

Series graphic + email

Have we really prayed about it?

Philippians 4:6-7

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

IMAGE: confused man putting something together

[https://hvac-buzz.com/wp-content/uploads/2022/02/](https://hvac-buzz.com/wp-content/uploads/2022/02/Depositphotos_74496779_XL-1024x739.jpg)

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{First line comes up; 2 questions come up together but after the first statement}

Everyone needs help.

Will we ask for it?

Where will we turn for it?

{bullets come up one at a time}

There's actually anxiety about asking for help!

- **Pride: "I got this ..."; "I should be able to handle this ..."**
- **Not wanting to bother**
- **"Just can't get good help these days ..."**

Psalm 121:1

I lift my eyes toward the mountains.

Where will my help come from?

Psalm 121:2

My help comes from the Lord,
the Maker of heaven and earth.

Have I really asked God for help?

Image of God: Maker AND Helper

Many of us live with a secret arrangement:

God: handles the really big stuff

We: handle everything else

{come up one at a time ...}

Our “Real” Prayer Lives:

- We *really* pray generally but not specifically
- We *really* pray occasionally (seasonally) but not daily
- We live anxiously

Philippians 4:6

Don't worry about anything, but **in everything**, through **prayer and petition** with thanksgiving, present your requests to God.

Luke 11:1-3

He said to them, “Whenever you pray, say, **Father**, Your name be honored as **holy**.
Your kingdom come.

³ Give us **each day** our **daily bread**.

The Invitation:

- Know God as Holy → The Most High God
- Know God as Father

{Each bullet come up separately; 2 slides is fine but keep the Heading}

The Invitation:

- Because God is the Most High God everything is **small** to Him but because He is also our Father, everything is **important** to Him.
- Therefore, pray **specific**, pray **small** and pray **without ceasing** ... *really!!*

Corrie Ten Boom:

If a care is too small to be turned into a prayer, then it is too small to be turned into a burden.

1) **Exalt** before we **ask** (usually).

2) Realize, if the Lord is not my **Helper**, then I'll end up **hurting** myself and/or others.

{come up one at a time}

But why do we have to ask *and* ask daily ... ?

- God is **relational** ... by **consent, not coercion**.
- “*Daily*” describes how God wants to be known.

3) When I pray “in general”, I'll **know and experience** God “in general.”

{one slide; keep formatting}

There is often a **correlation** between how I pray and how I **experience** God.
Specific → Personal General → Generic

{come up one at a time}

How Daily Bread Arrives:

- Needs over wants
- Sanctification
- Truth & Wisdom: perspective, promise, path
- Reminders ...
- Taste & See: He is good!
- Affirmation
- Opportunity; Breakthrough

4) “Daily” describes when His **grace arrives**.

Lamentations 3:22-23 (NASB)

The Lord’s lovingkindnesses indeed never cease, For His compassions never fail.
²³ They are new **every morning**; Great is Your faithfulness

Anxiety is living out the “imagined” future before it gets here and yet grace arrives “just in time.”

WATERFALL IMAGE/PIC (sent via email)

Psalm 121:1b-2

Where will **my help** come from?
My help comes **from the Lord**,
the **Maker** of heaven and earth.