ANXIOUS *for*

NOTHING

FINDING CALM *in a* CHAOTIC WORLD

By Max Lucado with Jenna Lucado Bishop

**Meditate on These Things**

Read Philippians 4:4-9

OPENING REFLECTION

**"The challenges are great. But our God is greater."**

Friends. We find ourselves in a sober moment. These are uncertain times around the world and fears are rising. People who have never felt anxious before are suddenly weighed down with worry and are not sure what to do next.

Do you need encouragement right about now? Are you feeling anxious and uncertain? Do you find yourself in a season of isolation as events cancel, schools shift online, and churches close their doors to large gatherings?

When I need to stay calm, I turn to this Scripture: “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Phil 4:4-9, NIV).

**Less Fret, More Faith.**

Great Gratitude

Christ-Based Contentment turns us into strong people.

Confront the Chaos

1. Consider this question, “Does it seem the good life is always one *if on*ly away? One purchase away? One promotion away? One election, transition, or romance away?”

What’s the *if only* you have been distracted by lately? Sometimes the things we desire are good but our obsession with getting them becomes consuming. Good things turn into bad things when they become ultimate things.

Is your *if only* a good thing, in and of itself? If so, is your dedication to it dangerous?

1. What practices have you instituted to chase after your *if only*?

Are these practices healthy?

Why or Why not?

1. Take some time to look over your calendar from the past month. Then, take some time to read your journal, or if you don’t keep a journal, review what distracts you throughout the day.

How did you spend most of your time?

How do you spend your mental energy?

Do you notice a pattern? Are there certain things that tend to occupy your time, thoughts, and resources? What does this say about your idea of where to find “the good life”?

1. Do you resonate with this description: “You’re in a hurry to cross the (if only) river and worried that you never will”?

Do you have a plan for your life that you fear may never happen?

If this dream were never to come true, could you still find value in life? Why or Why not?

Choose Calm

1. 2 lists we talk about the list of if only and the list of already. In the first part we talked about your list of if only’s. Take time now to list your alreadys.

What are some things for which you are grateful?

What are some things you thought might never happen that have been given to you?

1. Philippians 4:11-13. “Paul’s use of the term secret is curious. He doesn’t say, “I have learned the principle.” Or “I have learned the concept.” Instead, “I have learned the secret of being content.”

Why do you think it is so hard to be content?

Do you think it is possible for you to find what Paul found—contentment no matter what happened?

1. Contingent contentment sounds tiring and anxiety producing.

If you kept your focus on gifts that you already have and that you cannot lose, how might your attitude change?

How would your relationships change?

Meditation

“Death, failure, betrayal, sickness, disappointment—they cannot take our joy, because they cannot take our Jesus. What you have in Christ is greater than anything you don’t have in life. You have God, who is crazy about you, and the forces of heaven to monitor and protect you. You have the living presence of Jesus within you. In Christ you have everything.”

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding will guard your hearts and minds through Christ Jesus.

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. **12**I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. **13**I can do all this through him who gives me strength. Philippians 4:11-13

I know both how to have a little, and I know how to have a lot. In any and all circumstances I have learned the secret of being content—whether well fed or hungry, whether in abundance or in need. Philippians 4:12 HCSB

To me the only important thing about living is Christ, and dying would be profit for me. Philippians 1:21 NCV