

through prayer, my heavy load of worry became God's, and His lightweight gift of peace became mine.

In his book *Tyranny of the Urgent*, Charles Hummel writes that if we are prayerless, "we are saying, with our actions if not our lips, that we do not need God." The deciding factor on how we carry our burdens lies in our answer to the question on that old-fashioned plaque: Have you prayed about it? --JEY

*Give Him each perplexing problem,  
All your needs to Him make known;  
Bring to Him your daily burdens--  
Never carry them alone! --Adams*

**A prayerless Christian  
is a powerless Christian.**



**Pastor: Wayne Robilliard Ph: 4758 8778.**

*Please feel free to contact the Pastor for any needs you may have, queries, or questions about our church family.*

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## CENTRAL MOUNTAINS BAPTIST CHURCH

# 22 FEBRUARY, 2009

### **Information for Visitors.**

- \* We're glad you're here. Sit back, relax, and enjoy the service. You're very welcome to join us for a cuppa after church.
- \* a Cubbies programme is normally provided, during the sermon for the **toddler to Kindy age bracket.**

## Have You Prayed?

**Be anxious for nothing, but in everything . . . let your requests be made known to God. --Philippians 4:6**

Several years ago I moved to England, but I have traveled back to the USA many times, often staying with the same families. One family lived in a farmhouse where a tiny upstairs room always awaited me.

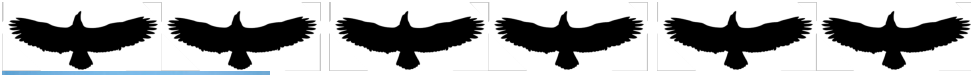
I will never forget one visit when, as usual, I lugged my suitcase up the familiar stairs. This time, however, a secret burden on my heart felt heavier than my luggage. As I neared the top of the steps, I saw an old plaque that I had forgotten. It read:

Have You Prayed About It?

Panting physically and spiritually, I had to admit, "No, I haven't!" So I slipped to my knees and finally talked to God about the problem.

Instead of being anxious for nothing, I had become anxious about everything. Instead of praying about everything, I had prayed about nothing. But now,





*Soaring:  
Dropping the Heavy Baggage-  
Worry-2*

In Philippians 4:4-8 Paul gives three instructions for dealing with anxiety and experiencing God's peace to soar:

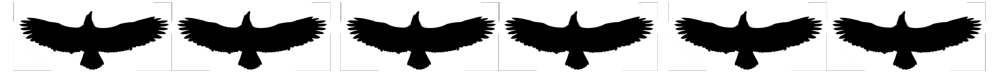


1. \_\_\_\_\_ right, verses 4-5

*(Hebrews 13:5) "... For He Himself has said, "I will never leave you nor forsake you.""*

*(2 Corinthians 9:8) "And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work."*

*(Romans 8:35) "Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?"*



2. \_\_\_\_\_ right, verses 6-7

3. \_\_\_\_\_ right, verse 8

