

God Will Give You Peace



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- Philipians 4:6-7

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What does it mean to be anxious? (*Being anxious means you are worried, scared, or afraid.*) Do you ever get anxious? God doesn't want us to be anxious about anything. Instead, he wants us to experience peace. Peace is the opposite of being anxious. It comes from knowing God is in control of all things, that he is our loving heavenly Father, and that he watches over us and cares for us. Do you want God's peace?

When you're feeling anxious about something, God says you should pray instead. Prayer is simply talking to God. You can pray anytime; anywhere. Here are some things you can include in your prayer. **Praise God** for who he is - he is all-powerful, faithful, and loving. **Thank God** for his promise that he will be with you always to strengthen and help you. **Ask God** for things you need. Tell him your requests. God may do exactly what you've asked or he may have something better in mind. Either way, **thank God** for listening to your prayer and for giving you his grace and mercy.

When you pray like this, something amazing happens. God will take away your fear and give you peace. The peace of God will guard your heart and mind just like a soldier guards a fortress. God will protect you from fear and keep you from being anxious. He gives his peace to those who trust in him.

In what situations do you get anxious? Talk to your dad or mom. Ask them to pray with you, that God will give you his peace.