

Less Anxiety, more FAITH

Bible readings and adapted prayers taken from the book 'Less Fret, more Faith' by Max Lucado

Reading

Phillipians 4:4-8 (NIVUK)

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

Rejoice in the Lord always – Celebrate God's goodness

present your requests to God – Ask God for help

if anything is excellent or praiseworthy – think about such things – Mediate on good things

Prayer

Dear Lord.

We thank you for being near us. We thank you for calming the storms within us and around us.

Lord, we are weary from the bombardment of bad news in our media and the spirit of fear which may prevent followers from coming together in fellowship. Give us now a spirit of calm. Quench our anxiety. Stir courage within us. Let us know less fret and more faith.

Help us remember that resting in you provides relief from worry. We ask that you release us from the fears and anxiety we face today and we place these fears in your hands. May the truth that you are sovereign over every detail of today bring peace to our hearts and minds.

May we learn to trust you more and ourselves less.

May we both trust and listen as your spirit guides us to what is true, good and beautiful. Help us resist indulging in dread that is beyond our control but to rely on your guidance.

In your name Lord, Amen

