

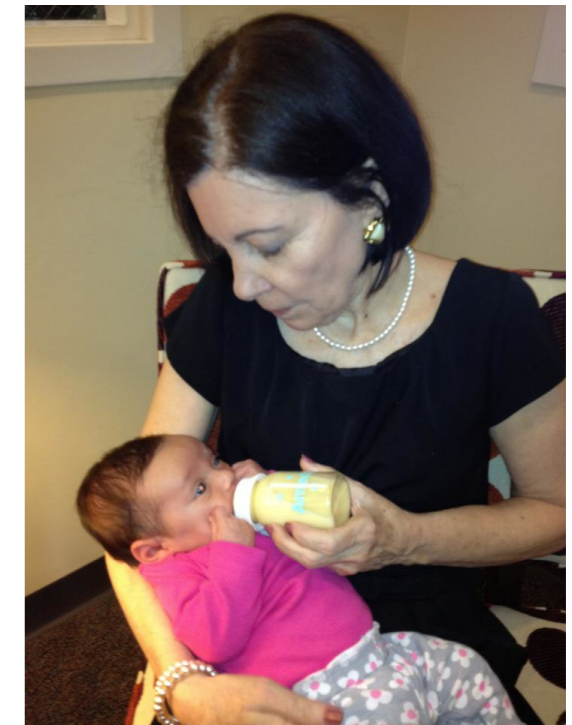
# Praying In Faith

Praying Over the Word of God





# A little background





How do I know if I am stuck in my  
anxious thoughts?

**Are you praying about something and still feel anxious about it?**

**Are you feeling lost and don't really know how to pray, but you really want to hear from God about something?**

**Do you find yourself begging God to resolve something in your life and will be discontent until you see the light at the end of the tunnel?**

**Are you thinking about and talking about ONE worry more than anything else?**

# Dwelling on the wrong words...

**-When we are constantly meditating on, thinking about, and dwelling on the things that we are worried about it BREEDS anxiety.**

**-Sometimes we say that we are “praying about it” but really we are just processing those anxious thoughts out loud. (The Psalmist does this BUT he doesn't stop there... He relies on God's words and claims God's promises. Ex. Ps 13)**

**-We can find ourselves dwelling on our fears, worries, doubts, discouragements.... OUR truths. Instead, we could be dwelling on God's truths, HIS Words, His promises. And abiding in HIM. (As Anne talked about last week-Ps. 91)**

**-We need to look at our prayer life and ask ourselves what we are focusing on.**



Prayer is NOT supposed to be  
synonymous with anxiety

### **Philippians 4:6**

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.

### **Isaiah 26:3**

You will keep in perfect peace  
those whose minds are steadfast,  
because they trust in you.

So, where does my help come from?

I turned to the truth I needed to be  
dwelling on.

**I would:**

**Study the Words of God, word for word.**

**Say the Words of God over and over in your  
mind.**

**Meditate on it, chew on it all day.**

**Talk about the verse to one person that day.**

**Visualize the Words of God**

**Pray over the Words of God**



# What to expect

**The Words of God will correct my thinking & teach me to know Him.**

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness. 2 tim 3:16

**The Words of God will fill me with love, joy, peace, patience, kindness, gentleness, faithfulness, & self-control.**

"Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me. John 15:4

**The Words of God will give me a new perspective**

Your word is a lamp to my feet and a light to my path. Psalm 119:105

**The Words of God will help me to discern my own thoughts and intentions.**

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.  
Hebrews 4:12

# Response

## “ACTS” Prayer

Adore Him

**C**onfess to Him

**T**hank Him

**S**urrender All Requests and Needs to Him



## Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God.

I will strengthen you and help you; I will uphold you with my righteous right hand.

## Example:

**A** God, You invite me to trust You. You are worthy of my trust. I believe You are with me and for me. You are my God and I love that You hold me up.

**C** Lord, I have been worrying about too many hypotheticals recently. I have been weak in my faith and assuming that I could handle my fears in my own strength when I obviously cant.

**T** Thank You for this verse. It helps me to visualize You holding my hand when I need security the most. Thank You that Your love casts out my fear. Thank you that I don't have to fight situations where I may be fearful but I can trust You in the midst of my fears.

**S** Lord, I trust You with.... my delivery, Hunter's surgery, my sister's pregnancy.

# How do I pick a verse?

**Concordance**

**Read through a book of the Bible (one paragraph at a time)**

**Pick a Psalm a day**

**Dance around in the Scriptures**

**Prayer Journal**



# Your Turn

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. 2 Corinthians 12:9

**Journal a prayer over this verse (or choose your own)**

Adore Him

**C**onfess to Him

**T**hank Him

**S**urrender All Requests and Needs to Him

**Take a moment to listen too.**