



**DO YOU LEAVE
IT WITH HIM?**

Are You Ready / Week Three

**We can't control what
comes at us, but we can
control what stays on us!**

THE WALL STREET JOURNAL.

“The Science of Prayer” Health Section | May 22, 2020

“Some scientists who study prayer believe that people who pray are benefiting from a feeling of emotional support. Imagine carrying a backpack hour after hour. It will start to feel impossibly heavy. But if you can hand it off to someone else to hold for a while, it will feel lighter when you pick it up. ‘This is what prayer can do,’ says Amy Wachholtz, Clinical Health Psychology Director at the University of Colorado-Denver.”

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7 (NIV)

²⁵Therefore I tell you, do not worry [take no thought] about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

Matthew 6:25 (NIV)

**“Said a robin to a sparrow:
‘I should really like to know
Why these anxious human beings
Rush about and worry so.’**

**Said the sparrow to the robin:
‘I suppose that it must be
That they have no heavenly Father
Such as cares for you and me.’”**

- Elizabeth Cheney

**Ask and
Thank**

Ask and Thank means that you pray with an attitude that believes in the goodness of God.

THE NEW YORKER

The Case for Letting the Restaurant Industry Die

May 22, 2020



*Artist and cook Tunde Way
believes the culinary world is
so broken it's not worth saving*

**Present and
Leave . . . in Peace**

God Has Always Been Available

- The Patriarchs Built Altars**
- Moses Built the Tabernacle**
- David / Solomon Built the Temple**
- Jesus Opened the Throne of Grace**

**¹⁹Praise be to the Lord, to God our Savior,
who daily bears our burdens.**

Psalm 68:19 (NIV)

What Can We Leave With Him?

- Problems**
- Sinful Acts**
- Attitudes**
- Feelings**