

# MEDITATIONS ON THE TRUE CHRISTIAN LIFE

....*"This book of the law [the Word of God] shall not depart from [always be in] your mouth, but you shall meditate on it day and night, so that you may be careful [take heed] to do according to all that is written in it; for THEN you will make your way prosperous, and THEN you will have success".... Joshua 1:8 NASB*

**September 19th**

## A WORRY FREE LIFE

**[part 5 of 9]**

....*"Be anxious for nothing, but in everything by prayer [proclamation] and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things".... Philippians 4:6-8 NASB*

\* Let's look once again at what he says in Philippians 4:6: "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

In this verse, Paul lays out five very important steps to move from fear to faith, from turmoil to peace, and from defeat to victory. We'll look at five key words that tell us exactly what we must do when worry and concerns are trying to assail our minds: 1) prayer; 2) supplication; 3) thanksgiving; 4) requests; and 5) known.

The word "prayer" in this verse is the Greek word "proseuche", which is the most commonly used word for prayer in the New Testament. This particular word and its various forms are used approximately 127 times in the New Testament. The word "proseuche" is a compound of the words "pros" and "euche". The word "pros" is a preposition that means toward, which can denote a sense of closeness. Nearly everywhere it is used in the New Testament, the word "pros" carries the meaning of close, up-front, intimate contact with someone else.

The second part of the word "proseuche" is taken from the word "euche". The word "euche" is an old Greek word that describes a wish, desire, prayer, or vow. It was originally used to depict a person who made some kind of vow to God because of a need or desire in his or her life. This individual would vow to give something of great value to God in exchange for a favorable answer to prayer. Thus, inherent in this word is the idea of an exchange - giving something to God in exchange for something wanted or desired.

So instead of carrying your worries and burdens, you are to take the first step Paul gives you to move from a place of turmoil to peace: Come close to the Lord in prayer. Once you are in that intimate, face-to-face place with God, take that opportunity to give Him your worries, fears, and concerns. Then ask the Lord to give you something back in exchange for the worries you have given Him? ask Him for peace! You see, this is a part of the great exchange found in the Greek word "proseuche". When you give God your problems, in return, He gives you His peace.

Perhaps you've experienced this great exchange at some previous moment in your life. Can you think of a time when your mind was hassled with fears? Once you truly committed your problem to the Lord, did a supernatural peace flood your soul and relieve you from your anxieties? This is the first step that Paul urges you to take when worry, fear, and concerns are trying to take over your mind or emotions.