



March 19th 2025
11am Bible Study- Pastor Grant McCray, IV

Finding Peace in Prayer (Philippians 4:6-7)

Opening Thought:

- Think about a time when you felt overwhelmed by anxiety. How did you cope? Do you naturally turn to prayer in stressful moments, or do you try to fix things on your own first?

Philippians 4:6-7 (NIV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Main Points:

- 1. Anxiety Is a Spiritual and Practical Battle*
- 2. The Role of Prayer in Overcoming Anxiety*
- 3. Gratitude Changes Our Perspective*
- 4. God's Peace Surpasses Human Understanding*
- 5. Guarding Our Hearts and Minds Through Christ*

Practical Application:

- **Personal Challenge:** Identify one specific worry in your life. Each day this week, bring it to God in prayer with thanksgiving.
- **Accountability:** Share with a friend or small group how this practice affects your mindset and faith.
- **Memorization:** Write Philippians 4:6-7 somewhere visible and recite it when you feel anxious.

