

BRING IT ALL TO GOD

A prayer lesson that builds your group's confidence in prayer.

PURPOSE STATEMENT

Prayer is one of the ways God invites us to draw near to Him — and He promises to meet us there. This lesson helps participants see what Philippians 4:6–7 teaches about bringing everything to God, receive the peace He promises, and grow in confidence to pray honestly and out loud.

NOTE TO THE FACILITATOR

Teach each point, then pause to discuss before moving on. This lesson works in a large group, a small class, or one-on-one. For tips on leading the prayer activity well and an optional group game, see the companion post “Drawing Near to God Through Prayer” at redeemedblog.com. The TWI Prayer Guide worksheet is available there too.

FOCUS

- 1. How important is communication in a close relationship? Explain.**
- 2. Who is someone you can't wait to talk to when things are really good — or really bad? Why them?**

STUDY

PAUSE HERE

Here's the big idea we're building toward: prayer isn't just something God commands — it's a gift He gives us. Over these two verses, we'll watch God invite us to bring everything to Him, meet us with His peace when we do, and give us the confidence to pray honestly — even out loud.

Before we read our passage, let's ground ourselves in its context. Philippians is a book in the New Testament — which means it was written after Jesus had already lived, died, and risen again. All across the ancient world, people were coming to believe in the risen Jesus, and churches were forming in response. This letter was written to one of those new churches, in the city of Philippi. Life there wasn't easy — these believers were facing real pressure, and even suffering, for their faith. The apostle Paul, who wrote this letter to the church from prison, understood this suffering well. So when we read what he says here about anxiety, prayer, and peace, remember he isn't writing from an easy, comfortable life — he's sharing a peace he learned in the middle of real hardship. That's what makes his words so powerful.

READ PHILIPPIANS 4:6-7

POINT 1 • PRAYER MEANS TRUSTING GOD WITH EVERYTHING

1. In verse 6, what does Paul tell us to do instead of being anxious — and how much of our lives are we invited to bring to God?

PAUSE HERE

Verse 6 tells us not to be anxious. That doesn't mean we'll never have cares — it means we don't have to be ruled by them. And God doesn't just say "stop worrying"; like a good Father, He gives us a solution: bring it to Him. And not just the big things — "in everything." Nothing is too small or too big to bring to God.

2. Paul says not to be anxious — but the passage isn't saying we'll never have cares. What do you think is the difference between having a worry and being ruled by it?

3. What's something you tend to carry on your own instead of bringing to God? What might change if you brought it to Him?

POINT 2 • PRAYER IS ASKING AND THANKING

4. Look again at verse 6. What does Paul say should go along with our requests?

PAUSE HERE

Paul says to bring our requests to God — but to do it "with thanksgiving." Anyone can unload their problems. A maturing believer brings their burdens to Jesus and thanks Him along the way, because gratitude shifts our focus from the worry to God's goodness. It reminds us He's been faithful before, and He will be again. Prayer isn't just unloading — it's trusting.

5. How does thanking God for what He's already done help us trust Him with what we're facing now?

6. When has thanking God — even in a hard moment — changed the way you felt about what you were facing?

POINT 3 • PRAYER LEADS TO PEACE

7. According to verse 7, what does God give — and what does He say it will do?

PAUSE HERE

Peace is a gift from God when we pray. When we bring our anxieties to God with thanksgiving and trust, He promises "the peace of God, which surpasses all understanding." This sort of peace doesn't always make sense from the outside, but it is made possible by God. Paul describes this peace as a guard over our hearts and minds, standing watch like a soldier over both our feelings and our thoughts — the very places anxiety attacks. This guard is anchored not in our circumstances but "in Christ Jesus." Because our hope rests in a risen Savior who proves God's love, that guard holds even when nothing around us changes, protecting us from the weight of anxiety we were never meant to bear on our own.

8. How does it make you feel to know that, in Christ, your heart and mind are guarded when you come to God in prayer?

9. Have you ever experienced a peace that didn't match your circumstances? What was that like — or where do you long for it now?

APPLICATION

PAUSE HERE

Let's bring it together. Over these verses we've seen that God invites us to bring everything to Him, to pair our requests with thanksgiving, and to receive a peace that stands guard over our hearts and minds. The gift of prayer is that as we draw near to God, He promises to be with us. And a prayer life like this grows stronger with practice, and in a few minutes we'll learn a simple model for prayer — one you can carry with you and use anytime. But first, take a moment to consider what today means for your own prayer life.

1. Based on the Scripture we read today, how does God want us to view prayer?

2. What is one way you will grow in your prayer life this week?

PRAY TOGETHER

Carve out time to pray as a group. Praying out loud can feel intimidating at first, but the more we do it, the more natural it becomes. Consider using the TWI method — praying in three parts: Thanksgiving, Worship, and Intercession. You can find the TWI handout at redeemedblog.com on the Leader Resources page.