

GOD'S PRESCRIPTION FOR WORRY

PHILIPPIANS 4:6-9 (HCSB)

The following is an exercise that breaks down the scripture by verses (in bold print) with narrative and instructions (normal print) to help take the scripture into life application.

Verse 6 **Don't worry about anything.....**

What is your anything? List below your current worries or problems:

Know that if you continue to think on these things you will be using your mental energy in a negative way. Direct the energy that would be spent in worry to faith, trust and belief.

But in everything, through prayer and petition with thanksgiving, let your requests be made known to God.

But means to look at what was previously said and what follows the "but" is an alternative solution. So the alternative to worry and anxiety (the emotion that follows worry) is prayer and thanksgiving.

Pray and ask for what you need. (strength, courage, wisdom, etc.) Be specific.

Thank Him that now:

You have faith in Him.
He is a loving, faithful Father.
He has the answer.
He will supply all you need.
You have a support system.

Remember that God can provide in ways you can't even imagine (Ephesians 3:20). Do not underestimate what God can do. BELIEVE!!!!