



## ***Prayer – No Worries! Litany***

- Leader:** God is sovereign, all-knowing, and all-foreseeing. In His Word, He gives us repeated instructions to pray about everything and worry about nothing.
- GEMS and Congregation:** *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God (Philippians 4:6).*
- Leader:** *Do not be anxious* means to not worry. But should we worry about some things?
- GEMS:** No. God’s Word tells us that we are to have no worries.
- Women:** Jesus said, *“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?” (Matthew 6:25).*
- Men:** *“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 6:26-27)?*
- Leader:** What should we do instead of worrying?
- GEMS:** We should turn each concern, worry, and care into a prayer to God who hears and responds to our cries.
- Congregation:** *Cast all your anxiety on him because he cares for you (1 Peter 5:7).*
- Leader:** Pray. Listen and talk to God. For it is through prayer that God gives us exactly what we need – a deeper relationship with Him.
- GEMS:** Thank You, Father, that You hear our cries and listen to our prayers (Psalm 61:1).
- Leader:** *Prayer – No Worries!* reminds us to pray with thanksgiving about all things, at all times, in all places.

**GEMS:** We will continue to use the things we've learned: talking to God in prayer and listening to God through His Word and His Spirit.

**Congregation:** We, too, will pray in obedience and devotion to God – thanking, listening, and speaking to Him.

**Leader:** Dear Heavenly Father, thank You that You hear our cries and listen to our prayers. We confess that we don't pray as often as we should. Forgive us, Lord. Help us to faithfully pray about everything and worry about nothing. Thank You that through prayer You deepen our relationship with You. In Jesus' name, Amen.