

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

Read

Do not be anxious about anything, **but in every situation, by prayer and petition, with thanksgiving, present your requests to God.** Philipians 4:6

¹³Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. ¹⁴Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. ¹⁵And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.¹⁶Therefore confess your sins to each other and pray for each other so that you may be healed. **The prayer of a righteous person is powerful and effective.** James 5:13-16

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**Prayer**

Remember making “telephones” with 2 soup cans and a piece of string? Worked as long as the string stayed attached to both ends.

- Prayer is the open line of communication between God and His people, between God and those who love Him.
- Think about Matthew 14:22-36; when Peter took his eyes off of Jesus, he began to sink
- When we shift our eyes off of Jesus and onto our anxieties, we like Peter, begin to drown in worry and despair
- Peter’s prayer was not eloquent; it was simple and direct...and desperate
- The Holy Spirit within us wants us to remain close to the Father; the Holy Spirit will help you to pray when your words won’t come

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| <p><i>Prayer</i> is a devotion to God; <i>Supplication</i> is humility toward God; a <i>Request</i> is a simple petition to God.</p> |
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**Reflection:**

1. Why is it sometimes difficult to **be specific** when we pray?
2. When you are facing problem, what hurdles tend to keep you from taking it to God FIRST?
3. Corrie ten Boom famously asked the question, **”Is prayer your steering wheel or your spare tire?”**
4. Are we using the unfathomably endless POWERFUL resource of prayer in our daily walk? The devil certainly hopes not...

This Week:  
Read Philipians 4:4-8  
James 5:13-16  
Luke 11: 9

Try to make your prayers more specific, remembering to include your gratitude for what God has already given you.

**What you have in Christ is far greater than anything you don't have in life. He is a fountain of living hope that will never be exhausted.**

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