

Scripture Reading

Ephesians 3:14-21 (NIV)

¹⁴ For this reason I kneel before the Father, ¹⁵ from whom his whole family in heaven and on earth derives its name. ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God. ²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Philippians 4:6 (NIV)

⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

1. Anything and everything

1 Corinthians 10:13 (NIV)

¹³ No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

2. Prayer and petition with thanksgiving

1 Thessalonians 5:16-18 (NIV)

¹⁶ Be joyful always; ¹⁷ pray continually; ¹⁸ give thanks in all circumstances, for this is God's will for you in Christ Jesus.

3. Always keep God in the equation

Ephesians 3:20 (NIV)

²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,