Phil 4:6-7 (NLT)

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Don't you just enjoy reading these types of things in the bible? When we do, we kind of skim over things and only take out what we want to read. An example in these verses would be.

Don't worry about anything; instead, pray about everything. Tell God what you need, If you do this, you will experience God's peace,

But this is not what these verses are saying. Look at them again.

✝ *thank him for all he has done. If you do this, you will experience God's peace*

We are quick to ask, but how quick are we to *thank* the Lord for what He has done in our lives? Sure, if you prayed for a new car and got one right afterwards, you would be thanking the Lord right and left. But what about everything else the Lord provides for us, do you thank Him for those things also? Maybe you thank him for the food you are about to eat at every meal, but are you really thankful for what you have, or are you just doing it because it's become a ritual?

✝ *thank him for all he has done. If you do this, you will experience God's peace*

Once again to experience God's peace is to thank Him for ALL things, not just your food or when you get what you ask for, but everything. That includes your job, your home, your family, your clothes, the water you drink, the air you breathe, the sunshine on your face, and most important for His Son Jesus.

We have so much to be thankful for each and everyday, let's stop thanking the Lord out a ritual thing like before meals and really thank Him for ALL things. When you do, then thank Him for the *peace you will experience*, which is *God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*