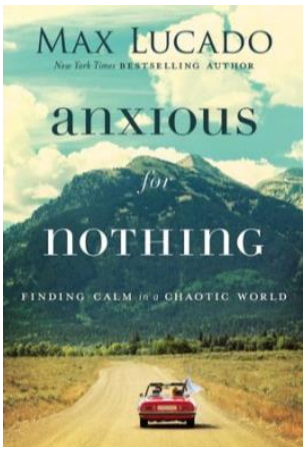


FAITH SHARING GROUP ~ ANXIOUS FOR NOTHING: FINDING CLAM IN A CHAOTIC WORLD by Max Lucado

Week 4 Chapter 6 & 7

Check in Question: At what percentage are you happy with your prayer life; 20% 50% 100%? And why?

Opening Prayer

Loving and faithful God,

Help us grow in trust through prayer. When we are uncertain or afraid, remind us that we are never alone and that Your love will sustain us. Open our hearts to listen for Your voice, surrender our worries, and place our lives in Your hands. May our prayer deepen our faith and give us the courage to follow where You lead.

We ask this through Christ our Lord.

Amen.

Prayer, Not Despair

1. Lucado suggests that God loves the sound of our voices. How does this understanding influence the way you approach prayer?
2. Lucado encourages us to pray about everything. What do you find most difficult to bring to God in prayer, and why?
3. When you pray, how specific are you about your needs, hopes, and concerns? How might being more specific deepen your relationship with God?
4. Lucado suggests reminding God of God's promises by praying, "You said..." Have you ever prayed this way? How might recalling God's promises strengthen your trust in God?

Great Gratitude

5. When you feel vulnerable or discouraged, what is your "if only" thought—the thing you wish were different in your life?
6. Lucado describes gratitude as a mindful awareness of life's blessings and calls it one of the greatest virtues. How have you experienced gratitude changing your outlook or deepening your faith?
7. Where do you recognize blessings in your life, especially through family, friends, and everyday experiences? How do these blessings help you recognize God's love for you?

8. How do disappointment and unmet expectations sometimes steal your joy? What helps you return to gratitude and trust in God, even when life does not unfold as you hoped?

Closing Prayer

For whom and what shall we pray?

Loving and gracious God,

When we feel vulnerable or discouraged, help us bring our “if only” thoughts to You, trusting that You know our hearts and walk with us through every disappointment. Open our eyes to the blessings that surround us each day—in our family, our friends, and the ordinary moments filled with Your grace.

Teach us to practice gratitude, not because life is always as we wish it to be, but because Your love remains constant through every joy and every challenge. When disappointment threatens to steal our joy, remind us to turn to You in prayer, to recognize Your presence, and to trust in Your faithfulness.

May grateful hearts renew our hope, deepen our faith, and help us share Your love with others.

We ask this through Christ our Lord.

Amen.