

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

Session Five – Meditate On These Things

*Satan loves to fill our minds with comparisons. He wants to fill our heads with a swarm of anxious and negative thoughts. But the good news is that while there are many things in life over which we have no control, we get to choose what we think about. We get to select our own thought patterns.*

~ Max Lucado

Talk About It

1. We live in a technology-driven society, with smartphones, laptops, and tablets at our fingertips. How has technology influenced our thought patterns? How have you see technology fill your mind with anxious thoughts?
2. Last time, we discussed the peace that surpasses all understanding. How has this truth brought you more peace since the last time we met?
3. If you participated in the C.A.L.M. personal study, what were some things you learned about yourself?

Hearing the Word

Read Luke 10:38-42 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. Luke tells us that Martha was “distracted” (verse 40). How did her concerns lead her to treat Jesus and her sister? When your mind is fixed on concerns instead of Christ, how does it lead you to mistreat the ones you love?

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 John 8:44; Ephesians 6:11-12, and 1Peter 5:8. What does each of these verse say about our enemy? What is his mission? Why is it important to understand and know all we can about our enemy?
2. Read Romans 8:6 aloud. What does this verse say our minds have the power to do? In *The Message* paraphrase, this verse reads: “Obsession with self in these matters is a dead end: attention to God leads us out into the open, into a spacious, free life.” What type of thoughts specifically lead to a “dead end”? What thoughts lead us to a “free life”?
3. Read Mark 5:24-29. What thoughts do you think the enemy had planted in the bleeding woman’s mind as she jockeyed her way through the crowd to get to Jesus? What lies has the enemy whispered

into your heart to keep you from seeking Christ when you, like the bleeding woman, feel physically or spiritually sick? Instead of listening to the enemy, what does the woman say to herself? How does Jesus reward the woman's determined faith? What promise can we take away from his response to her?

4. Read aloud Jesus's words in John 15:1-8. What does it mean to *abide* in Christ? Who or what do you find yourself abiding in more than Christ? How can you attach yourself to Christ more than the people and things of this world?

5. What are the fruits we produce when we remain in Christ? (See Galatians 5:22-23). Our goal is not to bear fruit but to stay attached to Christ. What is the difference between these two goals? What is the consequence of focusing on bearing fruit instead of focusing on staying attached to Christ? How have you seen this unfold in your own faith journey?

### Group Activity

If you did the group activity from week one, open your envelopes containing the anxieties you were wrestling with at the time. What is the most meaningful lesson that God taught you by studying Philippians 4:4-8? How have you personally changed after completing this study?

### Closing Prayer

End your time together by praying that the truth of Philippians 4:4-8 will embed in the heart of every person in your group. Pray that you will rejoice in the Lord always, remember God's nearness, let all your requests be made known to God, and meditate on the goodness and truth of God. Pray that God will rule over the hearts and minds of each person in your group.

### Final Personal Study

Celebrate God's Goodness – Meditate on the following passages about how wonderful our Savior is. Isaiah 53:7; Zechariah 9:9; Matthew 20:28; 2Corinthians 5:21; Revelation 19:11, 15-16.

Ask God for Help – Read Matthew 4:1-11. When did the tempter choose to attack Jesus? What is the significance behind his timing? Often the enemy will attack when you have been weakened by a difficult circumstance, rocky relationship, lack of sleep, or anything else that makes you feel defeated. When was a time you sensed the enemy attack your thoughts during a season of weakness? The enemy is constantly on the prowl. He wants to fill your mind with doubts about your identity in Christ. He wants to plant doubts in your mind about God and his plan for your life. How did Jesus fight off the temptation of the enemy? What specific weapon did he use?

Leave Your Concerns With God – Be specific with what is burdening you. Then, remember the gifts God has given you that are true, noble, right, pure, lovely, admirable, excellent, or worthy of praise. How does this exercise change the way you feel about your worries? Pray Psalm 8:3-4.

Meditate On Good Things – Study Philippians 4:8 until you can recite it from memory. After you memorize the Scripture, ask the Lord to bring it to mind anytime an anxious thought surfaces.

*“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.”*