



Online School of the Bible

Prayer – God’s Promise of Peace

One of the reasons that I love to read the Bible is to claim God’s promises for my life. There are many wonderful promises to be dug up, but I would like to take a moment to share with you, in my opinion, one of the best promises that you will find in the Bible.

Philippians 4:6-7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. NLT

This is a great promise! It solves the problem of worry and guarantees peace in every circumstance of life. Notice it doesn't say that God will take away all our problems. It just promises us peace in the midst of the problems.

All you have to do to experience God’s peace is:

- 1) Don't worry about anything.
- 2) Instead of worrying, pray about it.
- 3) Thank God for the good things He has done.

The other part of these two verses that I really like is that God tells us to pray about everything. Nothing is too big or too small to pray about. If we are concerned about it, then God wants us to tell Him about it.

Take some time, relax, and quiet your heart and mind and consider the following:

- 1) What are some things in your life that you are worrying about?
- 2) Take some time to tell God about those things. Ask Him for help and for the peace that he promised.
- 3) Make a list of the good things in your life.

James 1:17

Whatever is good and perfect comes to us from God above... NLT

Everything that is good in your life is a gift sent to you from God above. They are a tangible sign of God's love for you.

- 4) Take some time to thank God for giving you all the good things in your life.