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Grounders:

Have you ever worried? Did you worry today? Are you worrying right now? When we worry, we misalign our hearts (mind, will, emotions, and spirit). Often it looks like this: our minds are focused on the future, afraid that we cannot control it; our wills reside in the present, frustrated that our expectations are not met; our emotions are locked in the past from prior hurts; while our spirits are hindered in our vertical connection to God. When one piece of the heart is out of alignment, the whole thing hurts. Just like a misaligned spine needs adjustment, so our hearts need to be realigned. Worry is the problem, prayer is the solution, and peace is the result. The Apostle Paul tells us in Philippians 4:1-9 that *prayer offers peace for worried hearts*.

Paul pleads for peace in relationships and then describes how to have **(1) peace with God, (2) peace with others, and (3) peace within ourselves**. *First, Paul prescribes peace with God* (Phil. 4:4), and he tells us how: rejoice in the Lord always. Notice that he did not say, “Sometimes.” Next time you worry, first thank God for the opportunity to find joy in Him.

Second, Paul prescribes peace with others (Phil. 4:5). Paul says, “Let your gentleness be evident to all. The Lord is near.” God’s proximity to us is as close as the air is in and around us. When we have peace with Him in our hearts, He frees us to have peace with others by being gentle. Next time you worry, not only thank God for the opportunity to find joy in Him, but also be soft with others even when it’s really, really hard.

Third, Paul prescribes peace within ourselves (Phil. 4:6-7). He writes that we should not worry about anything, rather we should pray about everything so that Christ will align our hearts with His, giving us perfect peace. Next time you worry, pray—connect your heart with God, present your requests to Him, and experience the peace of a heart aligned with His.

Finally, Paul gives us a list of Christ-like qualities to ponder and put into practice (Phil. 4:8-9). Memorize this list, and remember that *we practice what we ponder, and practice makes perfect peace*.

In Him,
Mitch