

Anxious For Nothing:  
Finding Calm in a Chaotic World  
A Study by Max Lucado  
Based on Philipians 4:4-8

**READ:**

Rejoice in the Lord always. I will say it again: Rejoice! **Let your gentleness be evident to all. The Lord is near.** Philipians 4:4-5

<sup>38</sup> For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, <sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:38-39

<sup>7</sup> Where can I go from your Spirit? Where can I flee from your presence?

<sup>8</sup> If I go up to the heavens, you are there; if I make my bed in the depths, you are there. <sup>9</sup> If I rise on the wings of the dawn, if I settle on the far side of the sea,

<sup>10</sup> even there your hand will guide me, your right hand will hold me fast.

Psalms 139:7-10

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**Read/Recall the story of Corrie Ten Boom in the Nazi concentration camp barrack that is infested with fleas. Note how her sister reminded her with calmness and gentleness that God is with them and to be thankful for the fleas.**

**ASK:** What is meant by the word Gentleness? (Kindness, mercifulness, tenderness, quietness...)

Opposite of Gentleness = (Harshness, unkindness, inhospitable, loudness...)

**Calmness**

- Calmness is contagious
- The more you PRACTICE calmness the more you are calm
- We have the choice of how we **PERCEIVE** trials
- We have the choice of how we **REACT** to trials
- Focusing on breathing before reacting
- Giving “think” time to your brain before mouth reacts
- Remember, the Holy Spirit lies within you; the Comforter

**REFLECTION:**

1. Do you know someone in your life that embodies what it means to **“let your gentleness be evident to all”**? **Describe their qualities.**

2. Describe a time when you felt God’s presence calmed you in the middle of a storm?

3. What specific steps can you take to respond calmly instead of react sharply when anxieties weigh heavily on your shoulders? **Discuss strategies.**

This Week:  
Read: Philipians 4:4-8  
Romans 8:38-39  
Psalms 139:7-10  
Galatians 5: 22-25

Continue practicing **CALM** each day:

**C**elebrate God's Goodness

**A**sk God for Help

**L**eave Your Concerns with God

**M**editate on Good Things