

Habits of Happiness

Prayer that Works

March 22, 2026

Pastor Dale Satrum



Philippians 4:6-7 "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." (NLT=New Living Translation)

1. Prayer That Is Trusting

"Don't worry about anything"

- I trust that God _____

Psalms 31:22 "In panic I cried out, 'I am cut off from the Lord!' But you heard my cry for mercy and answered my call for help. (NLT)

- I trust that God _____

Psalms 31:7 "I will be glad and rejoice in your unfailing love, for you have seen my troubles, and you care about the anguish of my soul." (NLT)

- I trust that God _____

Psalms 119:126 "Lord, it is time for you to act..." (NLT)

- I trust that God is _____

Psalms 34:18 "The LORD is close to the brokenhearted; he rescues those whose spirits are crushed." (NLT)

- I trust God's _____

Isaiah 55:8 "My thoughts are nothing like your thoughts," says the LORD. "And my ways are far beyond anything you could imagine." (NLT)

2. Prayer That Is Comprehensive

"instead, pray about everything"

- Praying about everything demonstrates dependency

- Praying about everything increases spiritual _____

James 4:2 "... Yet you don't have what you want because you don't ask God for it." (NLT)

- Praying about everything keeps us connected relationally

- Praying about everything protects me from trusting _____

Matthew 7:7 "Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you." (NLT)

3. Prayer That Is Honest

"Tell God what you need"

- Prayers that are personally honest

- Prayers that are _____ honest

Psalms 69:1-3 "Save me, O God, for the floodwaters are up to my neck. ²Deeper and deeper I sink into the mire; I can't find a foothold. I am in deep water, and the floods overwhelm me. ³I am exhausted from crying for help; my throat is parched. My eyes are swollen with weeping, waiting for my God to help me." (NLT)
Psalms 69:29 "I am suffering and in pain. Rescue me, O God, by your saving power." (NLT)
Psalms 34:18 "The LORD is close to the brokenhearted; he rescues those whose spirits are crushed." (NLT)
Psalms 73:26 "My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever." (NLT)

4. Prayer That Is Thankful

"thank him for all he has done"

- Thankfulness reminds me of God's past faithfulness
- Thankfulness moves my focus off the _____
- Thankfulness opens my heart to receive God's peace

Listen to the message at foothillsonline.com

Discussion Questions:

1. Share about your own personal experiences with prayer. It's ok to share even frustrating experiences as well.
2. In order to lessen our worry and anxiety, we have to learn to trust God. Discuss the five ways we can trust God that impacts our prayer life. Discuss how difficult these can be at times.
3. Why is praying about everything so important?
4. What does it mean to pray honestly? Why is it difficult to be personally and emotionally honest before God?
5. Why is thankfulness so powerful in our minds and emotions? How does thankfulness help me pray?
6. Discuss the result of these types of prayers. Share your own experiences of experiencing God's peace.