

Teach Us To Pray Part 1: When I Can't Fix It Myself

Prayer should be our **first response**, not our **last resort**.

*"I thank my God every time I remember you. In all my prayers for all of you, **I always pray with joy** because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."
Philippians 1:3-6 NIV*

1. Prayer **replaces** worry.

*"Do not be **anxious about anything**." Philippians 4:6 NIV*

*"Who of you by **worrying** can add a single hour to his life?" Matthew 6:27 NIV*

*"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has **enough trouble** of its own." Matthew 6:34 NIV*

What we **worry about the most** reveals where we **trust God the least**.

2. Prayer **relinquishes** control.

*"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 NIV*

*"**Cast all your anxiety** on him because he cares for you." 1 Peter 5:7 NIV*

*"You can throw the **whole weight** of your anxieties upon Him, for you are His personal concern!"
1 Peter 5:7 Phillips*

It can't be **God's problem** and **my problem** at the same time.

3. Prayer **regulates** thinking.

*"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--**think about such things**." Philippians 4:8 NIV*

"Think about the things of heaven, not the things of earth." Colossians 3:2 NLT

"Aim at heaven and you'll get earth thrown in. Aim at earth and you'll get neither."
~ C.S. Lewis

4. Prayer reveals contentment.

*"I know what it is to be in need, and I know what it is to have plenty. I have learned the **secret of being content** in any and every situation, whether well fed or hungry, whether living in plenty or in want." Philippians 4:12 NIV*

"The LORD is my shepherd; I have all that I need." Psalm 23:1 NLT

I will not trust in riches **but in Him who richly provides.**

5. Prayer relies on God.

*"I can do **everything** through him who gives me strength." Philippians 4:13 NIV*

*"And my God will meet all **your needs** according to his glorious riches in Christ Jesus." Philippians 4:19 NIV*

Prayer doesn't **move God** toward us; prayer **moves us** toward God.