

## Our Prayer Guardian

### Philippians 4:6-7 (ESV)

**<sup>6</sup>do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.**

We are living in an anxiety filled time. We feel the chaos of evil and the feeling of helplessness that accompanies it. I recently read:

**The Anxiety and Depression Assoc. of America states that 1/3 of all US citizens suffered from anxiety or depression during the Pandemic. (Flowers/Wan 5-26-20, Washington Post). One fourth of all Middle School and High School students in America suffer from some level of anxiety disorders. There are a whole host of physical problems that may be linked to Anxiety: Eating disorders, headaches, Irritable Bowel Syndrome, sleep disorders, substance abuse, Fibromyalgia, chronic pain, etc.<sup>i</sup>**

God offers us a cure for our anxieties. It is prayer. Over and over God keeps reminding us that we can have a close relationship with Him. When we do, we realize that He is sovereign. He is the One who fought for Israel. He is the One who established our hope through the cross. He fights for US!

How important is prayer? Jesus said in **Mark 7:11** (ESV) that His house should be a **“house of prayer for the nations”** (cf. **Isaiah 56:7; Jeremiah 7:11**). The priority of God’s people is prayer. His house was not a house of preaching, nor a house of singing, but a house of prayer.

Our Founders knew the importance of prayer. Many times colonial governors or the Continental Congress called for days of prayer, fasting, and humiliation. These times of prayer brought about noticeable results from the hand of God.

We have mentioned how Benjamin Franklin interrupted the chaos of the Constitutional Convention in 1787 to request times of prayer for the delegates. In part of that famous speech he said:

**"I therefore beg leave to move--that henceforth prayers imploring the assistance of Heaven, and its blessing on our deliberations, be held in this Assembly every morning before we proceed to business, and that one or more of the clergy of this city be requested to officiate in that service."**

Apparently the prayers of those delegates guarded their hearts and minds. The Constitution came about rather quickly after they prayed.

Prayer was once the sustenance of America. During our Civil War, Abraham Lincoln admitted:

**“I have been driven many times upon my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom and that of all about me seemed insufficient for that day.”**

Notice the final words of our birth certificate, the *Declaration of Independence*:

**“We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these united Colonies are, and of Right ought to be Free and Independent States; that they are Absolved from all Allegiance to the British Crown, and that all political connection between**

**them and the State of Great Britain, is and ought to be totally dissolved;... And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor."**

If America is to continue, God must be present. To have His presence, we must sincerely pray and express our dependence on Him. Then, He will guard our hearts and minds through Christ Jesus, just as He did almost three centuries ago.

As you pray, Keep The Light Burning!

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<sup>i</sup> <https://www.sermoncentral.com/sermons/god-39-s-remedy-for-our-anxiety-christopher-arch-sermon-on-stress-257868>