

Memory Verse reviewed today? Yes___ No___

Nehemiah 4:6-9 Along with praying, what did the Israelites physically do when they were threatened?

Philippians 4:6-7

- a. What does this verse say we must do when we are anxious about anything?
- b. With what attitude should we do this?
- c. What does God promise us when we obey verse 6?
- d. What do we know about God that enables us to experience the promise from these verses?
- e. We need to be using our emotional energy and time thinking about and searching God’s heart through His Word. Then we should be living out what we learn in the areas of our lives in which we are actually held responsible by God. However, often we use our energy and time on things for which we are not even responsible, OR we might wrongly tend to feel “anxious” about things for which we are not even responsible. This chart helps us think through what our responsibilities really ARE, what they are NOT, and how to respond. Complete the following chart.

Situations I am anxious about	What God holds me responsible for in each situation and what I will do with this responsibility	What I can thank God for in each situation	What God does not hold me personally responsible for in each situation but that I should specifically pray for as I wait

- f. Incorporate the parts of prayer from these verses by writing a prayer concerning a situation about which you are anxious at this time.