



The Peace of God

How prayer helps us with workplace stress.

Philippians 4:6-7

Philippians 4:6-7 – ⁶Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

(New International Version)

4:7 – What will be the result of praying about things which make us anxious?

What is the peace of God?

4:6 – Why shouldn't Christians be anxious about anything?

How do we come by the peace of God?

How does anxiety cause problems at work?

Why does the peace of God transcend all understanding?

Why does prayer help to relieve anxiety?

Why does the peace of God guard our hearts and minds?

Why kinds of things should we pray about at work?

How does having the peace of God help us at work?

What distinction is there between prayer and petition?

What other attributes of God transcend all understanding?
(Hint: see Galatians 5:22-23)

What kinds of things should we petition God about at work?

How do the attributes from the previous question help us at work?

How may we make prayers and petitions with thanksgiving?

Since God is all-knowing and promised to meet our needs, why do we need to make requests of Him in prayer?