

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

READ: And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philipians 4:7**

Peace I leave with you, my peace I give you. I do not give as the world gives. Do not let your hearts be troubled and do not be afraid. **John 14: 27**

The Lord is my rock, my fortress and my deliverer; My God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. **Psalm 18:2**

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**Peace**

- God's peace is a constant invitation in our lives as we journey through decisions, relationships and daily tasks.
- "Where is God?" in one of the first and most common questions we ask when facing life's storms.
- God gave Paul three promises as he was in the midst of the storm.

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| <p>Promise #1: <b>We are not alone</b> = he will guard us.</p> <p>Promise #2: <b>We belong to God</b> = Heaven has a place for us.</p> <p>Promise #3: <b>We are in the Lord's service</b> = God will never let you live one day short of the mission he has given you.</p> |
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- We can hold on to the same promises.
- God never promised a life without storms. But he promised to be with us when we face them.

**REFLECT:**

1. Have you ever endured a perfect storm of bad events where you felt God's presence?
2. What is the difference between the "peace" the world gives and the peace God gives?
3. Reflect on the story of the disciples in the storm tossed waves. Crashing waves come to all of us. But Jesus still catches us just like he took care of the disciples. Be cause you belong to him.

**As we do our part –**

- ✓ Rejoice in the Lord,
- ✓ Pursue a gentle spirit,
- ✓ pray about everything,
- ✓ and cling to gratitude

**God does his part. He bestows on us PEACE.**

**This Week:**

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