

Praying Through Your Anxious Moments

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Matthew 6.19-34

The benefit of a consistent prayer life is not
perfection it's purpose

A consistent prayer life forms a center around which the rest of life can work toward that greater end of a life of meaning and rich relationships.

“Do not be anxious about anything, but rather in everything let your petitions be known to God by prayer and supplication, accompanied by thanksgiving. 7And the peace of God that surpasses every mind will keep watch over your hearts and your thoughts in the Anointed One Jesus.” David Bentley Hart translation

Four notable things about anxiety and prayer:

1. It's natural to worry
(1 Peter 5.7)
2. There is more than one kind of anxiety
Medical and psychological help along with prayer is powerful.
3. Our response matters more than the problem does
(Matthew 6.19-24)
4. God speaks in a still, small voice
And the “voice” of God brings wisdom more often than answers.

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1. Read the Psalm.
2. Rewrite it as a prayer inserting your own experiences. (If writing

makes you uncomfortable consider moving your body in some way or doodling on a blank sheet of paper.)

3. Listen for the still, small and wise voice of God.
4. Come back later, as needed.

Helpful Psalms:

Psalm 46 - for dealing with anxiety

Psalm 51 - for dealing with blame and guilt

Psalm 25 - for dealing with shame

Psalm 42 - for dealing with hopelessness

Psalm 143 - for dealing with "shoulding"