

Anxious for Nothing – Finding Calm in a Chaotic World
Anxious for Nothing Study Guide © 2017 by Max Lucado

Session Two – Let Your Gentleness Be Evident To All

When the storms of life are raging and the ship is breaking apart, the others on board may freak out, but the gentle person is sober-minded and clear-thinking. Like Paul, they look to God for the solution and remain contagiously calm. The contagiously calm person is the one who reminds others that God is in control. ~ Max Lucado

Talk About It

1. Think of someone in your life who is contagiously calm. How does that person display gentleness even during tense times?
2. What challenge is testing your gentleness right now? What strategies have you used to stay calm during this challenge? Have they worked?
3. Last time, we discussed Paul's first prescription for anxiety: *rejoicing in the Lord always*. How has this antidote brought you more peace since the last time your group met?
4. If you participated in the C.A.L.M. personal study, what were some things you learned about yourself?

Hearing the Word

Read John 6:1-13 aloud from your Bible. Try to look at these words with new eyes and an open heart.

1. What was one thing that stood out to you? Why?
2. In verse 6, Jesus tested Philip by asking where to buy bread for all the people. What was Jesus testing? Does Jesus still test our hearts today by putting large tasks in front of us? Explain.

Play the video if you have it. After watching the video take a few minutes to discuss any thoughts or concepts that stand out to you.

Bible Study and Group Discussion

1. Read aloud Exodus 3:7-12. What fear does Moses express to God in verse 11? How does God respond in verse 12? Does God's response answer Moses's question directly, or is there a deeper fear God is addressing? Explain.
2. Read aloud Genesis 15:1; Deuteronomy 31:8, Joshua 1:9; and Isaiah 43:2. What is God's promise in each verse? What common theme do you see running through each verse?
3. Again and again throughout his Word, God promises to be with us. Think about a time when God's presence calmed you in the middle of a storm. How did God's presence change you emotionally, spiritually, and/or physically?

4. Paul says the key to finding gentleness is believing that God is near. However, just like Jesus' disciples, we easily forget he is with us and wanting to help us. What are some things that prevent you from not only knowing but also believing God is near? When have you, like the disciples, faced a trial and took actions into your own hands before turning to the Lord?
5. Read aloud the following passages: Galatians 5:22-25; Philippians 2:13; and Peter 1:3. What promise is given in each of these verses? According to these promises, where is your source of calmness? How does this alleviate the burden to conjure up calmness on your own?
6. Jesus tell us there will always be troubles in life. But we have the choice to respond with gentleness or with frustration. Considering the Biblical promises you just read, what specific steps can you take to respond calmly instead of react sharply when anxieties weigh heavily on your shoulders?
7. In John 16:33, Jesus says, "Take heart! I have overcome the world." How did Jesus overcome the entire world? What has Jesus overcome in your personal world?

Group Activity

Using your smartphone or a sticky note, set a daily reminder as simple as, "God is with me," or a promise from Scripture such as Philippians 4:5, "The Lord is near." When your group reconvenes, talk about whether or not your reminders helped you face your day differently.

Closing Prayer

Wrap up this time by talking to the Father. Your group may want to begin the prayer time by reading aloud the comforting words of Isaiah 41:10. Now take time to pray for one another.

Between Sessions Personal Study

Read Romans 8:38-39. Paul makes a list of what will never separate us from God. Take a moment to create your own version by filling in the blanks.

For I am convinced that neither _____ nor _____, neither _____ nor _____, nor _____ . . . nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Thank the Lord for the promise you underlined above. Thank him for being near to you no matter what you do – and no matter if you notice. Then just sit in his presence. Be still and rest in the promise that he is near.

You will be tempted to press the button and release . . . angry outbursts, a rash of accusations, a fiery retaliation of hurtful words. Unchecked anxiety unleashes an Enola Gay of destruction. How many people have been wounded as a result of unbridled stress? And how many disasters have been averted because one person refused to buckle under the strain? It is this composure Paul is summoning in the first of a triad of proclamations. "Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything." (Philippians 4:5-6).