

Anxious For Nothing:
Finding Calm in a Chaotic World
Based on a study by Max Lucado

READ:

Philipians 4:4

“Rejoice in the Lord **always**. I will say it again: Rejoice!

Psalms 46:1-2

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth gives way and the mountains fall into the heart of the sea.

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1. What does it mean to **Rejoice in the Lord**?

It’s really about ... REMEMBERING!

... that the Lord is here, **always**.

... that the Lord is in control, **always**.

... that the Lord is not only the giver of your day but he is also the one who ordains of every minute inside of it, **always**.

... that amidst the pressures, pain, and anxiety in life, he is sovereign, **always**.

2. Describe someone who embodies what it means to “rejoice in the Lord always.”

3. What can you do or say to exude a heart with this attitude toward God?

**C**elebrate God’s Goodness

**A**sk God for Help

**L**ease Your Concerns with God

**M**editate on Good Things

This Week:

Read:

Philipians 4:4-8

Psalms 91

1Peter 5:7

This week practice **CALM** each day