

“The word prayer is the general word for making requests known to the Lord. It carries the idea of adoration, devotion, and worship. Whenever we find ourselves worrying, our first action ought to be to get alone with God and worship Him. Adoration is what is needed. We must see the greatness and majesty of God! We must realize that He is big enough to solve our problems. Too often we rush into His presence and hastily tell Him our needs, when we ought to approach His throne calmly and in deepest reverence. The first step in “right praying” is adoration. The second is supplication, an earnest sharing of our needs and problems. There is no place for halfhearted, insincere prayer! “While we know we are not heard for our “much speaking” (Matt. 6:7–8), still we realize that our Father wants us to be earnest in our asking (Matt. 7:1–11). This is the way Jesus prayed in the Garden (Heb. 5:7), and while His closest disciples were sleeping, Jesus was sweating great drops of blood! Supplication is not a matter of carnal energy but of spiritual intensity (Rom. 15:30; Col. 4:12). After adoration and supplication comes appreciation, giving thanks to God (see Eph. 5:20; Col. 3:15–17). Certainly the Father enjoys hearing His children say, “Thank You!” When Jesus healed ten lepers, only one of the ten returned to give thanks (Luke 17:11–19), and we wonder if the percentage is any higher today. We are eager to ask but slow to appreciate.” **Warren W. Wiersbe, The Bible Exposition Commentary (Wheaton, Ill.: Victor Books, 1996, c1989).**

When we petition God, we are doing what Jesus taught us to do. He said,

Matthew 7:7-11: “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. ⁹ “Which of you, if his son asks for bread, will give him a stone? ¹⁰ Or if he asks for a fish, will give him a snake? ¹¹ If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!”

Luke 18:1-8: “Then Jesus told his disciples a parable to show them that they should always pray and not give up. ² He said: “In a certain town there was a judge who neither feared God nor cared about men. ³ And there was a widow in that town who kept coming to him with the plea, ‘Grant me justice against my adversary.’ ⁴ “For some time he refused. But finally he said to himself, ‘Even though I don’t fear God or care about men, ⁵ yet because this widow keeps bothering me, I will see that she gets justice, so that she won’t eventually wear me out with her coming!’ ” ⁶ And the Lord said, “Listen to what the unjust judge says. ⁷ And will not God bring about

justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? ⁸ I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?”

When we petition God, we are doing what Paul did in 2 Corinthians 12. He said,

2 Corinthians 12:8-9: “Three times I pleaded with the Lord to take it away from me. ⁹ But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”

Pray & Petition God, but don’t forget to _____ to His _____.

Matthew 6:9-10: “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, ¹⁰ your kingdom come, your will be done on earth as it is in heaven.”

Matthew 26:42: “He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

Psalms 55:22: “Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.”

When we pray & petition God, we should do so with THANKSGIVING!

Philippians 4:6: “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”

KEY QUESTION: *Why should we present requests to God with thanksgiving? How does thanksgiving help us with anxiety?*

ANSWER:

Ephesians 5:19-20: “Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.”

1 Thessalonians 5:18: “give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”

Habakkuk 3:17-18: “Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, ¹⁸yet I will rejoice in the Lord, I will be joyful in God my Savior.”

THE RESULT OF THE SWEET HOUR OF PRAYER

Our troubled and anxious hearts receive peace from God!

Philippians 4:7: “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Proverbs 14:30: A heart at peace gives life to the body, but envy rots the bones.”

3. Change Your _____ (Philippians 4:8)

Philippians 4:8: “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.”

FINAL THOUGHTS

Matthew 6:25-34: “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? ²⁶ 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? ²⁷ Who of you by worrying can add a single hour to his life? ²⁸ “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

NAVIGATING LIFE: A Study in Proverbs

Today’s Message:

“**God’s Cure for an Anxious Soul**”

Pastor Cory Anderson / SMC / 08.21.11

INTRODUCTION:

“An anxious heart weighs a man down...” **Proverbs 12:25**

“A happy heart makes the face cheerful, but heartache crushes the spirit.” **Proverbs 15:13**

“A man’s spirit sustains him in sickness, but a crushed spirit who can bear?” **Proverbs 18:14**

GOD’S CURE FOR AN ANXIOUS SOUL

1. Find a _____ (Proverbs 12:25; 15:30; 16:24).

Galatians 6:2: “Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

Proverbs 12:25: “An anxious heart weighs a man down, but a kind word cheers him up.”

Proverbs 16:24: “Pleasant words are a honeycomb, sweet to the soul and healing to the bones.”

2. Return to the _____ Hour of _____ (Philippians 4:6-7).

Philippians 4:6: “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”

**DON’T BE ANXIOUS ABOUT _____.
PRESENT _____ TO GOD
BY: Prayer, Petition & Thanksgiving**