



The Power of Prayer and Thanksgiving

Philippians 4:6-7

Phi 4:4 Rejoice in the Lord always. Again I will say, rejoice!

Phi 4:5 Let your gentleness be known to all men. The Lord *is* at hand.

Gentleness, KJV moderation: can mean to be appropriate — in step with what God is doing in the moment. You're not running ahead or behind.

Maranatha (our Lord cometh) — the Lord is at hand! A possible common phrase among early believers. Can mean in the sense of judgment but also the idea of 'presence' and power—every working.

INTRO: Have you been thanking God since Friday?

Review of "Seven Things"

Read Phil 4:4-5 explain

NKJV Phi 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

Phi 4:7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

NLT Phi 4:6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.

Phi 4:7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Is it possible to 'never' worry?

The Greek word for worry or anxious means to be divided, split off or distracted.

Worry is a distraction from the presence and power of God.

Have you ever been watching a TV program and be interrupted by a phone call. The phone is a distraction—it takes you from one point of focus to another.

When I hang up I have to ask Judy, "What did they just say? What's going on? What did I miss?"

Worry and anxiety is like that.

- What's the Lord doing?
- What did I miss?
- What did God say?

The root word for worry or anxious means to be distracted or to be disunited.

Worry causes me to become disconnected from the assurance of God. From a sense of His power and hand upon me.

Psa 13:1 How long, O LORD? Will You forget me forever? How long will You hide Your face from me?

Psa 13:2 How long shall I take counsel in my soul, *Having* sorrow in my heart daily? How long will my enemy be exalted over me?

Here's how to live worry free!

1. In everything pray

This is more than praying a prayer—this is 'living' in prayer.

'Supplication' means an intense and extended prayer whereby we transfer our burdens into God's hands.

Psa 55:22 Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be moved.

Mat 11:28 Come to Me, all *you* who labor and are heavy laden, and I will give you rest.

Mat 11:29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

Mat 11:30 For My yoke *is* easy and My burden is light."

Supplication

may involve praying the Word for an extended period of time. It's NOT easy to shift a burden!!!

Often it involves admitting that I can't do it—I can't control it any more.

It involves admitting I can't do it alone.

2. In everything give thanks

Greek 'eucharisteo' from charis' grace. Continuous tense "Keep on becoming thankful." Thankfulness can be called a 'grace' that is cultivated [*grace under construction.*]

EVERYTHING? How is this possible. If thankfulness (an attitude as well as an single act of giving thanks) is based in GRACE — then thankfulness is rooted on the character of God and who He is —NOT on the circumstances or events, good or bad!

This might be better seen as, "I remain thankful no matter what I am going through."

3. Let God know everything

Why does God want us to ASK Him what He already knows?

Answer: It is in the ASKING that faith is released (*James 1:6*).

Jam 1:5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

Jam 1:6 But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.

Have you ever noticed that little children are seldom afraid to ask for things? Matter of fact—they can drive you nuts asking for things. Jesus even encourages us to be the same way:

Luk 11:9 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.

Luk 11:10 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

The Result: Peace through prayer and thanksgiving!

The result of this kind of prayer is peace! This kind of peace:

1. Goes beyond understanding

This peace rises above all uncertainty and the need to know the outcome.

God's peace is NOT based on the outcome of the future! Like 'thankfulness' it is based or rooted in the character of God.

2. Guards our heart-mind

Our heart-mind is the center of conflict. Will it be peace or worry? The conflict is resolved when we let the peace of God rule in our hearts (*Col 3:15*).

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

The word *rule* comes from the language of athletics:

Paul tells us to let Christ's peace be umpire or referee in our heart.

Our heart is the center of conflict because there our feelings and desires clash—our fears and hopes, distrust and trust, jealousy and love. How can we deal with these constant conflicts and live as God wants? Paul explains that we must decide between conflicting elements by using the rule of peace.

Which choice will promote peace in our souls and in our churches?
(*This section: From Life Application Study Bible*)

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