This is the beginning of winning over worry.
 - This is the beginning of winning in effective prayer.

Question: When we find ourselves worrying, what is the first response to see victory?

Answer: Immediately we are to:

1. Get alone with God
2. Begin to worship and adore the Lord.
3. Focus on the greatness and goodness of God.

Question: What happens when we “lock in” with God in meaningful communion?

Answer: 1. We discover that God is big enough to solve our problems!

2. We discover that God is **aware** of all our concerns!
3. We discover that God is **touched** with what touches us!

Question Why is it foolish to rush into God's presence, tell Him our needs and rush out to tackle the world?

Answer: Because calmness of soul will only come as we wait and transact with God in quiet communion.

Question: What does Psalm 46:10 mean? ("*Be still and know that I am God.*")

Answer: It means, "Be still (so that you can know) that God is God."

II. "**...And Supplication**"... (v. 6)

Fact: The word "supplication" means: The earnest sharing of your **needs**, **burdens** and **cares** with God!

- An earnest "praying through" in your **spirit**.
- A leaving of your petitions with **God**.
- A releasing of what bothers you **inside**,
- A persistent effort to relinquish what **consumes** you.
- A determined act to **let go** and **turn over** to God what he wants to carry.

III. "**With Thanksgiving...**" (v. 7)

Fact: The word "thanksgiving" means: "To express **appreciation** and **gratefulness** to God."

- It means to **thank God** before we see the answer:
- It means to be **grateful** in your approach in prayer.

*"And let the peace of God rule in your hearts, to the which also ye are called in one body; and **be ye thankful.**" (Colossians 3:15)*

*"**Giving thanks always** for all things unto God and the Father in the name of our Lord Jesus Christ." (Ephesians 5:20)*

Question: How does a "grateful spirit" in prayer affect us spiritually?

Question: How does it protect us from murmurs and complaints?

"Let your requests be made known unto God." (v. 6)

Question: Why are we to mention them to God, when He knows what they are before we ask?

*"For your Father knoweth what things ye have need of, **before** ye ask Him." (Matthew 6:8)*

"Cast thy burden upon the Lord, and He shall sustain thee: He shall never suffer the righteous to be moved." (Psalm 55:22)

"Commit thy way unto the Lord; trust also in Him and He shall bring it to pass." (Psalm 37:5)

"Give us day by day our daily bread." (Luke 11:3)

*"And I say unto you, **ask**, and it shall be given you; **seek**, and ye shall find, **knock**, and it shall be opened unto you." (Luke 11:9)*

Fact: When something bothers you in your mind or overwhelms you in your thinking, that is the signal to make "supplication" unto the Lord.

Question: Why does the enemy strive to keep you out of earnest prayer?

Answer: So you will live a hurried, consumed, burdened-down life and be sifted of your joy.

Three Praying Nails In the Coffin Of Worry

1. **Adoration** (as we focus upon the greatness of God).
2. **Asking** (as we make our petitions known).
3. **Appreciation** (as we thank God that He has heard).

What's the result of spiritual praying?

“And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.” (v. 7)

The Result of True Prayer

1. The peace of God will guard your heart! (Your **feelings**)
2. The peace of God will guard your mind! (Your **thinking**)

As Paul was guarded day and night by a Roman soldier, in like manner the “Peace of God” stands guard over our thinking (mind) and feelings (heart).

Fact: This does not mean the absence of trials on the outside.

Fact: This does mean the quiet confidence within (regardless of circumstances, people, or things).

The Supreme Illustration (Daniel 6:1-10)

The King announced that no one was to pray to anyone except the king. But Daniel went to his room, opened his windows, and prayed as before.

How did he pray?

“He kneeled upon his knees and prayed and gave thanks and made supplication before his God.” (vs. 10, 11)

The Result

Perfect peace in the den of lions, while the king in his palace could not sleep. (6:18)

AMEN
Bill Kirk