



How To Trust God Through Tough Times

North Lake Presbyterian Church
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Do not be anxious about anything, but in everything by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6 NIV

Be joyful always, pray continually.... 1 Thessalonians 5:17

- 1. Find a prayerful place (Matthew 14:23)**
"He went up on a mountainside by himself to pray."
- 2. Use the words of others (2 Chronicles 20:12)**
"We do not know what to do, but our eyes are upon you."
- 3. Meditate on Jesus' life. (Matthew 27:46)**
"My God, why have you forsaken me?"
- 4. Pray a repeated phrase. (John 14:27)**
"Peace I leave with you, my peace I give to you."
- 5. Remember the Holy Spirit's intercession (Romans 8:26-27)**
"In the same way the Spirit helps us in our weakness. We do not know what we ought to pray, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will."
- 6. Assume a posture of prayer**
 - 7. Write it once**
- 8. Show, don't tell. (2 Kings, Chapter 19)**
- 9. Pray with your tears (John 11:32-33)**
"When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled."
 - 10. Express your anger**
- 11. Be silent (Psalm 46:10)**
"Be still and know that I am God"
- 12. Ask others to pray. (Exodus 17:8-13)**

Do you believe ? (John 11:25-27

"I am the resurrection and the life...do you believe this ?

DISCUSSION QUESTIONS FOR CLASSES AND GROUPS

2 I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. **3** Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life **4** Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **8** Finally, brothers and sisters, 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. **9** Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. Philippians 4:2-9 NIV

1. Read Philippians 4:2-9
2. Who makes peace in your family? How does he or she do it?
3. In verses 203, what attitudes of these women harm the church? How can others help?
4. What would someone marked by verses 4-6 look like?
5. How do these qualities relate to Paul's peace objectives (Verses 2-3, 7 and 9.)?
6. What comes to mind in verse 8 for Paul, ..for you?
7. On a scale of 1 (I'm going crazy) to 10 (I could lead a stress management seminar), What is your anxiety level right now? Why ?

8. What in this passage could help relieve your anxiety?