



# 40 *days of* Prayer

Finding Peace Through Prayer

Philippians 4:2-9



# Accept That Trials And Difficulties Are An Inevitable Part Of Life

- Euodia and Syntyche were Godly women
- Leaders in the church
- Committed servants
- At odds with one another
- Needed someone to intervene

# Accept That Trials And Difficulties Are An Inevitable Part Of Life

*"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*

**John 16:33**

*"Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything."*

**James 1:2-4**



## Approach Your Struggles With A Positive Attitude

**“Positive thinking can lower a person's risk of death from serious illnesses, including cancer, infections, heart disease, stroke, and lung conditions. It improves the outcomes of patients with brain tumors and traumatic brain injury and boosts your immune system.”**

# Approach Your Struggles With A Positive Attitude

- Rejoice in the Lord
- Be gentle
- Remember the Lord is near
- Don't be anxious
- Pray
- Be Thankful

“Set your minds on things above.”

Col 3:2



# Intentionally Adjust Your Thinking

*“He (Satan) was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.”*

**John 8:44**

# Approach Your Struggles With A Positive Attitude

Think About:

- True
- Noble
- Right
- Pure
- Lovely
- Admirable
- Excellent
- Praiseworthy

“For as a man thinks in his heart so is he.”

Proverbs 23:7

# Act On What You Know Is Real Whether You “Feel Like It” Or Not

- Learned
- Received
- Heard
- **PRACTICE IT!**

“Follow me as I follow Christ”

1 Corinthians 11:1



## Challenge For This Week

- *Come pray “not my will but yours...”*
- *Come pray “help me have a positive attitude”*
- *Come pray “God help me think the way I should”*
- *Come COMMIT to PRACTICING what you KNOW*