



Spring

AT NEW LIFE



WHY PRAY (WHEN YOU CAN WORRY)?

Message by Steve Hall



Prayer connects us with God in ways that transform our outlook and ourselves as we work through our worries.

1. WORRY VS. WISDOM

1 Kings 3; James 1:5

PRAYER #1: Pray like Solomon. Ask God for “kingdom wisdom” that will allow you to see people and circumstances from God’s perspective before acting.

2. WHEN THE PROBLEM IS “GOD-SIZED”

Numbers 20:3-11; Acts 16:20-25

PRAYER #2: Bring the “God-sized” stuff to God, and praise Him in advance for being big enough for it.

3. A “WORRY SANDWICH”

Genesis 32:9-12

PRAYER #3: Bring your fears and worries to God, but surround them with reminders of His past faithfulness and His promises.

4. TRANSFORMING YOUR WORRIES

Philippians 4:6-7

PRAYER #4: Be honest with God about areas where self-interest is driving anxiety and worry. Pray that the Holy Spirit - which Jesus promises - will transform your worries into peace.

5. WE GET TO PARTICIPATE WITH GOD!

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It is part of God’s goodness and appointment that he allows the world to be susceptible to our prayers. How He does this - how He maintains control of history and yet still makes human prayer and action responsible within history - is one of the most practical mysteries of the Bible.

————— **Timothy Keller** —————

PRAYER #5: Pray like Jesus: Here’s my desire, but I also acknowledge, God, that You know best.



reflection questions

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DISCUSSING AND LEARNING:

1. What are you most worried about today?
2. Is there a situation you’re facing where you feel like you need more wisdom? Read 1 Kings 3. What do you notice about the kind of wisdom Solomon asks for and how God responds? How might this help you in what you’re facing?
3. What are you facing that is “God-sized” in your life? How do you react to the idea of praising God, in advance, for being big enough to handle that situation?
4. Think back to Question #1. What are you most worried about today? Now try to put that in a “worry sandwich.” How has God been faithful in the past (either to you personally, or to His people in the Bible)?
5. What’s your initial reaction to Philippians 4:6-7, and the idea of “not being anxious in anything?” How does John 14:27 help?
6. How do you feel about the “asking God for things” aspect of prayer? What does it look like for you to pray for yourself, someone else, or a situation in the world but to do so within God’s will? Think about Jesus’ prayer in the Garden of Gethsemane to help you process this.

Give
it a try!

choose one of the following

Engage with one new element in your prayer life this week. Some things that New Life offers that you can try:

1. Wednesday Night Worship (YouTube)
2. Weekday Morning Prayer (Facebook)
3. Visit www.soulkitchen.live



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