



Anxious for Nothing:

Finding Calm in a Chaotic World

In this five-session video Bible study, bestselling author Max Lucado explores God's treatment plan for anxiety found in Philippians 4:4-8. As you follow this prescription celebrating God's goodness, asking for his help, leaving your concerns with him, and meditation on good things you will experience God's peace. This is a peace that transcends all understanding and will help you reframe the way you look at your fears.

Sessions:

1. Rejoice in the Lord Always
2. Let Your Gentleness Be Evident to All
3. Present Your Requests to God
4. The Peace of God Will Guard Your Heart
5. Meditate on These Things

Over the past few decades, studies have shown that Americans are the most anxious people in the world. We take the most medication for it, see doctors to treat it, and spend fortunes trying to relieve it. How have we let our fears get the better of us? In *Anxious for Nothing*, Max Lucado leads readers to reflect on the promises of Philippians 4:4-8. This passage from Paul's epistle contains an antidote to anxiety that will help you develop a mindset of resilience. Rediscover the power of prayer and take control of your thoughts.