

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

Session Four – The Peace of God Will Guard Your Heart

Our Father gives us the very peace of God. He downloads the tranquility of the throne room into our world, resulting in an inexplicable calm. We should be worried, but we aren't. We should be upset, but we are comforted. The peace of God transcends all logic, scheming, and efforts to explain it.
~ Max Lucado

Talk About It

1. Have you ever endured a perfect storm of bad events? What happened? How did you spiritually and emotionally face the storm?
2. Last time, we discussed leaving your requests with God. How has this truth brought you more peace since the last time we met?

Hearing the Word

Read 2Chronicles 20:1-12 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. What was Jehoshaphat's response to the perfect storm of armies that were preparing to attack? When the perfect storm of anxiety is looming in your own life, how can you respond like Jehoshaphat?

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 John 14:27 aloud. What is the difference between the "peace" the world gives and the peace God gives?
2. God never promises us a storm-free existence. The Bible is full of stories about storms and how to face them. Read Matthew 8:23-27. How does Matthew describe the ferocity of this storm? What is Jesus doing during the storm? What is Jesus' response to his disciples' fear? Jesus rebuked the winds and the waves. When did you see Jesus rebuke the "wind and waves" of your life's storm?
3. Read Psalm 119:75 and Hebrews 12:6, 11. Many times our storms are caused by our own poor decisions and the Lord rebukes us for disobeying his word. According to these verses, why does God discipline us?
4. Read Psalm 91:11-12 which promises that *God will send his angels to help you*. Read Psalm 100:3 which promises that *you belong to God*. Read Matthew 28:19 which promises us that *God has a heavenly mission for your life*. What specific ministry has God called you to during this season of life?

Group Activity

To meditate on this promise of peace, play on your phone or laptop the hymn, “It is Well with My Soul”.

Closing Prayer

End your time together by talking with the Father. Begin the prayer time by reading aloud Psalm 29:10-11.

Between Sessions Personal Study – Celebrate God’s Goodness

During this session, Max reminded us about the supernatural peace of God. The Lord doesn’t just promise us peace, but *his* peace! What a gift! Read the following passages about this peace that God uses to guard your heart and mind in him. Celebrate the truth that the Prince of Peace is in you and filling you with his peace that surpasses all understanding.

Isaiah 26:3

Galatians 5:22-25

Psalm 119:165

Isaiah 9:6

Why does this promise speak so personally to you?

What specific anxieties are weighing on you today? Write down any worry on your heart. Be specific. Your Father wants to hear from you.

Study Philippians 4:7 - “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” - until you can recite it from memory. Memorize the verse reference as well. Ask the Lord to bring it to mind anytime an anxious thought surfaces.