

# 1. FROM WORRY TO PRAYER

*“For because of our faith, he has brought us into this place of highest privilege where we now stand, and we confidently and joyfully look forward to actually becoming all that God has had in mind for us to be.” Romans 5:2 (LB)*

## THINGS WE NEED TO LET GO OF:

### 1. LET GO OF YOUR \_\_\_\_\_.

*“Worry weighs a person down...” Proverbs 12:25 (NLT)*

Logic and guilt don't work.

*“Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 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 4:6-7 (NLT)*

### God's prescription for worries:

\* \_\_\_\_\_ about everything.

\* Tell him what you \_\_\_\_\_.

\* \_\_\_\_\_ him for all he has done.

## LOOK FORWARD

**Prayer:** Is there something I'm not talking to God about?

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**Looking Forward** 

**Needs:** Am I telling God my needs?

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**Thanksgiving:** What do I need to thank God for?

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*“Cast all your anxiety on him, because he cares for you.” 1 Peter 5:7 (NRSV)*

**Notes:** \_\_\_\_\_

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Bible Translations: New Living Translation (NLT); The Living Bible (LB); New Revised Standard Version (NRSV).

Sermon adapted from a message by Tom Holladay.