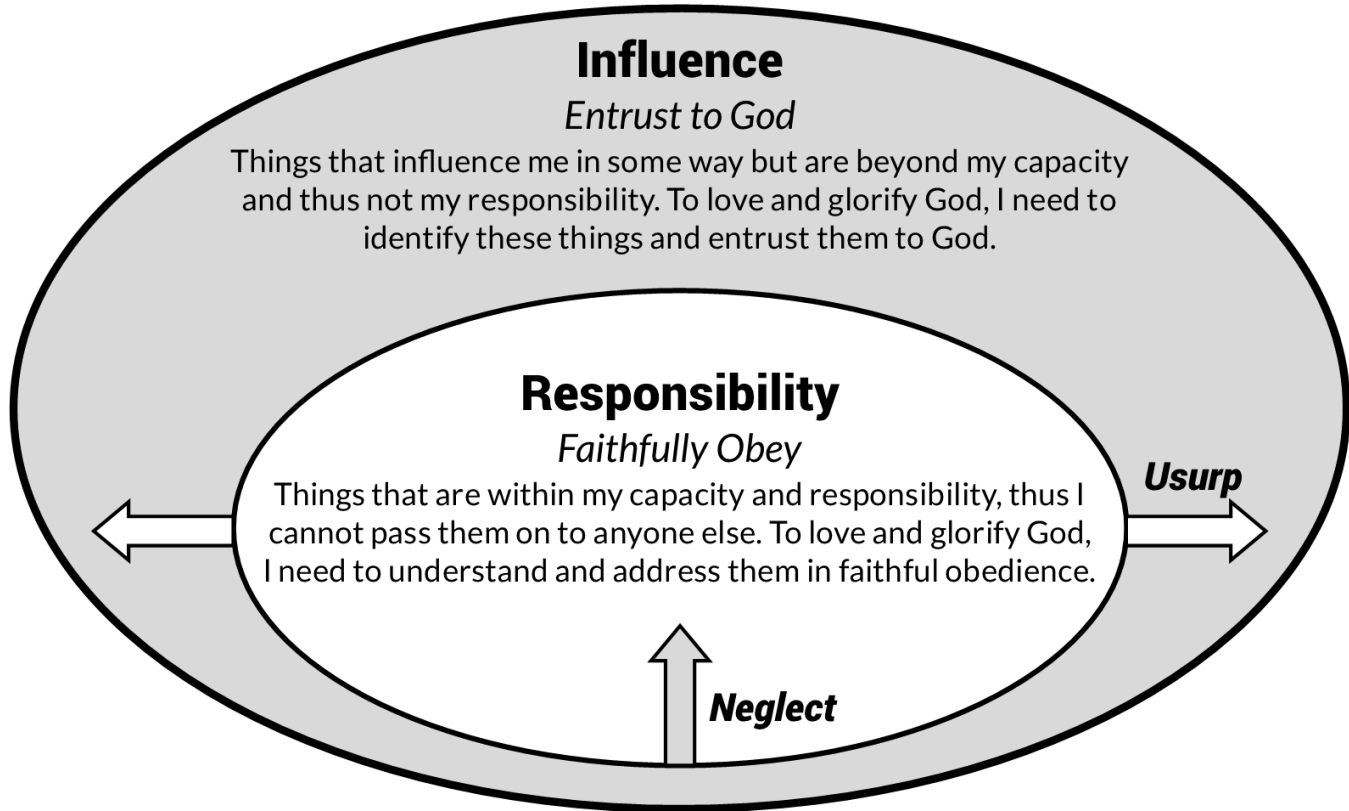


Responding to God and Our Circumstances



Adapted from Paul Tripp, "Clarifying Responsibility" (Fig 13.1), *Instruments in the Redeemer's Hands*, 250

Prayer D.A.R.T.s for Worry, Anxiety and Fear

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Philippians 4:6

1. Desires (or Requests)

- Acknowledge what you are wanting. See Philippians 4:6.
- Are there desires that have become sinful demands that need to be confessed? See Matthew 6:24.
- Do you need to ask God to expose sinful desires? See Psalm 139:23-24.

2. Almighty God

- Recall in prayer God’s greatness, wisdom, and love. See Psalm 23:4; 27:1; 46:1-3; 56:4, 8, 11

3. Responses

- Ask for God’s help not to be afraid and to trust. See Psalm 27:1; 56:4, 11
- Seek first God’s kingdom rule in your heart and life. See Matthew 6:33-34.
- Are there sinful expressions of fear—such as anger or neglect of Christian obedience—that you need to confess to God? See Psalm 32:1-5; 1 John 1:9.

4. Thanksgiving

- Thank God for providentially caring for you. See Psalm 3:5-6; 139:14.
- Thank God for promising to use even difficult trials for the good of making you more like the Lord Jesus. See Romans 8:28-30; James 1:2-4.
- Thank God for the gift of today. See Psalm 118:24.
- Thank God for the gift of forgiveness and new life in the Lord Jesus Christ. See Ephesians 1:3-14.