

HONEST PRAYER

Philippians 4:6-7

We need to think hard about honest prayer.

I. TELL

A. INFORM GOD

1. The Command
 - a. Explain or inform God, make Him familiar with your situation
 - b. Here is where the honesty comes in
 - God says, "Open up, let it out, tell Me!" - See I Peter 5:7
2. The Conversation
 - Talk to God

B. BE SPECIFIC

1. Your Requests
 - a. Say exactly what you desire, fear or feel
 - b. Be humble enough and honest enough to admit your true concerns or confusion
 - c. We may need to focus carefully in order to clarify our particular thoughts
2. Your Supplications
 - A humble cry for a keenly felt need

C. KEEP PRAYING

1. Let your requests
 - Keep praying as the need arises
2. In everything by prayer
 - Continually presenting requests about everything (See Eph. 6:18)

D. GIVE THANKS

1. Because thanksgiving honors God with proper worship - See Heb. 13:15
2. Because thanksgiving keeps us humble
3. Because thanksgiving acknowledges the assurance that we have in God
4. Because thanksgiving reminds us of who God is - See Psalm 77:1-15
5. Because thanksgiving reminds us of how God has intervened in the past

II. CHILL

A. NO ANXIETY (6a)

1. The Command
 - a. Never be filled with anxious care
 - b. “Restless mind syndrome” forbidden
2. The Condition
 - Reflecting on all of the “what ifs”
3. The Calm
 - When we speak our requests to God, we can silence any anxiety that our thoughts may be producing

B. KNOW PEACE (7)

1. Experiential peace
 - Sensing this God-thing that is absolutely apart from man or secular psychiatry
2. Unconceivable peace
 - It passes all comprehension
3. Unconquerable peace
 - Guarding our hearts and minds
4. Unquestionable peace
 - Through Christ Jesus, the Prince of Peace - See Is. 9:6

CONCLUSION:

Honest prayer will bring honest peace

- Might we be totally transparent in our prayers and discover an amazing peace in our souls

*You keep him in perfect peace whose mind is stayed on you,
because he trusts in you.
- Isaiah 26:3 – ESV*

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