

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

Session Three – Present Your Requests to God

The power of prayer is not in chanting the right formula or quoting some secret code but in the heart of the one praying. God is not manipulated or impressed by formulas or eloquence, but he is moved by sincere requests. As his children, we honor him when we tell him exactly what we need. ~ Max Lucado

Talk About It

1. Corrie ten Boom famously asked the question, “Is prayer your steering wheel or your spare tire?” What do you think that question means? How would you personally answer it?
2. How does a grateful heart affect your attitude toward anxiety? Share a time when choosing gratitude changed the way you viewed a difficult situation?
3. If you did set a daily reminder to remind you of God’s presence share how it encouraged you. How did it bring more calmness to your day or change the way you faced your anxieties?
4. If you participated in the C.A.L.M. personal study, what were some things you learned about yourself?

Hearing the Word

Read James 5:13-16 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. James says the prayers of a righteous person are powerful and effective. When you pray, do you believe your words are powerful and effective? Or do you struggle with believing they make a difference? What is a stumbling block to believing your prayers are powerful?

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 the beginning of Peter walking on the water in Matthew 14:22-24. Why do you think Jesus didn’t go with his disciples in the boat? What was Jesus doing while the disciples were gone?
2. Peter’s prayer to Jesus as the waves tossed the boat was not eloquent. It was simple, direct, even desperate. Read Luke 18:9-14. According to this parable, what kind of prayer is heart-honoring to God?
3. Read the following passages aloud: Matthew 7:7-8; John 14:13-14; and Psalm 91:14-16. What is the promise of prayer in each verse?

4. In Philippians 4:6, Paul tells us to pray “with thanksgiving.” Read the following verses aloud: 1 Corinthians 15:51-56; Ephesians 2:1-7; and 1John 3:1-2. Why can we be thankful in any circumstance?

Group Activity

Take some time to “count your blessings,” focusing your minds on God’s good gifts instead of your worries. Share a particular blessing that God has given to you.

Closing Prayer

End your time together by talking with the Father. Begin the prayer time by reading aloud Psalm 136:1-9 Now take time to pray for one another.

Between Sessions Personal Study – Leave Your Concerns with God

Have you ever started a sentence with the phrase *if only*? *If only* I could drive a new car instead of this old clunker, then I would be less stressed. *If only* I could be married, then I wouldn’t feel lonely. *If only* I had more money, then I would be happy.

The *if only* syndrome can lead you to conclude that the good life is only a purchase away, one romance away, or one promotion away. It’s a lie than can lead to borrow more money, work long hours, and take unnecessary risks.

The antidote to the *if only* syndrome is gratitude. Why? Because gratitude forces you to recognize what God has *already* given you. While the anxious heart says, “Lord, if only I had this, that, or the other, I’d be okay. . . .,” the grateful heart says, “Lord, you’ve *already* given me this, that, and the other, and I thank you.”

What are the *if onlys* in your life today?

Now, practice the powerful heart-changing medicine of gratitude by writing the *alreadys*.

How does noting these things change your perspective about your first list?