

Pray about everything

Philippians 4:4-9

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Paul say to do instead of being anxious, and what does God promise in return?

2. What does it show me about people — and about myself?

Which situation do you keep worrying about instead of praying about?

3. What will I obey this week? (a concrete step, with a day)

What one anxiety will you turn into a thankful prayer every time it surfaces this week?

4. Who will I tell?

Who near you lives worried and could hear about the peace that guards your heart?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Father, instead of staying anxious I bring you everything in prayer, with thanksgiving. Let your peace, which passes understanding, guard my heart and mind in Christ Jesus.



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