

## GOD REPLACES WORRY WITH PEACE

Philippians 4 v 6, 7

Do not be anxious about anything, but in everything, 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.

1 Peter 5 v 6, 7

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

### PRAYER



Father God, so often I allow anxiety and insecurity to stand in the way of what you have planned for me. Thank you that I am never alone and that you are there to offer peace and guidance. All I have to do is ask. Father, give me confidence to ask and more importantly, wisdom to listen to your answer. In you I need never be afraid as your peace and love transcend everything this earth can throw at me. Thank you for your love, your strength and your peace. AMEN

Philippians 4 v 8, 9

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.

### PRAYER



Lord I pray and then I just start to worry again. I cant just set down the worry and walk away but thank you that you have given me a way. By replacement! Grant me Lord the resolve and the discipline to replace anxious thoughts with thoughts of whatever is noble, pure, lovely, admirable, excellent or praiseworthy. As Jesus quoted scripture against the tempter so help me to take your word and use it to replace the worried thoughts. Thank you Lord for the sword of your word, such a powerful weapon. Train me to use it. AMEN

READINGS & PRAYERS

## TO HELP OVERCOME WORRY



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Philippians 4 v 6, 7

# PERFECT LOVE DRIVES OUT WORRY

## GOD KNOWS OUR ANXIOUS THOUGHTS

### Psalm 139 v 23, 24

Search me O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

### Proverbs 12 v 25

An anxious heart weighs a man down, but a kind word cheers him up.

#### PRAYER



Lord, it is in my nature to worry, I just can't help it. And yet we read in your word that you know all our anxieties and worries. In fact you know everything about me. Help me to hold fast to your promises, to lean on you, to trust what you can do and that you are in control. Lead me away from the worry that grips me and into your everlasting peace. AMEN

## PSALMS

### Psalm 9 v 10

Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you.

### Psalm 13 v 5, 6

But I trust in Your unfailing love; my heart rejoices in Your salvation. I will sing to the Lord, for He has been good to me.

### Psalm 52 v 8

But I am like an olive tree flourishing in the house of God; I trust in God's unfailing love for ever and ever.

### Psalm 56 v 3, 4

When I am afraid, I will trust in You. In God, whose word I praise, in God; I will not be afraid. What can mortal man do to me?

### Psalm 125 v 1

Those who trust in the LORD are like Mount Zion, which cannot be shaken but endures forever.

### Psalm 143 v 8

Let the morning bring me word of your unfailing love, for I have put my trust in You. Show me the way I should go, for to You I lift up my soul.

#### PRAYER



Lord, from beginning to end the Psalms urge me, prod me, challenge me, inspire me to trust you instead of worrying. Your love is unfailing, you have never forsaken your people and so Lord I will trust you. Make me like an olive tree in your house or like Mount Zion that will never be shaken. After all, what can mortal man do to me? So Lord, on those wakeful nights when I wrestle to shake off anxieties I will pray, 'Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul. AMEN

## JESUS REASSURANCE

### Matthew 6 v 25-27

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

#### PRAYER



Father we spend so of our lives worrying about things we cannot control. Help us remember that you look after every creature on earth. Thank you that I do not need to be anxious because you have promised to provide for all my needs. My worry only makes me fearful and achieves nothing. When I find myself worrying remind me that I am of great value to you and know that You can be trusted to take care of me. Instead of worry help me to trust. AMEN

### Luke 12 v 29-31

And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and Your Father knows that you need them. But seek his kingdom and these things will be given to you as well.

#### PRAYER



Thank You Heavenly Father that you have promised to supply my daily needs, therefore I should not worry about these things. You have promised that if I will put you first all the other things that I need, will be given. That is a huge promise, but you are the sovereign God. Father, I choose to take you at your word and trust you for this. AMEN