

## **Intro:Praying Through The Pain**

Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup>Let your gentleness be evident to all. The Lord is near. <sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7 NIV

## **1. The Check Engine Light is on**

- **Anxiety is a signal alerting you that it's time to pray.**

*Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup>Cast all your anxiety on him because he cares for you. <sup>8</sup>Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 1 Peter 5:6-8 NIV*

*Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 1 Peter 5:6 NIV*

## **2. Cycle of Anxiety**

- **You don't always have the power to control but you always have the power to surrender!**

*Humble yourselves, therefore, under God's mighty hand, that **he may lift you up in due time.** 1 Peter 5:6 NIV*

## **Closing - Share your prayer**

*We must be a church that is willing to pray for one another and on the app is where & how we can do that on a regular basis.*