

AMEN

October 30, 2022

How do we overcome the stress and worry of our lives? The key lies in building reflection into our prayer.

Message Notes And Highlights

- P.R.A.Y. - P = Pause
- R = Reflect
- To reflect is to think deeply or carefully about something.
- Reflection changes our perception.
- Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. | Philippians 4, v.6 (NLT)
- Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. | Philippians 4, v.7
- And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. | Philippians 4, v.8 (NLT)
- When Paul wrote these verses, he was in prison. How was Paul able to stop worrying and have peace?
- Reflecting on God and all the good he's done changes our perception.
- Reverse the order of Philippians 4, verses 6-8. Lift your eyes and fix your thoughts on God. It will bring you peace. So don't worry, and pray instead.
- Start every prayer with reflection on God, who he is, his love and faithfulness and goodness.
- When we build reflection into our prayer, it places everything else under the goodness of God.



Discussion Questions

1. On a scale of 1 to 10, how stressed or worried do you become at different parts of your week? (1 being “as carefree as a sloth on vacation,” and 10 being “as stressed/worried as a boiling teapot”)
 2. What DOESN'T work or help when you're feeling worried or stressed?
 3. Read Philippians 4, verse 8. How can fixing your thoughts on what is excellent and worthy of praise help us to experience peace? Has this worked for you?
 4. What habits and patterns can you incorporate into your prayer life to help you reflect on God in a way that changes your perception?
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