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### Research Proposal

1. The passage I would like to work on for my final passage is Matthew 5:5-9. I choose this passage, because prayer is one of the spiritual disciplines that I had to use actively to combat anxiety and my fears. During the beginning of 2020 before the pandemic happened, God spoke to me in a dream and said to me “You need to go back to school”. When I woke up I wrote down my concerns and fears about going back to school and asked Him where he wanted me to go. He told me to go to Nyack, which is now known as Alliance University. As a single mother who was working full time, I was seeking God on how I'm going to go to school full-time, work full-time, and be a parent. July 25, 2020, God told me to leave my job. At first everything did not seem bad because I had my savings which covered 6 months' worth of all my bills and expenses. However, when my finances dried up and bills piled up, I started to feel anxious, fearful, and worried a lot. There were not a lot of family nor friends I could depend on. I started to question and doubt the decision I made, and questioned did I hear correctly from God because if I did, why am I experiencing all these trials. However, when I read Matthew 5:7 “For your Father knows what you need before you ask him”. That passage

encouraged me to fear not because God knows what I need, there's no need for me to worry, He knows what is happening in my life, and will take care of my trials, and my daughter and me. I am not alone on this journey, but God is with me. This passage highlights the importance and power of prayer, and personally how attuned God is with me.

2. I decided to write this research as an essay. I decided to write it as an essay because I want to inform the reader of this paper the importance of prayer and how it can help relieve anxiety and worrying. In addition, it showcases the sovereignty of God and his omnipresence, omnipotence, and omniscience. In addition, it is easy for me to write in essay format because I love to write. Writing an essay allows me to be vulnerable and express myself freely without worrying how I am being viewed. Furthermore, I believe essays are easier to understand and have a personal touch to it. Essays as a form of literary work, also provided structure to my assignment such as having an introduction, body paragraphs, thesis, and conclusion. In my opinion essays allow me to tell or share information and a story that flows easily. Lastly, writing an essay help me critically think about what Jesus is actually saying about prayer and what his teaching about prayer meant for his disciples and the religious people during that period.