

Alone With God

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Date: _____ **Subject: Worry**

Scripture:

Philippians 4:6–7 — “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.”

Opening Prayer:

Lord, I come to You this morning carrying my burdens. Speak to me through Your Word and help me to trust You more deeply. Guard my heart and mind as I meet with You.

1. Meditate:

Paul tells the Philippians not to be anxious about anything — that means no exception. Instead of letting worry control me, I am called to turn to God in prayer and thanksgiving. When I do, His peace will guard me. The image of God’s peace as a guard is powerful, like a soldier standing watch over my heart and mind.

Read the passage slowly 2 or 3 times, making it personal. Allow the Holy Spirit to speak directly to your life.

2. Apply:

The Spirit is reminding me that my habit of holding on to small worries keeps me from fully trusting God. This passage calls me to replace anxiety with prayer, and to add gratitude into that prayer. Today, this applies to my concerns about [name your concerns today]. God is inviting me to surrender these concerns to Him.

Take a minute to talk to God about your specific concerns, and listen for how God would apply this truth in your life today.

3. Respond:

Today, I will set aside five minutes mid-morning and mid-afternoon to stop, pray, and give thanks instead of worrying. When anxious thoughts come, I will choose to speak this verse aloud and surrender the concern to God.

Lord, I lay my worries before You right now. Thank You for Your promise of peace that guards my heart and mind. Help me to replace anxiety with prayer and gratitude today. I trust You with the specific worries we have discussed today. Amen.

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