Peace Practices for Philippians 4

Anxiety Analysis

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Write down everything that is making you anxious, worried or fearful now. Try to list everything (trivial to traumatic) that comes to mind and disturbs your peace.

Prayer and Petition – Now present each anxiety individually to God and ask one question: “What is your will in this situation?”

Thanksgiving – Next, give thanks to God that He is more powerful than each one of your anxieties and that He is working to do His will in each one.

Protective Peace – Receive His peace in each one of your worries. Picture Christ’s peace as a fortress around your heart and mind.