

STUDY GOD'S WORD!

Acts 16:23-26 (AMP)

23 And when they had struck them with many blows, they threw them into prison, charging the jailer to keep them safely.

24 He, having received charge, put them into the inner prison (the dungeon) and fastened their feet in the stocks.

25 But about midnight, as **Paul and Silas were praying and singing hymns of praise to God**, and the [other] prisoners were listening to them,

26 Suddenly there was a great earthquake, so that the very foundations of the prison were shaken; and at once all the doors were opened and everyone's shackles were unfastened.

Philippians 4:6-7 (THE MESSAGE)

6 Don't fret or worry. Instead of worrying, pray. **Let petitions and praises shape your worries into prayers**, letting God know your concerns.

7 Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

MEDITATE ON IT!

- Are you afflicted and do you worry? How did Paul and Silas handle their miserable situation? Imagine what they were praying and praising for?
- What advice has Paul to the believers in Philippi? What should they do instead of worrying?
- Why should we praise Him, focus on Him and hand over our worries to Him? What is the promise if we act on it?

ACT ON IT!

Following His instructions will deliver results. Putting His Word in action will fulfill His promises and provisions. Don't wait. Act on it, right now:

- Remember** all the good things the Lord has done for you. Remember how he has saved you out of darkness and death. Remember His unconditional love for you.
- Confess** – "I cast all my cares, concerns and worries on Him. I refuse to carry any worries or fears. I trust in the living God with all my heart. I declare the mighty name of Jesus over my situation and call it solved, done and turned to good."
- Worship Him** – right now. You don't need music. Just raise your voice and thank Him for His love and His care for you. Thank Him for what He has done for you. Thank Him that he always takes care of you. Thank Him for giving His only Son for you. Thank Him for the victory Jesus had over all circumstances and death. Thank Him for the name of Jesus – you have now in your hand like a key to unlock your personal victory!
- Share** – what the Lord has done for you. Tell others about His power and His love.