



SOAP Summer Bible Study

GRACEforUs.net

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- Paul advises against anxiety, encouraging prayer and thanksgiving instead.
- Promises the peace of God, which transcends understanding, to guard our hearts and minds.
- Does prayer bring you peace? Does it guard your heart? Your mind?

SCRIPTURE

The Power of Prayer

Philippians 4:6-7 (NIV)

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Consider areas of life where you feel anxious and need to bring these to God in prayer.
- Reflect on the importance of thanksgiving in your prayers and how it shifts your focus to God's blessings.
- How can you incorporate prayer into your daily routine?

APPLICATION

OBSERVATION

PRAYER

Lord, thank You for Your promise of peace. Help me to bring my anxieties to You in prayer and to trust in Your guidance. Teach me to be thankful in all circumstances and to rely on Your understanding. Guard my heart and mind with Your peace.

In Jesus' name, Amen.