



# *Pray Specifically*

## *By Mary Kane*

### *Peace of My Mind*

Due to the fact that I am an elementary school teacher, peace and quiet are high on my priority list. One of my favorite things to do on a day off is...anything by myself. I enjoy taking walks, going out to eat even going to movies alone. While these activities may bring me rest and refreshment they do not bring lasting peace. I have learned that peace is not a place or an activity; peace is a Person.

Please read Philippians 4:6-9.

If you are in need of a little peace, please pray the following prayer. Please fill in your name in the blanks.

\_\_\_\_\_, be anxious for nothing, this is God's will for you. But in everything (big things, small things, painful things, impossible things) by prayer, supplication and thanksgiving let your requests be made known to God.

Right now God, I, \_\_\_\_\_, bring to You \_\_\_\_\_  
(*name your prayer request*). Please work Your perfect will concerning my need. I thank You that You are working all things for my good in this situation. Now let the peace of God, which surpasses all understanding guard \_\_\_\_\_'s heart and \_\_\_\_\_'s mind through Christ Jesus.

Finally Lord, I, \_\_\_\_\_, promise to the best of my ability to meditate on things that are good, true, pure, lovely, virtuous and praiseworthy instead of torturing myself with vain imaginations of what *could* happen. When attacked by dark and oppressive thoughts I will, by the power of the Holy Spirit, meditate on Your truth. I will replace worry with prayer. The things that I have learned, received, heard and saw I will do. The God of peace is with \_\_\_\_\_.

Be blessed.

Mary Kane

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