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.**

C.A.L.M.

Choose the tranquili-tree over the anxie-tree.

Confront the Chaos

1. How has wrestling with anxiety shaped the way you view yourself?

What does all this anxiety mean?

How do you answer?

1. Had you ever considered that Jesus struggled with anxiety? Read Luke 22 and notice how Jesus walked through his most anxious moments on earth.

How does this change your perspective on your own struggle?

How does this change your perspective on the way God views your personal struggle with anxiety or depression?

1. Although Jesus was intimately acquainted with anxiety, he never let anxiety sway his purpose. He acknowledged it and brought it before his Father (Luke 22:42) but chose his actions based on predetermined will and logic. Hence, he walked to Calvary anyway.

Think about his past week. What decisions (large or small) did you make based on your anxiety? When did you let your fear choose for you? Be specific.

How might the outcomes of these situations have been different if you had acknowledged your anxious thoughts but not given them power over your actions?

1. Do you truly believe that anxiety can be a part of your life withour domination your life?’

Why or why not?

How do you currently deal with anxiety when it pops up?

***Choose Calm***

1. “Rejoice in the Lord Always. Again I will say, rejoice!” Paul encourages us to celebrate God’s goodness.

What do you have to celebrate today?

What do you see around you that is lovely or worthy of praise?

What is the consequence on the “decision tree” of rejoicing?

1. “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let you requests be made known to God.” Paul encourages us to ask for God’s help and leave our concerns with God.

What do you want his help with today? He wants you to share whatever is on your heart. Nothing is too small or too large for him.

What do you need to leave (completely, not partially!) at his feet today?

What is the consequence of asking for help and leaving your concerns there?

1. “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.” Paul encourages us to meditate on good things.

What do you need to remove from your life to keep your mind focused on good things? What practices can you implement that will daily remind you of what is true, good, and beautiful?

What is the consequence of meditating on the good things in this passage?

1. Anxious for Nothing ends with this statement: “A new day awaits you, my friend. A new season in which you will worry less and trust more. A season with reduced fear and enhanced faith. Can you imagine a life in which you are anxious for nothing? God can. And, with his help you will experience it”

Below in the Meditation is a resolve Max wrote. Take time to write your own—a commitment to yourself that you, too, will learn to live in the present and approach each day with a renewed sense of God’s love for you and his deep care for the storms you walk through in this life.

Meditation

Today, I will live today.

Yesterday has passed.

Tomorrow is not yet.

I’m left with today.

So, today, I will live today.

Relive yesterday? No.

I will learn from it.

I will seek mercy for it.

I will take joy in it.

But I won’t live in it.

The sun has set on yesterday.

The sun has yet to rise on tomorrow.

Worry about the future? To what gain?

It deserves a glance, nothing more.

I can’t change tomorrow until tomorrow.

Today, I will live today.

I will face today’s challenges with today’s strength.

I will dance today’s waltz with today’s music.

I will celebrate today’s opportunities with today’s hope.

Today.

Scriptures:

Rejoice in the Lord always. Again I will say, rejoice!

**5**Let your [[a](https://www.biblegateway.com/passage/?search=philippians+4%3A4-8&version=NKJV#fen-NKJV-29448a)]gentleness be known to all men. The Lord *is* at hand.

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

**Meditate on These Things**

**8**Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

Philippians 4:4-8 NKJV

Be careful. Be calm and don’t worry. Isaiah 7:4 NCV

I lift up my eyes to the mountains—  
    where does my help come from?  
**2**My help comes from the Lord,  
    the Maker of heaven and earth. Psalm 121: 1-2

Peter said, “Lord, if it is really you, then command me to come to you on the water.”

**29**Jesus said, “Come.”

And Peter left the boat and walked on the water to Jesus. **30**But when Peter saw the wind and the waves, he became afraid and began to sink. He shouted, “Lord, save me!”

Matthew 14:28-30 NCV

God, who is the blessed controller of all things, the king over all kings and the master of all masters I Timothy 6:15 Phillips

Therefore, there is now no condemnation for those who are in Christ Jesus, Romans 8:1 NIV

 Let your requests be made known to God. Philippians 4:6 NASB

Call on me in the day of trouble Psalm 50:15 NIV

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. Matthew 7:7 NIV

Let us then approach God’s throne of grace with confidence, Hebrews 4:16 NIV

Guard your hearts and your minds in Christ Jesus. Philippians 4:7 NIV

 I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day. 2 Timothy 1:12 KJV

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8 NIV

The End GOD BLESS YOU!!!!!