

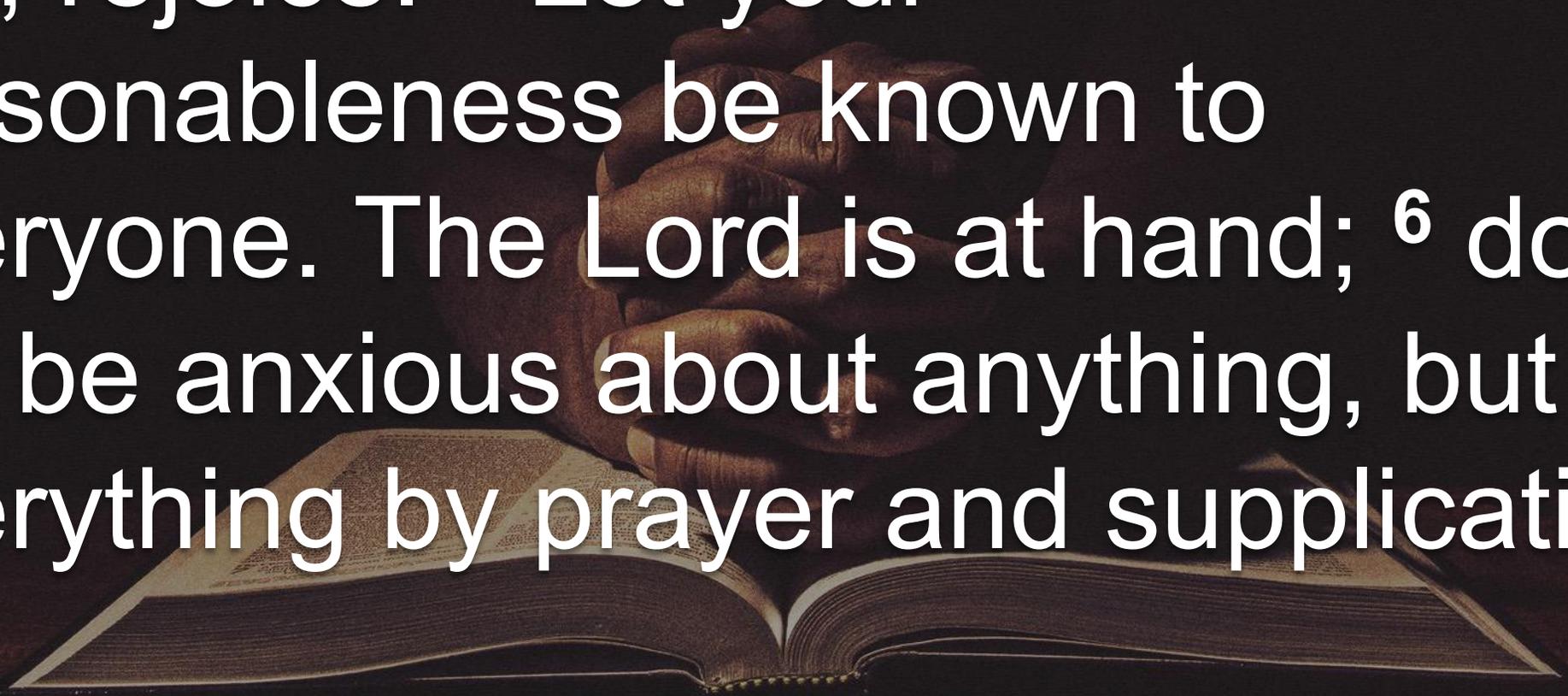
LORD, TEACH US TO

**PRAY**



## Philippians 4:4-9

Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication

A pair of hands is clasped in prayer, resting on an open Bible. The hands are positioned in the center of the frame, with fingers interlaced. The Bible is open, showing text on both pages, and is placed on a dark surface. The lighting is soft, highlighting the texture of the hands and the pages of the book.

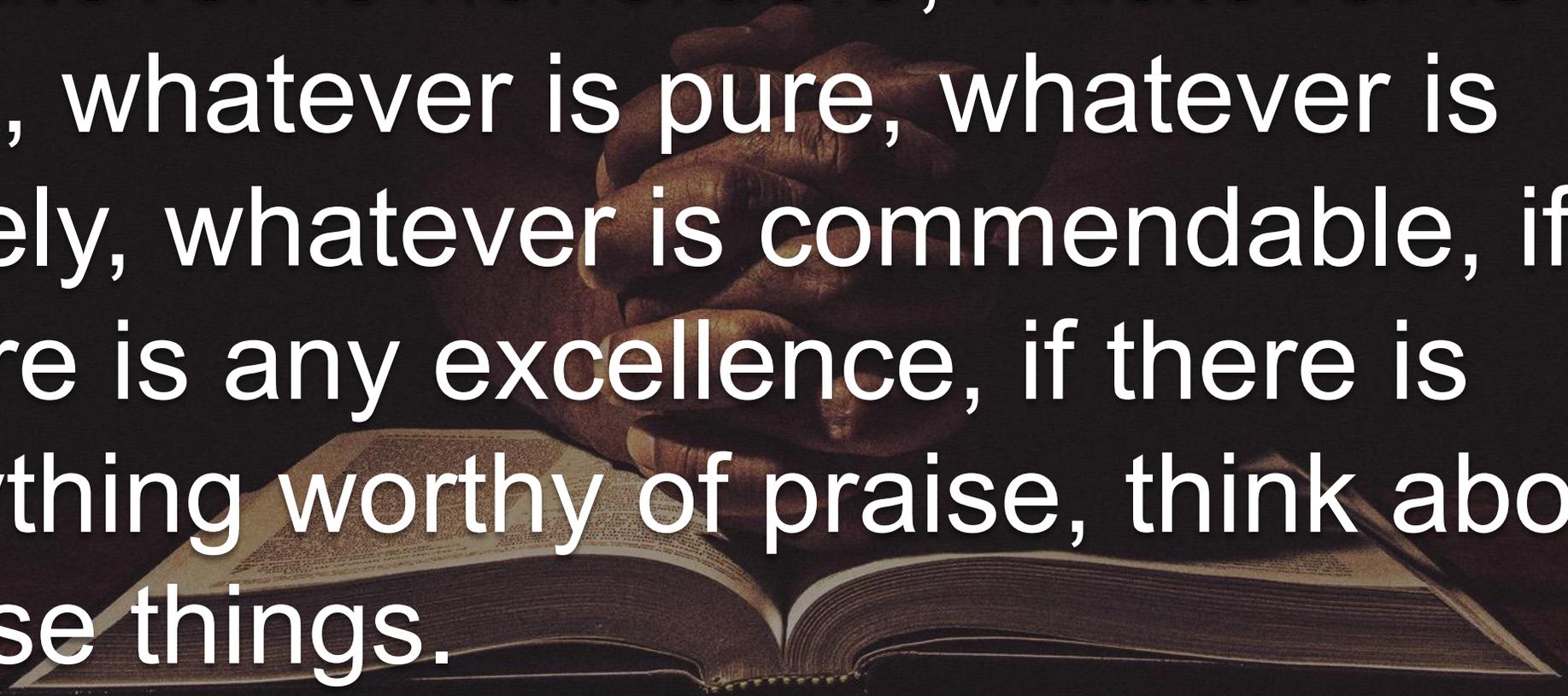
## Philippians 4:4-9

with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



## Philippians 4:4-9

<sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

A pair of hands is clasped in prayer over an open book. The hands are positioned in the center of the frame, with fingers interlaced. The book is open, showing text on both pages, and is placed on a dark surface. The background is dark and textured, possibly a book cover or a similar material. The lighting is soft, highlighting the hands and the book.

# Philippians 4:4-9

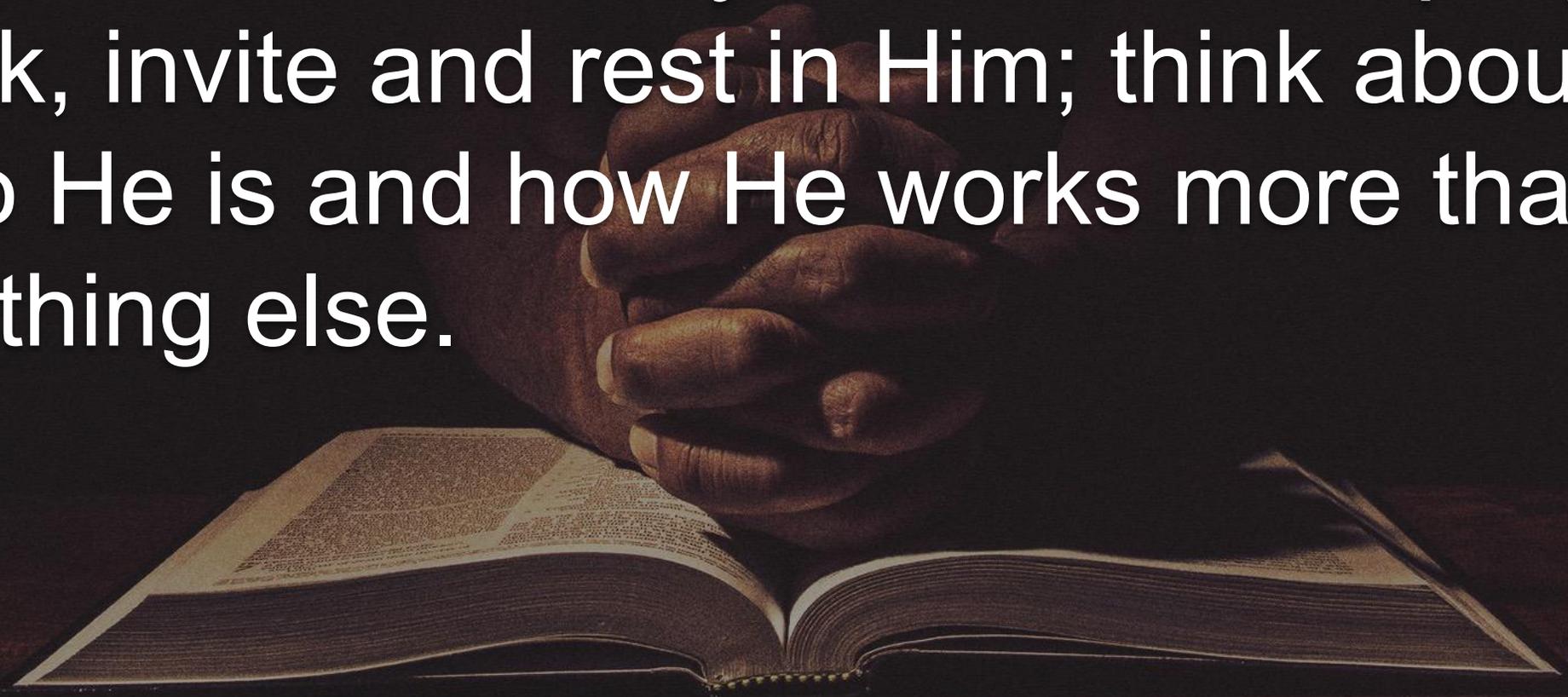
<sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.





# Prayer Kills Worry

Jesus brings joy and His joy supersedes and subdues worldly worries, so in prayer, seek, invite and rest in Him; think about who He is and how He works more than anything else.

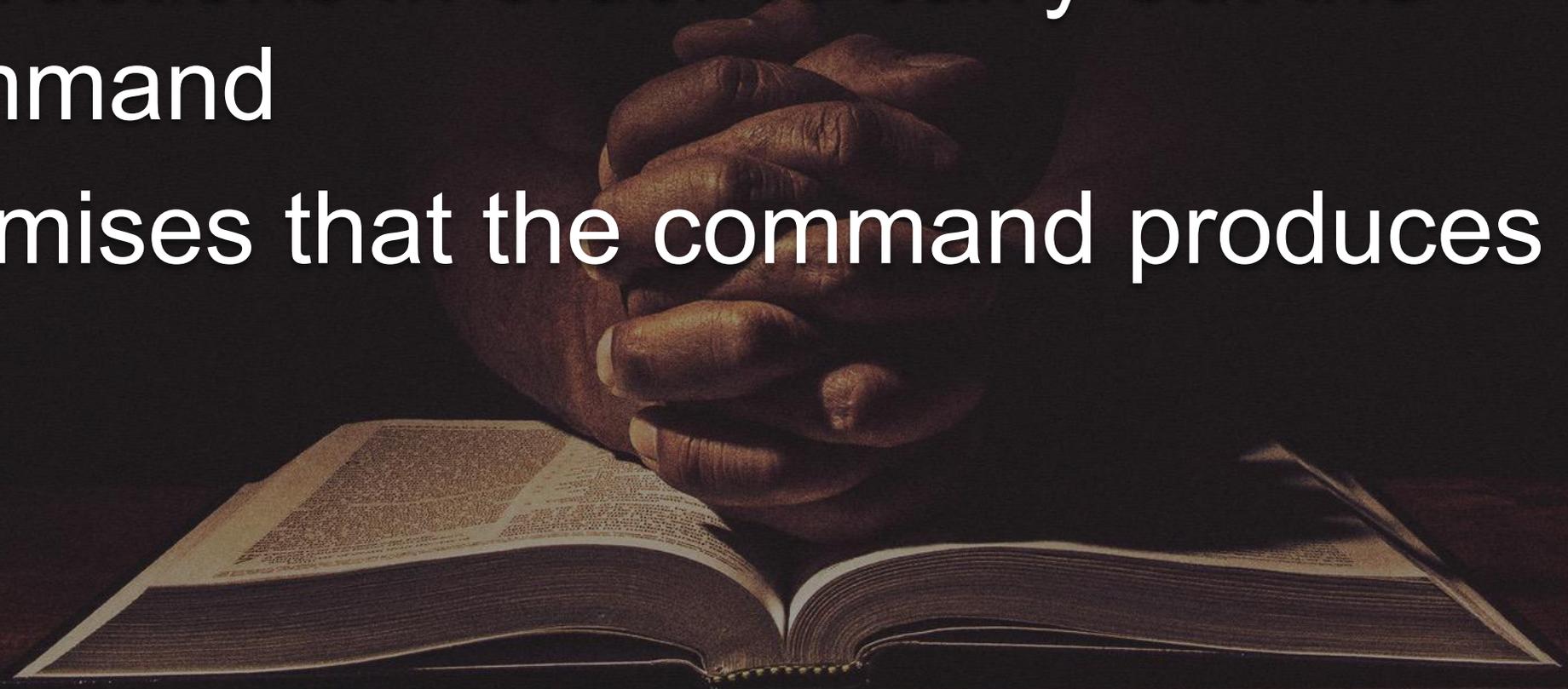


# Prayer Kills Worry

Command

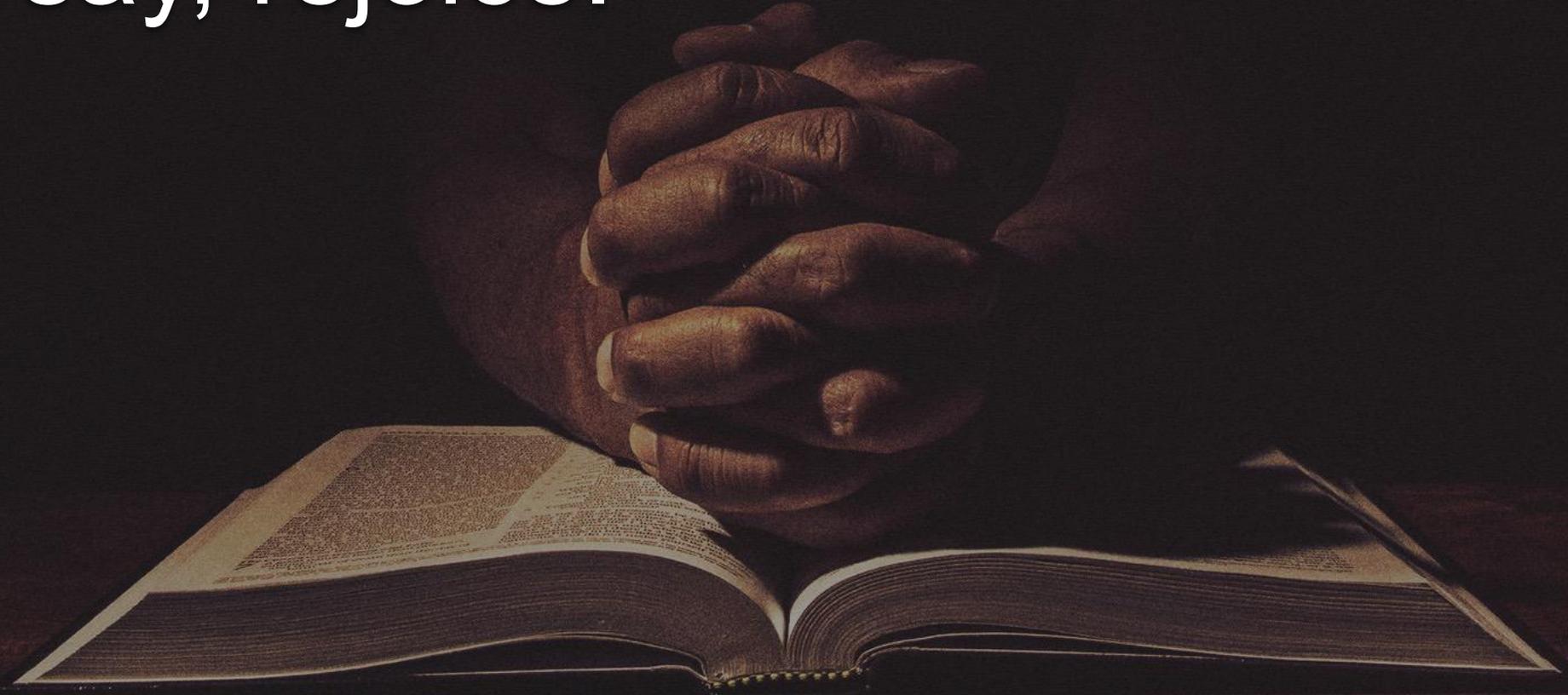
Instructions in order to carry out the command

Promises that the command produces



# Philippians 4:4

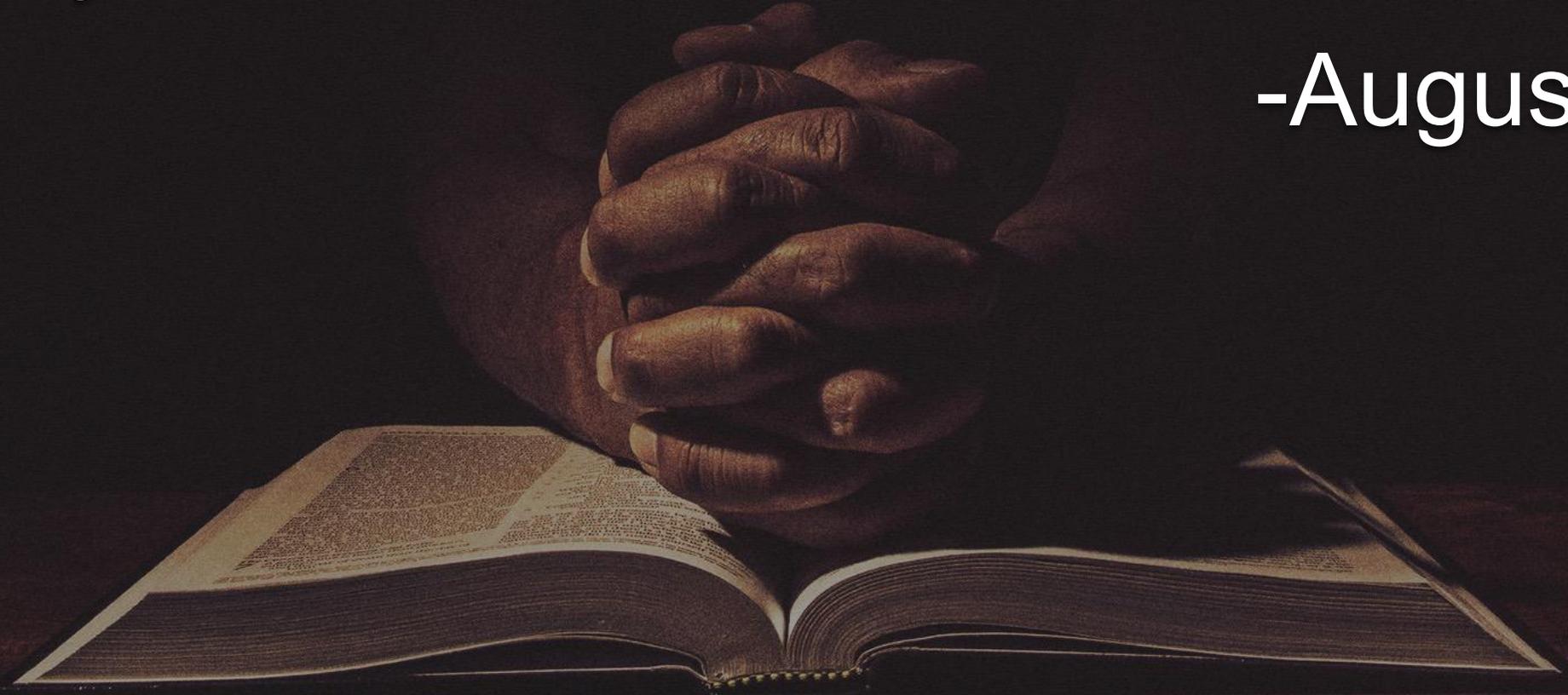
<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice.



# Prayer Kills Worry

*“Father, command what you will and grant what you command”.*

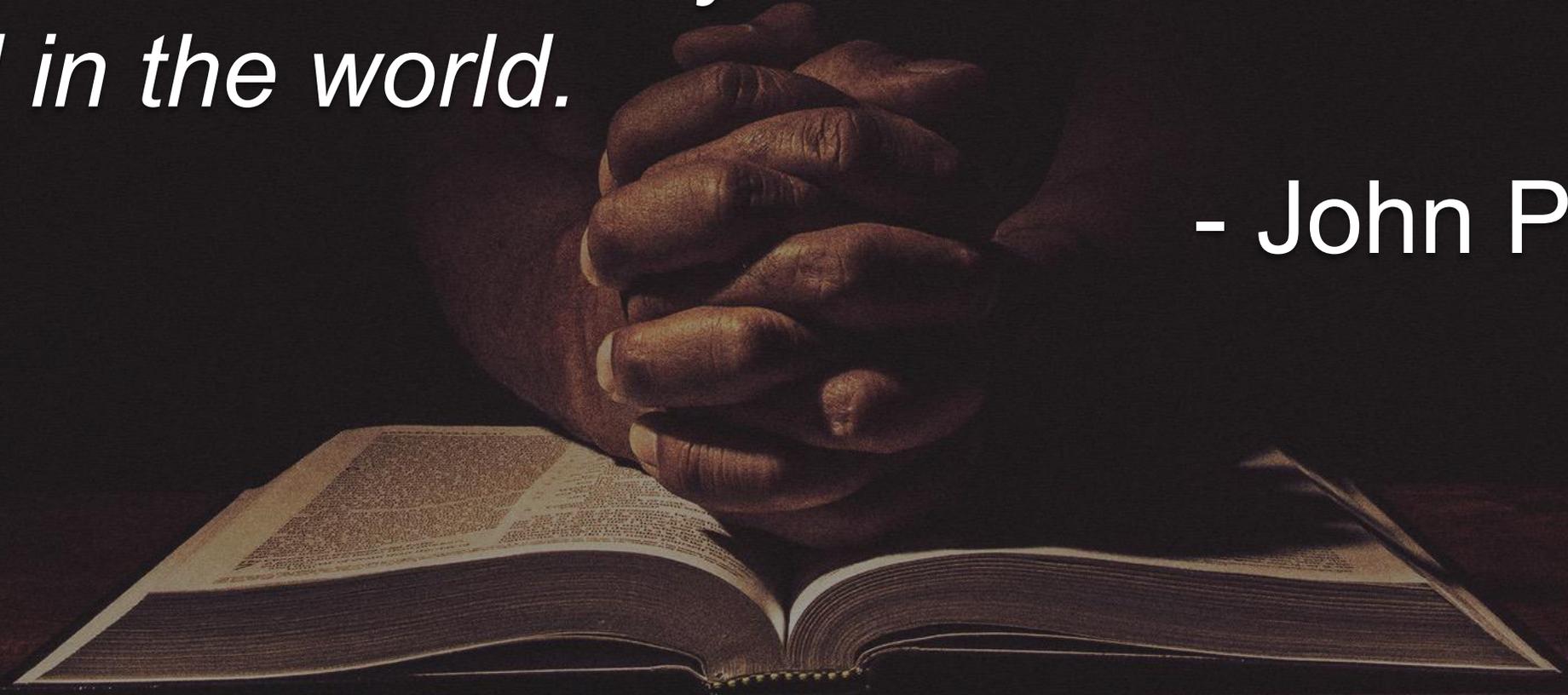
-Augustine





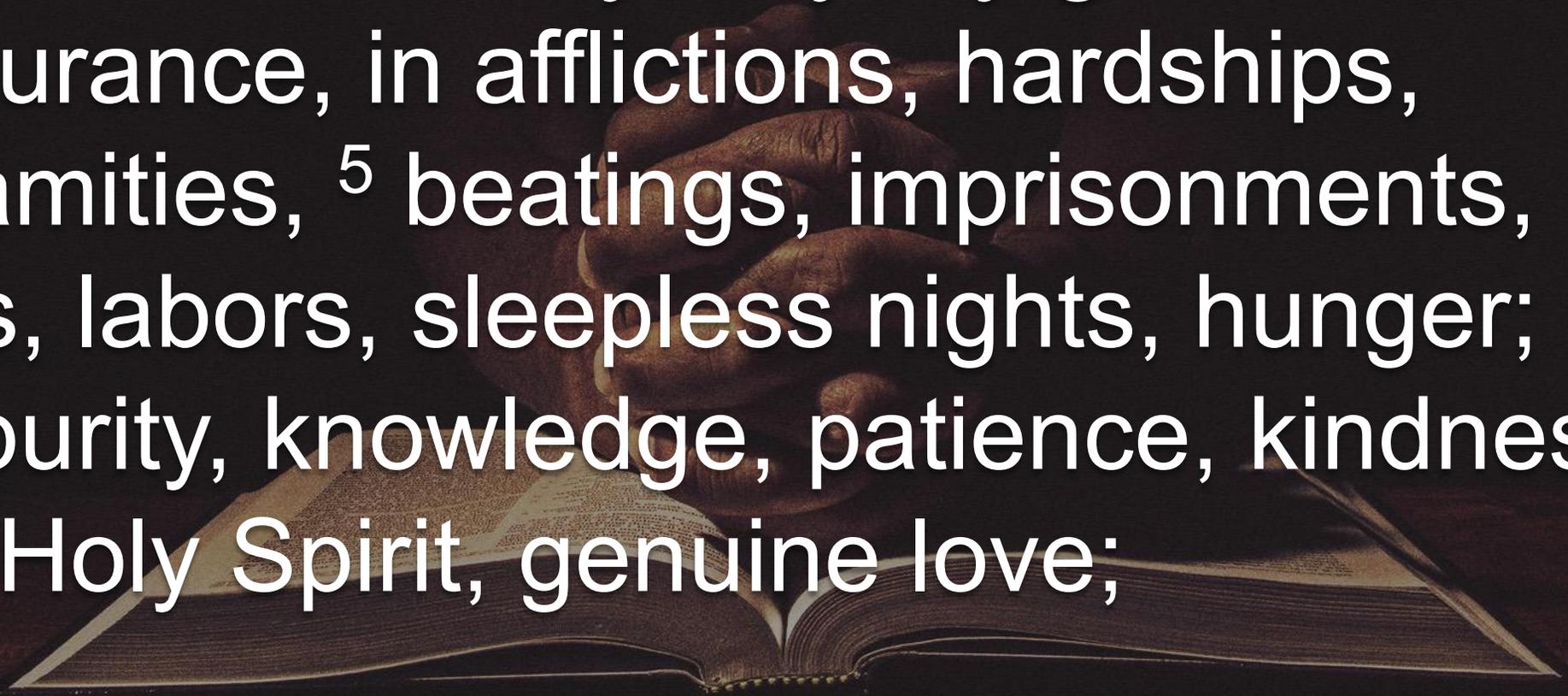
*Christian joy is a good feeling in the soul,  
produced by the Holy Spirit, as he causes  
us to see the beauty of Christ in the word  
and in the world.*

- John Piper



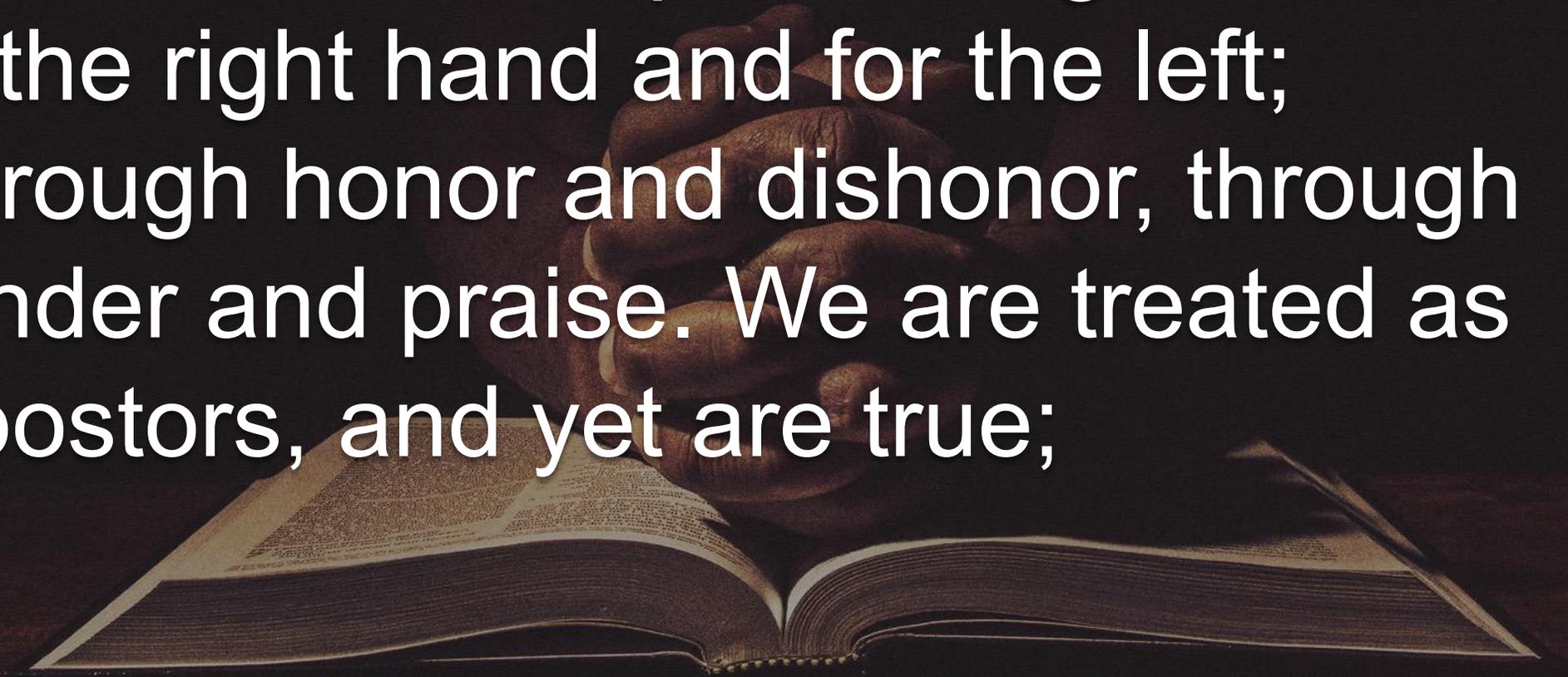
## 2 Corinthians 6:4-10

<sup>4</sup> but as servants of God we commend ourselves in every way: by great endurance, in afflictions, hardships, calamities, <sup>5</sup> beatings, imprisonments, riots, labors, sleepless nights, hunger; <sup>6</sup> by purity, knowledge, patience, kindness, the Holy Spirit, genuine love;

A pair of hands, one resting on top of the other, holding an open book. The hands are positioned over the pages of the book, which is open to a page with text. The background is dark, and the lighting highlights the texture of the hands and the pages of the book.

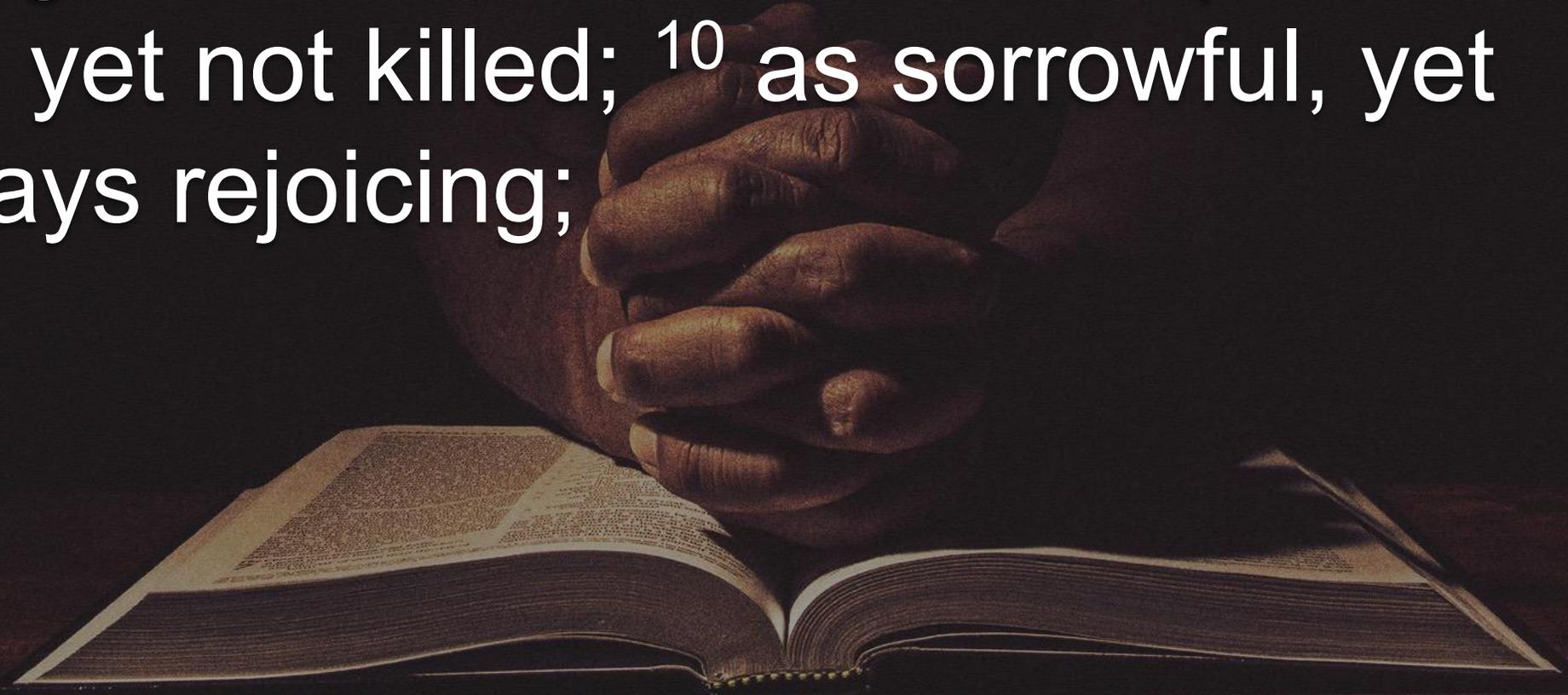
## 2 Corinthians 6:4-10

<sup>7</sup> by truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left;  
<sup>8</sup> through honor and dishonor, through slander and praise. We are treated as impostors, and yet are true;

An open book with hands resting on it, symbolizing faith and truth. The hands are clasped together, and the book is open to a page with text. The background is dark, and the lighting is focused on the book and hands.

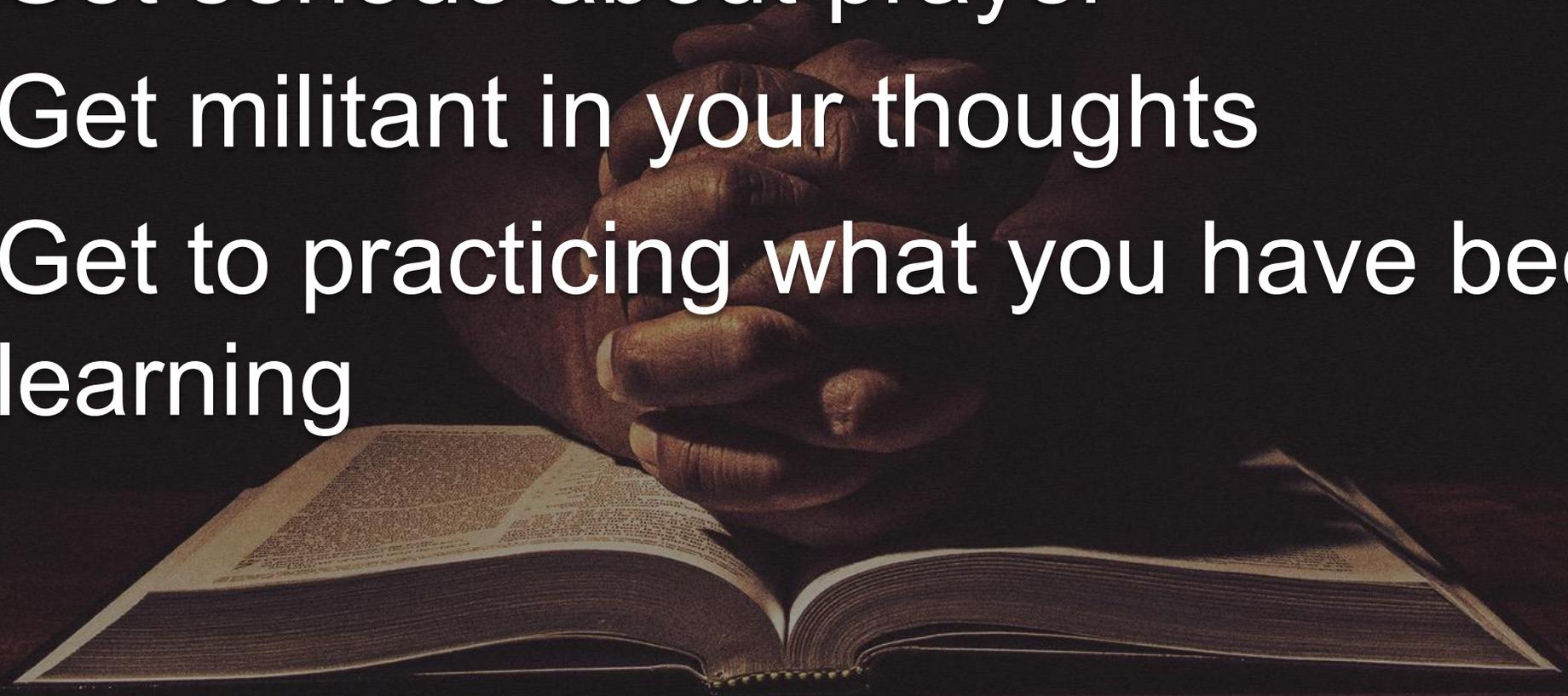
## 2 Corinthians 6:4-10

<sup>9</sup> as unknown, and yet well known; as dying, and behold, we live; as punished, and yet not killed; <sup>10</sup> as sorrowful, yet always rejoicing;



# Prayer Kills Worry

1. Get your bearings
2. Get serious about prayer
3. Get militant in your thoughts
4. Get to practicing what you have been learning



# Philippians 4:5

<sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand;



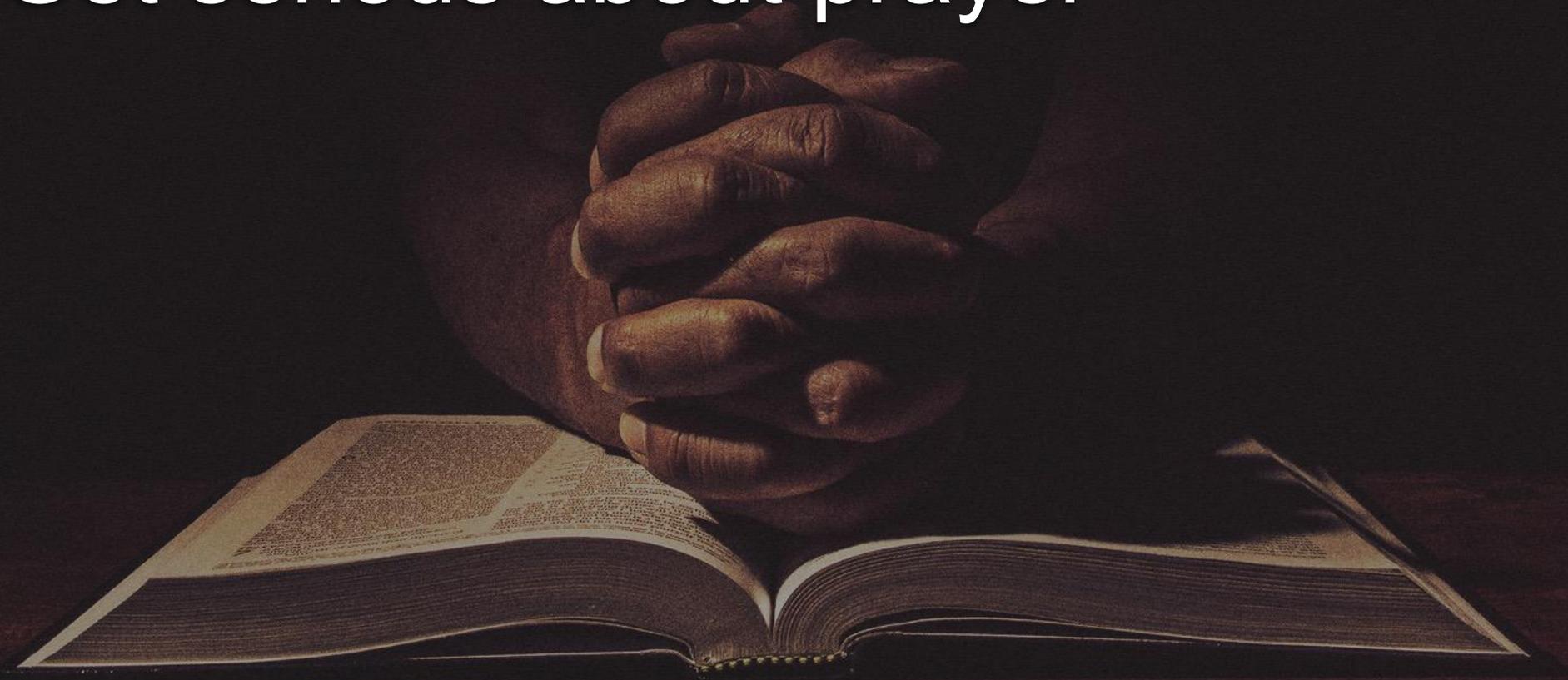
## James 5:8

You also, be patient. Establish your hearts, for the coming of the Lord is at hand.



# Prayer Kills Worry

1. Get your bearings
2. Get serious about prayer



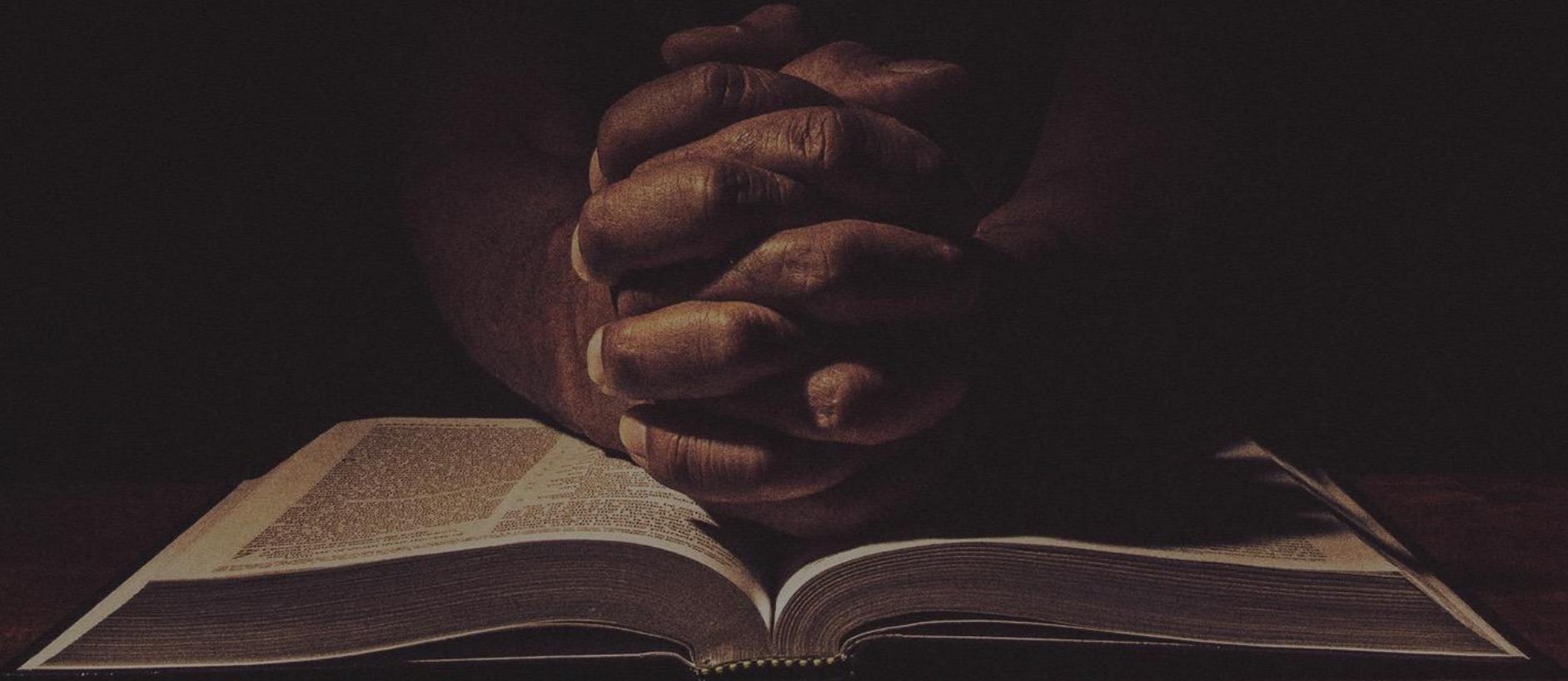
# Philippians 4:6

<sup>6</sup> do not be anxious about anything,  
but in everything by prayer and  
supplication with thanksgiving let your  
requests be made known to God.



# Prayer Kills Worry

Nothing kills Christian joy like worry.



*“Prayer is sincere, sensible, affectionate pouring out of the heart or soul to God, through Christ, in the strength and assistance of the Holy Spirit, for such things as God has promised, or, according to the Word, for the good of the Church, with submission, in Faith, to the will of God.”*

*- John Bunyan*



## Supplications

Where do you  
need God to  
show up?

## Thanksgiving

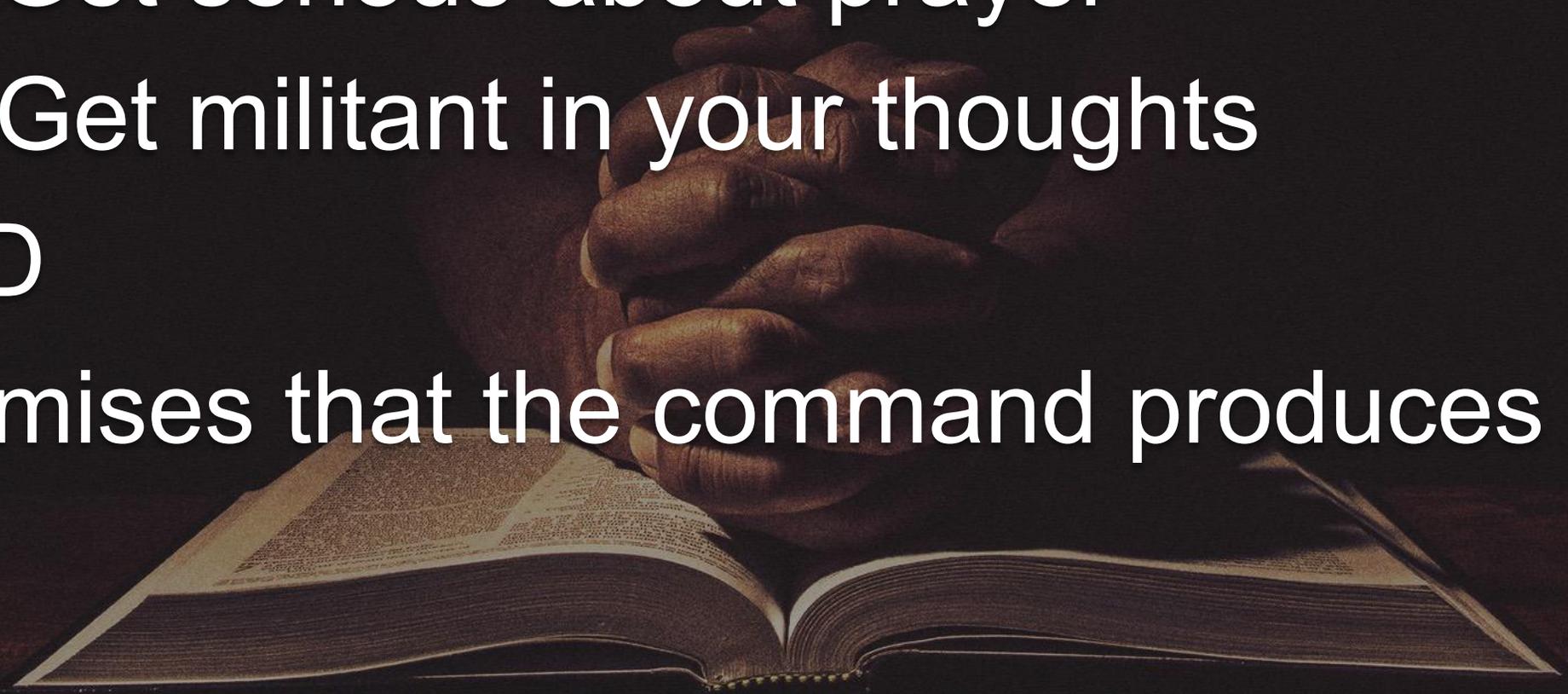
Where do you  
see God  
working?

# Prayer Kills Worry

1. Get your bearings
2. Get serious about prayer
3. Get militant in your thoughts

AND

Promises that the command produces



# Philippians 4:7

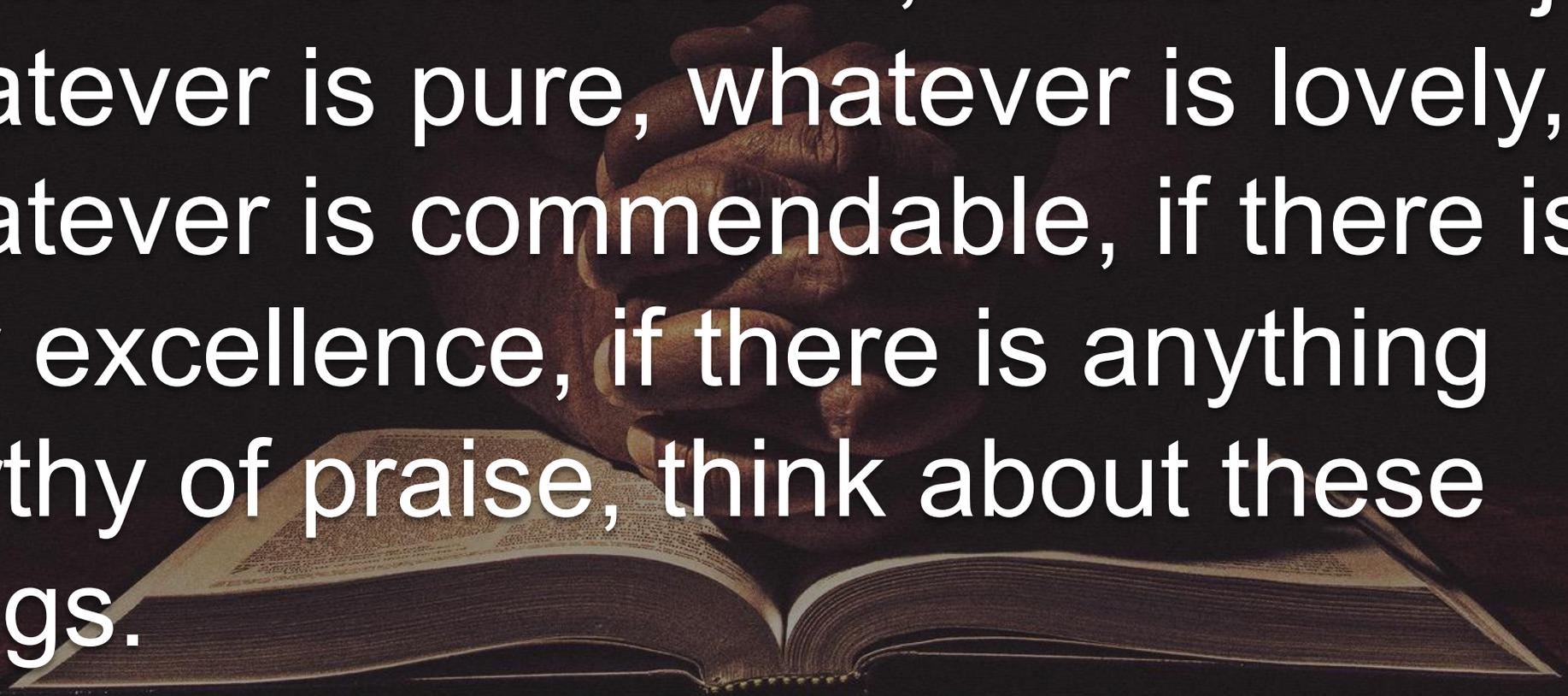
<sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.





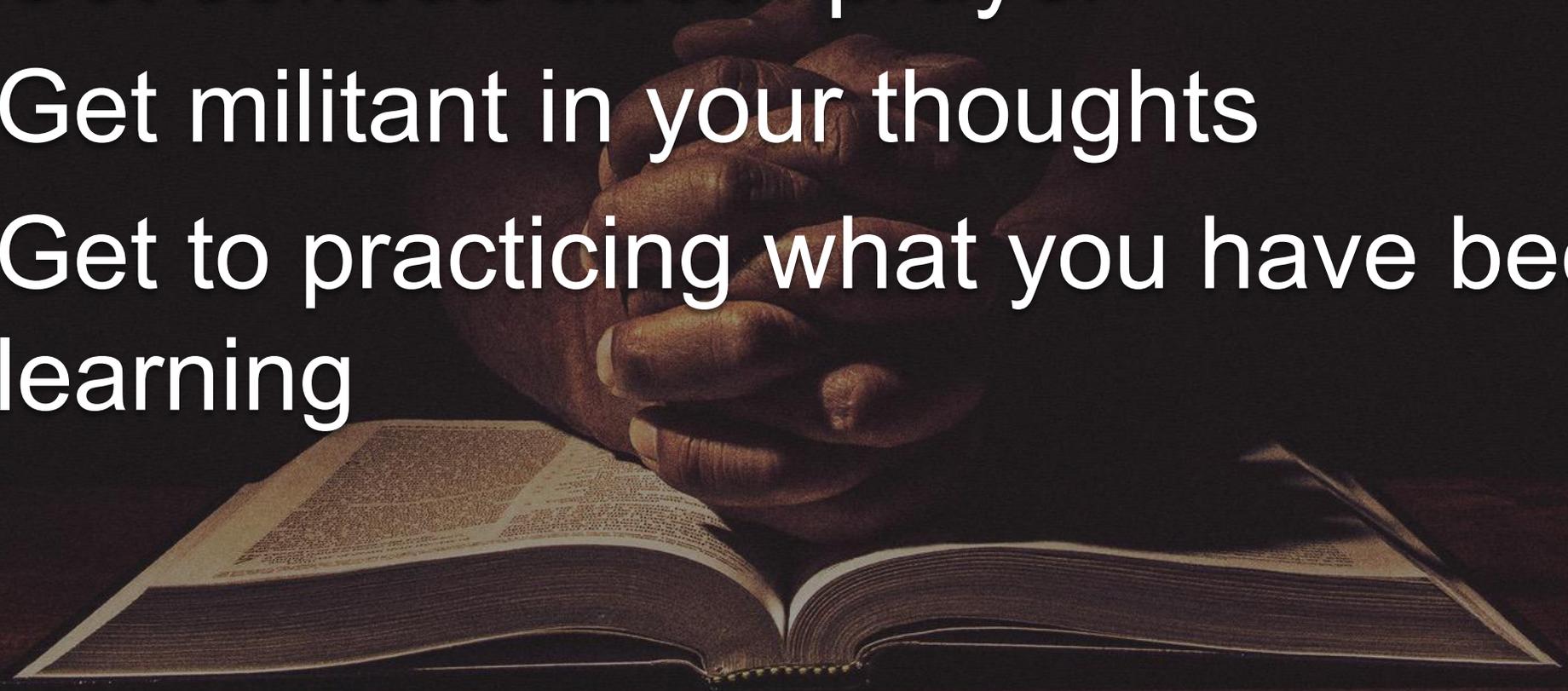
# Philippians 4:8

<sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

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# Prayer Kills Worry

1. Get your bearings
2. Get serious about prayer
3. Get militant in your thoughts
4. Get to practicing what you have been learning



# Philippians 4:9

<sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.





LORD, TEACH US TO

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