

# Prayer Updates

## HOSPITALIZED THIS PAST WEEK

Dan Bailey — surgery

Ian Tupper — at Stanford, serious car accident

Leslie Nelson — surgery

Mary Linder — returned to hospital to regulate heartbeat

Michael Hoy — surgery

Susan Dubin — exploratory surgery

## HOSPICE CARE

Dorothy "Jeannie" Rising

## HOME WITH THE LORD

Jackie McCroskey, one of our dear members from Pleasant Care, is now home with the Lord. Jackie loved attending TLC and had served the Lord faithfully for many years. She lived a true example of what Christian love is all about.

Diana Larson's elderly Aunt Mary Lou passed away July 4th. Pray for her husband of 63 years and all extended family grieving the loss.

## Do you or someone you know need a Stephen Minister?

Stephen Ministers are now available to encourage individuals who have experienced a crisis or loss in their lives. If you know someone who could benefit from this ministry, please contact our Pastor of Care, Gary Williams, gary@tlc.org or 465-3395. Stephen Ministers receive 50 hours of training.

## We want to provide pastoral support...

Please call 465-3395 when someone is hospitalized, scheduled for surgery, becomes a shut-in, or in special need. Prayer support is available through our pastors and numerous prayer groups — call 689-9400. Please pick up a Prayer Update at the Information Desk or Welcome Center.

ENJOYING



## "Replacing Anxiety with Peace"

Message by René Schlaepfer, July 15 & 16, 2006

Philippians 4:4-8

"Rejoice in the Lord always. I will say it again: Rejoice!" Philippians 4:4

### Four Steps from Anxiety to Peace

#### 1. \_\_\_\_\_ about nothing

"Do not be anxious about anything..." v. 6a

Jesus said: "Do not worry..." Matthew 6:34

Jesus commands "do not worry" \_\_\_\_\_ times!

"Worry": a \_\_\_\_\_ mind  
Worry can't change the \_\_\_\_\_;  
worry can't control the \_\_\_\_\_;  
worry can only ruin the \_\_\_\_\_.

#### 2. \_\_\_\_\_ about everything

"...but in everything, by prayer and petition with thanksgiving, present your requests to God." v. 6b

"Petition": \_\_\_\_\_

"When you pray, tell God every detail of your needs" v. 6b (Phillips translation)

One of the root causes of anxiety is lack of \_\_\_\_\_ with God; so Paul doesn't just say stop the effect; he says work on the \_\_\_\_\_.

#### 3. \_\_\_\_\_ in all things

"...in everything...with thanksgiving..." v. 6b

"Give thanks in all circumstances for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18

#### 4. \_\_\_\_\_ the right things

"Finally, brothers, whatever is true... noble... right... pure... lovely... admirable — if anything is excellent or praiseworthy — think about such things." v. 8

**American Journal of Cardiology:**  
Learning to think positive thoughts leads to positive emotions which are beneficial for blood pressure and cardiac health; the most beneficial state of mind: "deep, sincere \_\_\_\_\_."

#### The result: \_\_\_\_\_

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." v. 7

# Daily Meditations

Brief daily devotions based on this week's topic

*This week's memory verse: "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*

## Monday

What does Paul command us to do in Philippians 4:6a? It's not a complicated command but it can be very difficult to actually live out!

Read Matthew 6:25–34. Why do you think Jesus doesn't want us to spend time worrying? What alternative to worry do you see in these passages?

Think about the recent things in life that have worried you. Write down those worries — get another piece of paper if you have to! Write down next to each worry "I choose to trust God". If you can think of a practical way to live out that trust, write that down as well.

Read over the list of verses in the bulletin this week; notice the promises in them. Now notice how worry wants to scream, "Not true!" Choose to believe God's Word.

*As you pray today thank God that you do not have to be bound by worries. Pray over the list of things that have worried you recently. Ask God to grow your trust and faith in Him day by day.*

## Tuesday

Read Matthew 6:5–13 & Philippians 4:6. When do you find your prayers becoming general? How does that impact your prayer time? What can you do to remind yourself to pray the details of your heart?

How does specific prayer create an intimacy in your relationship with God? How would that give you peace?

*As you pray today thank God that He wants to hear the details of your concerns and life. Pray that you will make a habit of talking honestly to God about life. Bring Him your needs right now—very specifically asking for answers!*

## Wednesday

Read Psalm 28:7, Philippians 4:6 & 1 Thessalonians 5:16–18. What do these verses tell you about being thankful? Why do you think Paul connects a sense of peace with being thankful?

## Wednesday (continued)

Do you think your friends would characterize you as a thankful person? Why or why not?

Being thankful DOES NOT mean you have to act as if you love troubles and anxiety. It DOES mean that your attitude towards trouble is characterized by a gratefulness that God is still God no matter what troubles and worries come your way. Think back over the list of worries you wrote down on Monday. How can you give thanks in those situations? How can giving thanks to God and for God impact your anxiety today?

*Spend a few minutes today just thanking God for who He is. Thank Him for the many blessings you enjoy — be specific! Pray that you will be able to spend more time thanking God today than worrying. Pray that God will use you to bless other people and point them to God.*

## Thursday

Read Philippians 4:8. Right now, think of just one thing that fits just one of these categories. Notice that the Apostle Paul does not specify that these things need to be religious in nature. For example, think of something "lovely" or "excellent" like the beauty of a bird, or of the coast; or a "praiseworthy" endeavor. How can thinking of such things help replace anxiety with peace?

Obviously one surefire way to think of something that fits ALL these categories is to meditate on Scripture. Look at the list of verses in the bulletin this week. Meditate on them several times each day, as I suggested in the message this weekend.

*Give thanks right now for some "excellent and praiseworthy" things!*

## Friday

What does Paul say in Philippians 4:7 will happen to your mind and your heart if you practice these things? How have you experienced this?

Looking back over what you have learned from Philippians 4:4–8 this week, what can you do in the coming days to reduce your anxiety and replace it with peace?

*Bring to God very specifically your current anxieties. Second, give specific thanks to Him. Finally, spend some time thinking about things that fit into the filters in verse 8, and giving thanks to God for them.*

## Saturday

*Read over the verses in the notes and the extra handout again. Please pray for God to use the services this weekend in a powerful way. Thanks!*