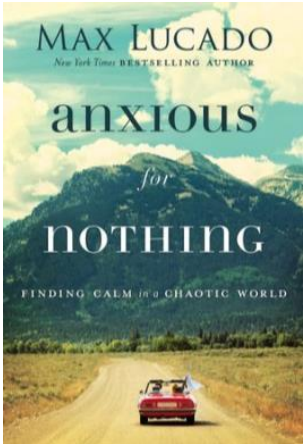


FAITH SHARING GROUP ~ ANXIOUS FOR NOTHING: FINDING CALM IN A CHAOTIC WORLD by Max Lucado

Week 1 Chapter Less Fret, More Faith

Check in Question: Think about times when you are in a hurry. What is usually happening that makes you feel rushed?

Opening Prayer

Loving God,
we come before you just as we are, bringing with us our worries, our questions, and the things that make us anxious. Help us to remember that we are never alone and that you hold us in your loving care. Quiet our minds, calm our hearts, and help us to trust you with what we cannot control.

Give us the grace to be present to this moment, to listen with open hearts, and to receive your peace. May we remember Jesus' words: "Do not be afraid."

We place this time, and all that concerns us, into your hands.
Amen.

Reflection questions:

1. Has your anxiety ever become trepidation? Trepidation is a feeling of fear, alarm, or nervous hesitation about something that might happen in the future. Can you think of a time when anxiety about the future became a real sense of fear or dread?
2. Lucado attempts to explain why Americans are increasingly experiencing anxiety. He suggests that one reason is the rapid pace of change. He names several sources of change and uncertainty: the internet, global warming, nuclear threats, war, and terrorist attacks. (Lucado wrote this before the rise of artificial intelligence and concerns about its impact on humanity.) Which of these—or something else—causes you the greatest anxiety or keeps you awake at night?
3. The comfort of this chapter comes from St. Paul. This missionary encourages us to "be anxious for nothing." Do you find those words comforting? Why or why not? What do you think Paul means when he tells us not to be anxious?

4. Lucado reminds us that God does not want us to live in perpetual anxiety. He writes, “It is not God’s will that you lead a life of perpetual anxiety. It is not his will that you face every day with dread and trepidation. He made you for more than a life of breath-stealing angst and mind-splitting worry. He has a new chapter for your life. And he is ready to write it.” Lucado invites us to find **C.A.L.M.**: **Celebrate, Ask, Leave, and Meditate.** The remainder of the book helps us explore these four practices. Which of these ideas—Celebrate, Ask, Leave, or Meditate—most interests you, and why?

Closing Prayer

For who and what shall we pray…

Rejoice in the Lord always. I shall say it again: rejoice!

Your kindness should be known to all. The Lord is near.

Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.

Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.

Amen