

**Daily Discipleship**  
**“Prayer and Anxiety”**

There are a lot of things that causes worry and anxiety. God’s Word gives us principles that will help us conquer these issues. This week we will practice utilizing prayer as a key ingredient to overcoming worry.

**Memory Verse**

*Philippians 4:6 Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.*

**Daily Reading**

**Beginner Reading Plan:**

Genesis 8-14

**Basic Reading Plan:**

Genesis 8-14/Matthew 8-14

**Advanced Reading Plan:**

Genesis 8-14/ Matthew 8-14/Ezra 8-10/Nehemiah 1-4/Acts 8-14

Psalm 1-7/2 Corinthians 15-16

**Daily Devotional and Discussion**

**Day 1 – Philippians 4:6-7**

How does prayer, supplication, and thanksgiving help us overcome anxiety?

**Day 2 – Philippians 4:8**

Which one of the “things” is your greatest struggle that hinders you from peace?

**Day 3 – Psalm 55:22**

What does it mean to “cast” your burden upon the Lord? How is this practiced?

**Day 4 – 1 Thessalonians 5:17**

How does a person “pray without ceasing”? How would this practice help us deal with worry and anxiety?

**Day 5 – Philippians 4:6-9**

How is the “peace of God” experienced? How does anxiety steal your peace and joy?

**Day 6 – Daniel 3**

What do you believe was able to remove the fear? (Daniel 3:16)

**Day 7 – Matthew 6:25-33**

How does this scripture relate to worry and anxiety?

**I will statement:**

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