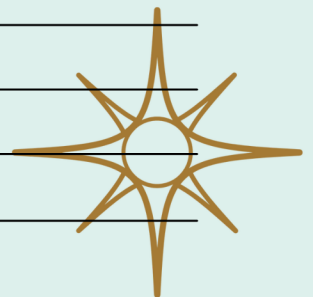
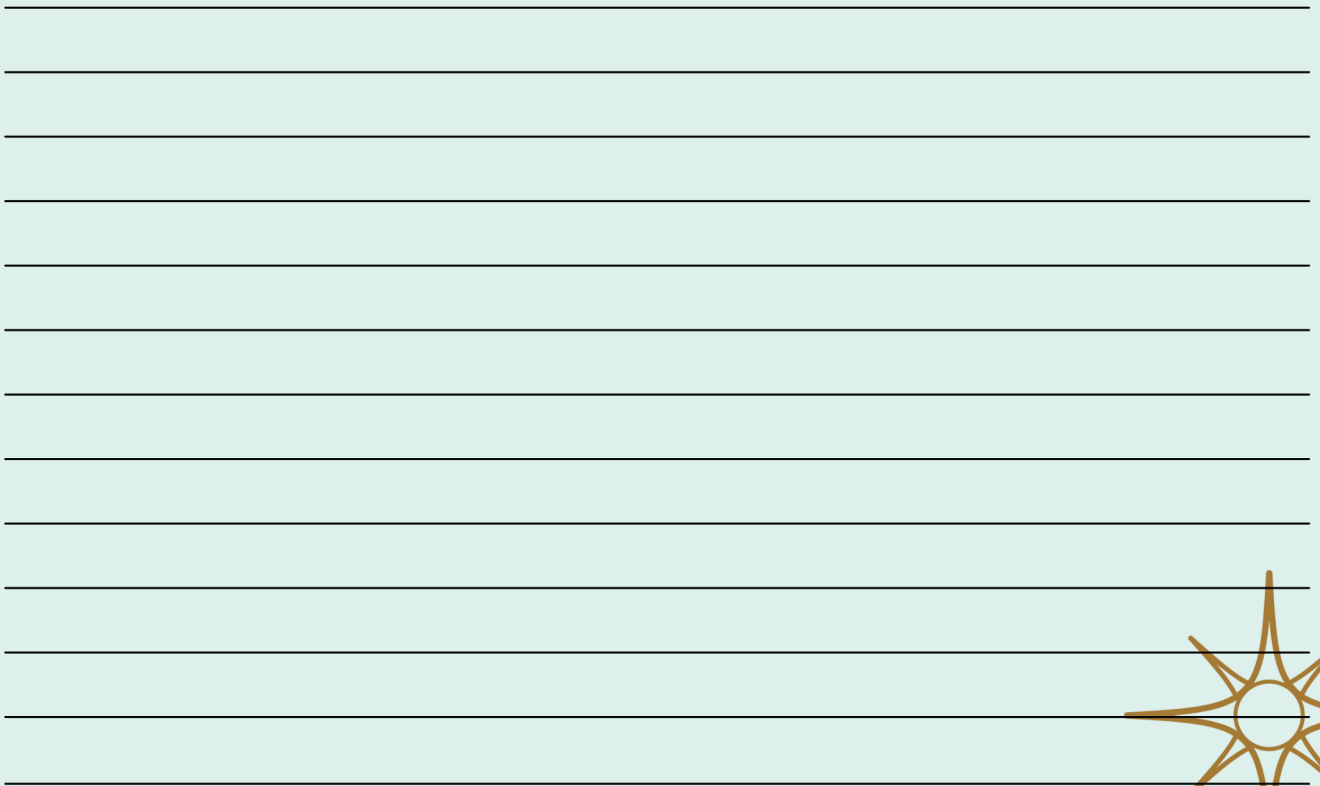


When you are stressed about life or work what is usually the first thing you do?

1. When does Paul tell us to pray? Do you find that helpful or difficult?
2. If petition or supplication, depending on your translation, means to pray for others do you find that helpful in your prayer life?
3. In Philippians 4:7 Paul says that when we pray God's peace guards our hearts and minds. Have you had that experience when you pray?
4. What do you think would help prayer be the first place you turn?

Pray for each other.

## NOTES:



## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.