

Day 12 – Don't worry; pray instead

Philippians 4:6-7 (MSG): “Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.”

Worry seems to be an inescapable fact of modern life. No doubt there is plenty to worry about: our future, the economy, global warming, war, disease... the list could go on forever! Sometimes it might seem that worry has even replaced Jesus as the focal point of our lives. Jesus Himself admonished us several times not to worry. And the great apostle, Paul, tell us in the passage above that there is an antidote to worry...prayer.

When we worry about something, we are spending energy on it, wondering what might happen, rehearsing the “if only's” and “what if's” in our mind. Why not take that same energy and refocus it on prayer instead? When we worry, we are simply talking to ourselves about our fears, but when we pray, we are taking those fears to God. We can't control the future, but in the words of Anne Graham Lotz, God is already there! He knows exactly what is going to happen and He promises to be with us every step of the journey.

As we continue this season of prayer and fasting, let's make an effort to convert our worry into prayer. As Paul says in the verse above, “let petitions and praises shape your worries into prayers,” and you will find that the peace of God will guard your heart.

- Are there things that you consistently worry about?
- As you go through your day today, recapture each worried thought and send it up to God as a prayer. See how dramatically your outlook improves when the peace of God is activated through prayer!

Additional Reading

Proverbs 3:1-6: “My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years, and bring you peace and prosperity. Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man. Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

Jeremiah 29:11-13: “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

Isaiah 41:10-13: “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.”

Prayer

Lord, You know how often my mind goes to worry and not to trusting You. May my thoughts be quicker to turn into prayers to You, my Almighty God, because You know the plans You have for me, and they are plans to prosper me and not to harm me. Thank You for Your peace that surpasses all understanding as I place my confidence in You and believe You are at work in my life.

Journal

Write what you learned from your study today