

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

READ:

Philipians 4:4-8

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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. 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.”

Psalms 46:10

Be still, and know that I am God; I will be exalted among the nations, I will exalted in the earth”

~~~~~

1. Define the word “anxiety”.  
-Derived from Latin meaning **to choke or to squeeze**.  
**Worry, uneasiness, concern, apprehension, stress, angst,**
- Fear sees a threat... REAL,  
Anxiety imagines a threat – NOT REAL**
2. What is the opposite of anxiety? **Calmness, serenity, peace**
3. How does the world teach us to cope with anxiety? **Drugs, exercise, therapy, self-talk. Useful, but best results are when used with mindfulness that God has you in His hands in the struggle.**
4. How does the world’s solution for anxiety differ from God’s solution? **Re-read Philipians 4:4-6. Open dialogue, constant contact, laying it all at His feet. He can take it...**
5. It takes practice to truly open yourself to God’s peace: Breath Prayers can help.

**Teach: Breath Prayer: practice taking a full, deep breath filling your ribs and belly with a full breath.**

**Breath in, “Be still and know”**

**Breath out, “That I am God.”**

**Do it 3-5 times**

This Week:

Read Philipians 4:4-8 and Psalms 46:10 each day

Prepare for this next week by using a breath prayer when you feel anxious