**Philippians 4:6-7** (NLT) <u>Don't worry</u> about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. [7] 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 4:5-7** (ESV) ... The Lord is at hand; [6] <u>do not be anxious</u> about anything, but in everything by prayer and supplication <u>with thanksgiving let your requests be made known to God</u>. [7] And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

\*\*\*\*Because the Lord is close... and His coming is certain... Do Not Worry or be Anxious about Anything. Those are strong words. How can we make those things real in our own lives? Several things seem to be involved. 1. Instead of focusing on the worry or the problem focus on THANKSGIVING. I know that it is hard to thank God for the difficulty we are going through. Yet everything we go through can bring God glory if we accept it from His hand and seek His strength to deal with it. 2. Make our REQUESTS to God. This is vital. To many times we come to God with a clenched fist and a demand that He heal, or fix, or do what we want. We must come with Thanksgiving, and humbly submitting our request. The wonderful thing is that the Promise from God is that when we come to Him in that way He will give us His PEACE. What more could we ask for than God's Peace?

**PRAYER:** Lord, help me to come to You at all times with Praise and Thanksgiving in my heart. Please Lord God help me to make requests and share my needs and heart with you but to never make Demands.

Pastor Mark Kieft