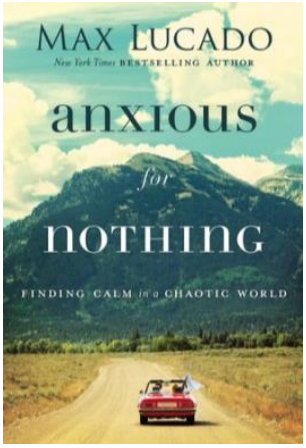


FAITH SHARING GROUP ~ ANXIOUS FOR NOTHING: FINDING CALM IN A CHAOTIC WORLD by Max Lucado

Week 2 Chapter 2 & 3

Check in Question: Which one of the "Ds" (Difficulties, divorce, disease or death) causes anxiety? And why?

Opening Prayer

As I arise today,
may the strength of God pilot me,
the power of God uphold me,
the wisdom of God guide me.
May the eye of God look before me,
the ear of God hear me,
the word of God speak for me.
May the hand of God protect me,
the way of God lie before me,
the shield of God defend me,
the host of God save me.
May Christ shield me today.

Christ with me, Christ before me,
Christ behind me,
Christ in me, Christ beneath me,
Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit,
Christ when I stand,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

Rejoice in the Lord's Sovereignty

1. Lacado uses a tent pole as a metaphor for our confidence in God. He suggests that anxiety can break us down and implores us to worship as a way of stabilizing and strengthening our trust in God. How is that working for you?
2. Are you a control freak—and therefore often stressed out? If so, which of Lacado's suggestions for letting go of control speaks most strongly to you?
3. When was the last time you truly trusted God? What was happening in your life at that time?
4. The comfort of this chapter comes from St. Paul, who 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?

Rejoice in the Lord's Mercy

5. There is a difference between saying "I did something bad" and "I am bad." How are you doing with that distinction?
6. Lacado outlines the many ways we deal with guilt: we numb it, deny it, bury it, punish ourselves for it, avoid mentioning it, redirect it, offset it, or embody it. Yet he suggests that the only true way to deal with guilt is to allow grace to restore us. How do you tend to process the deepest parts of your guilt? Where do you see God's grace at work in that process?
7. After his Damascus encounter, Paul speaks less about himself and more about Christ. Have you ever had a "Damascus encounter"—a moment when your understanding of God, yourself, or your life changed?
8. Do you think acknowledging the seriousness of your sin can make the good news of God's grace feel even more powerful? Why or why not?

Closing Prayer

For whom and what shall we pray?

Loving God,
help us remember that we are not our mistakes.
When guilt weighs us down, help us to receive your grace
and trust that you are always at work restoring us.

Like Paul, may our encounters with you transform our hearts
so that we can see ourselves, our lives, and others through your eyes.

Help us to acknowledge our sins honestly,
but even more deeply, to believe in the power of your mercy.
May your grace give us the courage to begin again.

Amen.