

December 23, 2023

The Lord wants you to live in His liberty and freedom.

Phil. 4:6-7 Do not be anxious about anything, but in every situation, 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. (NIV)

The Lord gives us a command at the beginning of these verses: ***Do not be anxious.*** Anxiety comes from a lack of faith. We become anxious when we feel like we must control the outcome of a situation or problem. It is God alone that holds the issues of life in His hands.

Secondly, we are to be praying about everything. I think that too often, we only use prayer for what we think is critical or important. Paul says in every situation. In **Thess. 5:17** he states ***pray continually.*** (NIV) To pray continually means to keep our communication open with the Lord at all times. Not at set times where we pray and then go off on our own. Our petitions are distinct request that are not general in nature. In other words, we are to be direct with our requests. These we are to present to the Lord. We are to come directly to Him. The only way we can do this is because of the way made for us through the sacrifice of the Savior.

The result of this kind of prayer is the peace of God that passes all of our understanding. Only God can grant this type of peace to those who come to Him. Those without the Lord in their lives cannot understand nor experience this kind of peace. They cannot comprehend it at all. It is a peace that comes from the presence of the Holy Spirit in our lives. This is shown to us in **1 Cor. 2:14** ***The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness and cannot understand them because they are discerned only through the Spirit.*** (NIV)

Dear LORD, help us to rely on You alone and not be anxious. We need to be in continual prayer with You so that we can know Your will in every situation. Thank You that we can always come to You with any request. In Jesus Name, Amen