





2 Corinthians 6 v 10

...as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and *yet* possessing all things.

Philippians 4:4-5

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.



Prayer replaces worry

Philippians 4 v 6

Do not be anxious about anything, but in every situation, by prayer...

Philippians 4 v 6 MSG

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

Matthew 6 v 34

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”



Prayer relinquishes control

Philippians 4 v 6 - 7

...by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Romans 15 v 13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.



Prayer regulates thinking.

Philippians 4 v 8

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy-- think about such things.”

Colossians 3:2 (NLT)

Think about the things of heaven, not the things of earth.



Prayer reveals contentment.

Philippians 4 v 12

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

Psalms 23 v 1 (NLT)

The LORD is my shepherd; I have all that I need.



Prayer relies on God

Philippians 4 v13

“I can do everything through Him who gives me strength.”

Philippians 4 v 19

“And my God will meet all your needs according to his glorious riches in Christ Jesus.”

Proverbs 16 v 20

Those who trust the LORD will be joyful.