

Paul said it ... Jesus had lived it!

Last month we started to look at a familiar passage dealing with anxiety and worry in Philippians 4:1-9. The basic theme is to worry about nothing and pray about everything.

The Greek word for anxious basically means to be *pulled in different directions*. The English Oxford dictionary defines it as *a state of unease, harassed, to be shaken about, to be attacked repeatedly, to disturb our tranquillity, to be preoccupied with*. The old root English word means to strangle. Worry strangles the joy out of our lives so that we are more characterised by stress rather than rest. **In fact, stress has now become the number 1 reason for sick leave and rates up there with being a major contributor to heart disease and ulcers.**

As Warren Wiersbe puts it - *“Worry is an inside job and to conquer it takes the means that we have to have a secure mind, a mind that is at peace, a mind that is confident in God to handle any situation that comes along.”*

There are four things that I think help us to deal with our anxiety.

The first word that is used is PRAYER which carries with it the ideas of *adoration, devotion and worship*. Critical to this aspect of prayer is *the understanding of who it is we are praying to*.

Wrong thinking about prayer, or failure to pray, invariably emerge from a wrong understanding or view of just who God is. Again and again as you read through the psalms, David especially brings home to us these issues of worship, devotion and adoration. Psalm 8:1 says *“O lord our Lord, How majestic is Your name in all the earth. You have set Your glory above the heavens.”*

Friends, our view of God will determine how we respond in times of trouble and tribulation. If we

see God as the Creator God, the God who sustains all things, then what on earth have we got to worry about? Isaiah 40:12; *“Who has measured the waters in the hollow of His hand, measured the heaven with a span and calculated the dust of the earth in a measure?”*

The second word that is used is SUPPLICATION which has *the idea of praying to God for a desired benefit*. However, it is more than that. It is *praying with passion, praying with emotion*.

On a recent trip to South Africa I attended a conference called REAP. This stands for Revival, Evangelism and Prayer. Each morning we met in various groups for prayer. One particular morning I had been praying with a young Bible College student named Grace. She had come from a very difficult background of rejection and total lack of love. Her mother had prostituted herself to get money to feed the family.

Continued over



PRAISE the Lord for:

- ★ The latest main edition being sent to South Africa for distribution
- ★ A total of 1396 first time responses from the USA prison editions in 2019
- ★ A number of monetary gifts coming into the Challenge office

Challenge Direct Deposit details :

BSB: 066162 (Commbank)
Account: 00900455

WWW.CHALLENGENEWS.ORG

PLEASE TURN OVER

Contact us by phone (08) 9453 3311
Email: info@challengenews.org

Grace had come to know Jesus as her Lord and Saviour out of a very tough situation. I could see that this young lady was just so thankful to God. When Grace's turn came to pray she prayed with such conviction and confidence. **She epitomised what supplication means in terms of praying passionately.**

The third word that Paul uses is PETITIONS which gives *the idea of specific requests, specific detail*. So we have moved from general to particular to specific prayer.

We need to understand that God is interested in the detail of our lives. W.E. Vine states concerning petitioning God for His blessing and care: *"Though God knows all our needs before we ask Him, He delights to have (hear) that expression of our confidence in Him, which intelligently utters our needs in detail in communion with Him."*

This is not about praying vague generalities such as bless everybody. It is the idea of praying for definite things with clear detail. This is where it is good to use a prayer journal or prayer cards to help us to be and stay specific about what we are praying about.

PRAYER needed for:

- ★ Our 2020 [Covid cancelled] Impact Africa team as we work through the logistics of who is able to participate in 2021
- ★ All travel arrangements and refunds for Impact team. Please pray all monies can be refunded
- ★ USA hub as we have had to delay production and distribution of Main, Prison and Hispanic editions until end of June
- ★ The Prison ministries who use Challenge as they encounter total lockdown with zero visitors into prisons at the moment

The fourth word that Paul uses is the word PRAISE. This is all about **expressing an attitude of gratitude** even before God has answered our prayer. This as I mentioned before is also an expression of our confidence, our faith in God, not only hearing, but wonderfully answering according to His perfect will and purpose.

We can be very quick to run to God with a list of prayer requests, which is fine, but we are, oh so slow, in expressing our heartfelt gratitude. Luke 17:11-19 relates how Jesus wonderfully healed 10 lepers who appealed to Jesus for mercy. Then verses 15-16 say this: "And one of them, when he saw that he was healed, returned, and with a loud voice glorified God, giving Him thanks. And he was a Samaritan." Others heard his praise and thanks. Then in verses 17-18; "So Jesus answered and said, 'Were there not ten cleansed? But where are the nine? Were there not any found who returned to give glory to God except this foreigner?'"

Friends, praise needs to start with an **attitude of gratitude** for who God is, for our salvation, His provision of food, clothing, shelter, for His care and protection. When we come to God with praise it helps us to get our focus to where it should be; on God. When we do this we will see it becomes so much easier to be

anxious about nothing and to pray about everything.

{ CARL CARMODY
EDITOR CHALLENGE }



MY RESPONSE

Post to: Challenge Literature Fellowship, PO Box 978, Cloverdale WA 6985

Name: _____

Address: _____ Post Code: _____

Email: _____ Phone: _____

With God's help I would like to be a partner in supporting the ministry at Challenge financially:

Monthly Quarterly Yearly One time contribution of: \$50 \$75 \$100 \$200 Other: \$ _____

To be used for _____

Visa Mastercard

Expiry Date ____/____/____

Name on card: _____

Signature: _____