

How Prayer Defeats Anxiety

Anxious For Nothing, part 3

Pastor Craig Ferguson

Do not be anxious about anything, **but in every situation, by prayer and petition, with thanksgiving**, present your requests to God.

Philippians

4:4-6 (NIV)

How prayer defeats anxiety

1. The practice of prayer

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:4-6 (NIV)

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7 (NIV)

2. The principle of replacement

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Philippians 4:6

(NLT)

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4:8 (NLT)

3. The power of Christ

Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. How I praise the Lord that you are concerned

about me again. I know you have always been concerned for me, but you didn't have the chance to help me. Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.

Philippians 4:9-13