

# What Prayer Does To Conquer Anxiety

Be Anxious for Nothing  
Philippians 4:6-8

Tom Jenkins  
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## Introduction:

God instructs us to be anxious for nothing - to not be troubled with cares  
When we surrender to Christ we are assured that God has a plan for us  
To be free of anxieties, we must submit to His will

### I. Let our requests be known through prayer (Matthew 6)

A. Prayer is talking to God

B. Pray from the heart

1. Do not pray to show off your spirituality

2. Do not pray in vain repetitions - words have no power, the power is in God

C. God commands us to pray

D. Prayer conditions our heart for God

### II. Supplication - seek God and bring your cares before him (Hebrews 4:16)

A. Cast your burdens upon the Lord and he will save you (Psalm 55:22)

B. Examine your motives

1. People seek God to fulfill their own desires and lusts

2. Ask how your life fits into God's plan

3. Keep His commandments (1 John 3:22)

C. Pray for others

D. Pray and seek for those things God wants you to accomplish (James 4)

E. Pray to know God's will for you

### III. Thanksgiving

A. A thankful heart gives glory to God (1 Timothy 6)

B. Be content with what God provides (1 Thessalonians 5:18)

C. Praise and thanksgiving are the best sacrifice we can offer God (Hebrews 13)

### IV. Apply your heart to seek God in prayer

A. Focus on the valuable things of God:

1. Truth

2. Nobleness

3. Just

4. Pure

4. Lovely

5. Uplifting actions

6. Virtue

7. Praiseworthy

Conclusion: When your mind is focused your heart will follow.

When your heart is on God, your anxieties will dissipate