

Don't Be Anxious Nor Worried

Theme: We should go to the Lord in prayer instead of being anxious or worried. Remind yourself to be thankful for what God has already done for you in the past. Be reassured that God will help you again, even in a pandemic.

A. What Does God's Word Say About Being Anxious or Worried?

- ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

B. What Does it Mean to Be Anxious or Worried?

- Merriam-Webster's Definition of Anxious:
 - Characterized by extreme uneasiness of mind or brooding fear about some contingency: worried.
- Merriam-Webster's Definition of Worried (adjective):
 - Mentally troubled or concerned: feeling or showing concern or anxiety about what is happening or might happen.

C. Learn to Be in God's Peace So You Will Not Be Anxious or Worried.

- In the multitude of my anxious thoughts within me, Ps 94:19
your comforts cheer and delight my soul!
- Stop being perpetually uneasy, anxious and worried. Matt 6:25 (AMPC)
- Keep and guard your heart with all vigilance and Prov 4:23 (AMPC)
above all that you guard, for out of it flow the springs of life.
- You will guard him and keep him in perfect Is 26:3 (AMPC)
and constant peace whose mind [both its inclination and its character] is
stayed on You, because he commits himself to You, leans on You, and
hopes confidently in You.
- For to be carnally minded is death, but Rom 8:6
to be spiritually minded is life and peace.
- For God is not the author of confusion but of peace. 1 Cor 14:33
- For I know the thoughts that I think toward you, Jer 29:11
thoughts of peace and not of evil, to give you a future and a hope.
- The work of righteousness will be peace, Is 32:17
and the effect of righteousness, quietness and assurance forever.
- For the kingdom of God is righteousness, peace Rom 14:17
and joy in the Holy Spirit.

Don't Be Anxious Nor Worried Prayer:

Heavenly Father, in the Name of Jesus,

I am the righteousness of God in Christ Jesus (2 Cor 5:21).
God's Word teaches and corrects me (2 Tim 3:16-17),
as well as renews my mind (Rom 12:2)
so I can be all that He wants me to be (Micah 6:8).

I can do all things through Christ Jesus
who strengthens me (Phil 4:13).
There is nothing too big for God to fix (Jer 32:17).
Nothing is impossible with God (Luke 1:37).
I believe that what the devil meant for bad,
that God is turning around for good
for me and my family. (Gen 50:20).

I choose not to be anxious nor worried about anything,
but in everything by prayer and supplication, with thanksgiving,
I will always let my requests be made known to You, my God;
and the peace of God, which surpasses all understanding
guards my heart and mind through Christ Jesus. (Phil 4:6-7)

I ask You, Holy Spirit, to help me to guard my heart
with all vigilance for out of it flow the springs of life. (Prov 4:23)

Thank you, Lord, that if ever I have a
multitude of anxious thoughts within me,
Your comfort will cheer and delight my soul. (Ps 94:19)

I choose not to be perpetually worried, uneasy, nor anxious
about what provisions my family and I have need of
because You, God are our Jehovah Jireh, our Divine Provider
who bring us everything we need. (Matt 6:25)

Holy Spirit, please keep me in perfect and constant peace
And my mind stayed and focused on You,
because I commit myself to You, lean on You, rely on You,
and hope confidently in You.

I ask You to also help me not be carnally minded
with anxiety nor worry (Phil 4:6),
instead help me, Holy Spirit, to be spiritually minded
which is life and peace to me. (Is 26:3)
For You, Lord, are not the author of confusion;
therefore, I resist confusion and receive Your peace. (1 Cor 14:33)

For God, You know the thoughts and plans that You have
for me and my family, plans of peace and not of evil,
plans of prosperity and not disaster,
because You want to give me and my family
a good future that was hoped for. (Jer 29:11)

Thank You God that the work of righteousness in my life will be peace,
and the effect of righteousness will be
quietness and assurance forever. (Is 32:17)

I establish the Kingdom of God to operate in my life every day
with righteousness, peace and joy in the Holy Spirit. (Rom 14:17)

No weapons formed against me will succeed or prosper.
When challenges come, they will not prevail,
not even pandemics including contagious diseases like Covid-19,
other illness, financial challenges or any other challenges (Is 54:17).

My God always causes me to triumph (2 Cor 2:14).
My God will never fail me,
for what He promises He will do (Joshua 21:45),
again and again and again!

Lord, help me to be strong and courageous.
Help me to not be afraid, not be anxious and not be worried.
You, Lord, my God, are with me and my family.
You will not fail me nor forsake me;
and You will help me until it is finished (1 Chronicles 28:20).
So I believe that God has already given me the victory (1 John 5:4).
Amen!