

I. Step 6 in the process to finding peace is PRAYER

- What is prayer?
 - Webster defines prayer in the following ways: An address to God, A set order of words used in praying, an earnest request or wish, the act or practice of praying to God!
 - The Holman Bible Dictionary describes it in this way: Dialogue between God and people, especially His covenant partners. **In the most basic sense of the definition prayer is simply talking to God**
- Two basic questions that I get asked as a pastor
 - Do I have to pray a certain way and use certain words?
 - Read Luke 18:9-14 it is the humble attitude that attracts God to us
 - Psalm 51:17 “The sacrifices of God [are] a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.”
 - How often should I pray?
 - Luke 18:1 and I Thessalonians 5:17 both tell us that we are to always pray and to pray without ceasing

II. Three Significant Points in Reference to Prayer (Verse 6)

- **Point One- Be anxious for nothing!**
 - The idea in this phrase of scripture is that the believer is literally not to worry or fret about anything!
 - Humanly speaking the believers at the church of Philippi had every reason to be worried
 - Philippians 1:28 they were persecuted
 - Philippians 4:2-3 there was division
 - Philippians 2:3-4 there was pride
 - Philippians 3:2-3 they faced false teachers
 - The answer to our problem of worry is found in a supernatural power that only can come from GOD!
 - Matthew 6:31-33 “God knows exactly what you need”
- **Point Two- The Remedy for anxiety and worry is PRAYER**
 - There are four words used for prayer that help us see just how prayer defuses worry and anxiety
 - **Prayer**- Is referring to special times of prayer that we might find ourselves sharing in devotion and worship. We need to make sure that we take time daily to have special times of prayer
 - **Supplication**- refers to prayers that are focusing on special needs that have developed in our lives! These are needs that we feel a deep need and burden for. These are heartfelt or heartbroken type prayers
 - **Thanksgiving**- The idea as we come thanking God for those prayers that He has already answered and thank Him in advance for the prayers that He is going to answer
 - **Requests**- The thought pattern here is that are prayers are to be specific to God. We do not have to speak in generalizations as we pray to God we need to be specific with God. Do not hold back in your asking because you are afraid or fearful that God won't or can't answer your prayer!
- **Point Three- The Promise of Peace (Verse 7)**
 - Peace in this context means to be bound, joined and woven together!
 - As we walk moment by moment in an attitude of prayer our lives are literally woven together with the very nature of the Trinity!
 - Ecclesiastes 4:9-12 “A threefold cord is not quickly broken”
 - There are two points about the peace that God gives
 - The peace of God passes all understanding!
 - The peace of God keeps our hearts and minds
 - The words “shall keep” is a military word meaning to garrison, or to keep guard and protect
 - The peace of God is like an elite soldier that literally protects God's most prized possession. The Believer's heart and mind.
 - Note that God can only offer this peace through Christ!
 - Memory verse for the month
 - John 14:27 “Peace I leave with you, My peace I give unto you; not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”

