

**RULE #13**  
**Don't worry - Trust God**

*Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air, they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life. Matthew 6:25-27*

What is the challenge found in the first sentence of this passage of scripture?

Questions for thought:

1. Does worry or anxiety affect prayer? How?
2. Is there a difference between being truly concerned and being worried?
3. How do we safeguard against the fruitless activity of fretful praying?

Bottom line: When we pray, we are turning our concerns and problems over to God - and that is where we should leave them.

**RULE #14**

**Give thanks (for the good and the bad).**

*Give thanks in all circumstances, for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18*

Underline the challenging part of this verse.

Questions for thought:

1. Is there a difference between being grateful for a tragedy and being grateful in the midst of a tragedy?
2. What Biblical truths make it possible for you to give thanks in all circumstances, including the bad?
  - A.
  - B.
  - C.
  - D.
  - E.
  - F.
3. Should friends and family rush to provide divine answers to those experiencing tragic loss?

Bottom line: Believers should be thankful for all the things God has provided for us in preparation for eternity.

**RULE #15**  
**Include Praise**

*Praise the Lord. Psalm 106:1*

What is the one-word Jewish translation of this phrase?

Questions for thought:

1. Is it appropriate for children to constantly bombard their godly parents with requests while seldom, if ever, expressing gratitude and praise to them? What about our God and Master, Creator and Sustainer, Lord and Savior?
2. Why should we praise God for specific attributes and for the specific things He has done in our lives?
3. A. Should we praise God every time we come to Him in prayer?  
B. What good would it do to keep a journal of the things we have to praise God for?
4. (True or False) For our prayers to be complete they must include praise.

Bottom line: It is important that we not overlook praising God each time we pray, in spite of the desire to convey our own needs.

**RULE #16**

**Be careful what you promise to do in your prayers.**

*When you make a vow to God, do not delay in fulfilling it. He has no pleasure in fools; fulfill your vow. It is better not to vow than to make a vow and not fulfill it. Ecclesiastes 5:4-5*

Identify the sin in these two verses.

Questions for thought:

1. Why should I be careful about making promises to God in my prayers?
2. Is it possible that the "credibility crisis" of our culture has crept into the prayer life of our churches? (List 3 cultural failures.)
3. How can I avoid breaking my vows to God?
  - A.
  - B.
  - C.

Bottom line: God expects us to do what we say.