



My Heart Ever His-Barbara Rainey part 1

Philippians 4:6 (ESV)

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Reflection Questions:

- 1) How does prayer fit into your life?
- 2) Do you have a struggle so great it prevents you from consistently praying?
- 3) What is one step you can take today to cultivate your prayer life and draw closer to God?



Seeing Deep Ministries

Extended Devotion:

I have a struggle that often plagues me - worry. Sometimes this struggle is so great that it keeps me awake at night, aggravating my already restless sleep. The things I worry about are not necessarily big or small, sometimes they are silly things that keep my brain swirling at night. Do you ever feel this way? Maybe you also struggle with seeds of worry that are desperate to take root and grow wild within your soul. I often think about them at night because that is when my body is quiet, still. But this is the time when God is speaking into my restless soul, urging me toward Him and away from the things that are causing my anxiety.

In Philippians 4:6, Paul helps us to understand that we have no reason to entertain worry. Paul also understands that worry is a very real struggle in the Christian life. He says, “*do not be anxious about anything.*” We all have areas of struggle that keep us from giving our hearts fully over to God. The more we worry and try to control things that are not ours, the more our hearts become burdened with these cares. Instead of entertaining anxiety, we must lay these burdens down and make our needs known to the Lord. He already knows our hearts but He desires the deep relationship that comes from daily praying at His feet.

God’s Word is filled with the stories of Christ’s followers who shared our same struggles. **Scripture pens our pains as it points us to God for our solution to them.** As we give our hearts fully to God, today’s struggles become tomorrow’s victories with His strength.

Giving our hearts fully to God means that we must first draw closer to Him. Psalm 16:11 says, “*You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.*” When we give God our hearts and dwell in His presence, we find fullness of joy forevermore.

Application:

1. We all have struggles in our Christian walk. Giving our hearts over to God helps us walk in victory over these struggles. Take a moment to pray right now and surrender an area of struggle over to God.
2. Daily reminders are helpful in many areas of life. Write down one verse that encourages you to draw your heart closer to God. Keep it close and pray over it every day.

Takeaway:

We can have victory over our struggles when we daily give our heart to Him.

