

Whenever we get so convicted, discouraged, sick, or weary that we even have trouble sleeping, we conquer by praying to the LORD our God from our beds, enjoying again the gift of true communion with Him in prayer.

1. We make ALL of our petitions to The LORD, from our weary beds. (v.1-7)

Examples of petitions:

Be gracious to me (v.2a)

Heal me (v.2b)

Turn, O LORD, deliver my life (v.4a)

Save me (v.4b)

I am weary! (v.6a)

Every night I flood my bed with tears (v.6b)

My eye wastes away with grief....because of all my foes. (v.7)

Philippians 4:6,7, “...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

2. We believe that The LORD God hears and accepts our prayers through Christ, and He answers by turning towards us, giving us His peace, and being with us Himself! (v.8-10)

*Depart (**turn**!) from me, all you workers of evil (v.8a)*

The LORD has heard the sound of my weeping (v.8b)

The LORD has heard my plea (v.9a)

The LORD accepts my prayer. (v.9b)

*They shall **turn** back... (v.10)*

(application: our enemies - anxiety, fear, despair, worry - shall **turn** back!)

Philippians 4:9b, “What you have learned and received and heard and seen in me – practice these things, and the God of peace will be with you.”

Matthew 28:20b, “I am with you always, to the end of the age.”

Numbers 6:24-26, “(v.25) The LORD lift up His countenance upon you, and give you peace.”

How do we apply this?

Where do we go when we get down? To whom do we “complain”? How could our prayer life be the thing that breaks us out of our depression?

Consider memorizing Philippians 4:6-7. Study it. For Christians, from where do peace, joy, and contentment come? In what way is the peace of God a guard for us...against what? Are there times when the gift of the peace of God is mysterious to us? How do we get this gift?