**Walking in Grace  
“Prayer”  
Ephesians 3:14-15**

Phil. 4:6-7

“Don’t be anxious”

* Anxiety destroys your prayer life
* It steals your peace of mind
* It takes away your confidence in approaching God
* It dries up your compassionate heart
* It drives you to other things that will not bring satisfaction to your heart and mind

But – “In everything”

* Every kind of sickness, stress, cares, difficulties; every part of your life

The truth is, life has its share of problems.

* But in them you can:
  + Pray/act of worship and devotion of God
  + Petition/to beg for your own needs/to ask with urgency based on presumed needs
  + Give thanks/grateful acknowledgment of pass blessings
  + Requests/demand/to petition/to request

Note: vss. 12-13; we can approach God’s throne in prayer with freedom and confidence.

Lastly, 1 Peter 3:8-12; “His ears are earnestly (into) listening to their prayers.”

Note: Psa. 34 – God’s promises!

“I kneel.” This position shows reverence and humility. (Most Jewish men stood during prayer)

* An expression of deep emotions; Your heart and mind have humbled themselves

To bow the knee was to have your heart in a position of worship.

Our position during prayer should express our hearts.

When my heart is praying and my life is worshipping God, then the cares and concerns slip away and I find that I am becoming whole again.

“In everything don’t be anxious. Allow your heart to pray.”