

Experience God's Peace

(Praying According to Philippians 4:6)

(JW March 2016)

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

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done," (NLT).

(God's promise:) *"If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus"*
(Philippians 4:7 NLT).

1. Identify what you are anxious or fearful about; write about it here:

"God, I am afraid that ...

2. What would you like for God to do about what you are afraid of? Write it here:

"God I sure would like for You to..."

3. What are you thankful for? Write as many things as you can think of (at least 20):

"Dear God, thank you for ...

4. Pray the prayer you have now composed.

5. Ask God: ***"What do You want me to know right now?"***

- Listen carefully, noticing any thoughts, feeling, words, images and sensations. It can be good to write down what you experience.
- Notice also any sense of peace that you are experiencing as well.

6. Share with someone else what you sense that God wants you to know.