

## Praying From Fear to Faith

**Philippians 4:6** Do not be *anxious* about anything, but in every situation, by *prayer and petition*, with *thanksgiving*, present your requests to God.

- **Quiet your mind:** Take a few deep breaths and a moment of silence. Allow the Holy Spirit to calm your heart and mind so you can bring your situation to the Lord.
- **Share the situation:** Tell Jesus the situation and include any important details. Visualize your situation and add words to express those thoughts aloud or in writing. If you cannot verbalize what you feel, try a mind map or picture first. Then put more words to your story.
- **Share how you feel:** Talk to Jesus about how you feel about the situation. Try to name your feelings: anxiety, fear, anger, hatred, disappointment, hurt, hopeless, sad, bitter.
- **Speak truth over your situation:** Consider both physical truths (what is happening that is good) and spiritual truths (truths about God, truths about yourself in Christ, Biblical truths about the situation, the Lord's promises to you, etc.)

*Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.* (Ephesians 4:14-15, NIV)

- **Be thankful:** Find something to be thankful for in this situation.
- **Pray against the spiritual enemy:** Begin to pray against the spiritual enemy or root sin behind the situation. Focus on the spiritual enemy, not the people that the enemy is using.
- **Pray blessing:** Pray a genuine blessing over the people involved, and ask the Lord to forgive them.
- **Think forward:** Tell the Lord what you deeply desire in the situation. Express your hope for the future. Try to visualize that hope and describe it.
- **Go beyond:** Imagine a miracle over the situation and pray for that miracle. Be bold!
- **Write it:** If you have time, write your prayer in a prayer journal, and watch to see how the Lord answers you.