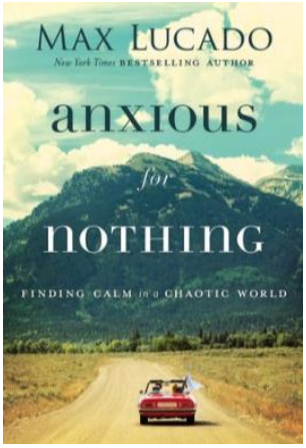


FAITH SHARING GROUP ~ ANXIOUS FOR NOTHING: FINDING CLAM IN A CHAOTIC WORLD by Max Lucado

Week 6 Chapter 10 & 11

Check in Question: When you feel anxious or overwhelmed, is there a song, Scripture passage, or prayer you turn to for comfort, strength, or peace?

Opening Prayer

Loving God,

Quiet our anxious hearts and help us rest in your presence. When worry overwhelms us and the future feels uncertain, remind us that we do not walk alone. Fill us with your peace, steady our minds, and open our hearts to hear your voice. May this time of sharing bring comfort, hope, and the assurance of your unfailing love.

We ask this through Christ our Lord. Amen.

Cling to Christ

1. Lucado points us to Saint Paul's invitation to focus our thoughts on what is true, honorable, right, pure, lovely, and worthy of praise. Do you find this easy to do, or does anxiety sometimes take hold of your thoughts and make it difficult to hold on to Christ? What helps you return to God's peace?
2. Lucado reminds us that Jesus is the vine, the source of the goodness and life that nourish us. What good gifts have you received from God that bring you gratitude, joy, or hope?
3. Jesus tells us that the Father tends the vine and its branches. How have you experienced God tending to you—nurturing you, strengthening you, pruning you, or helping you grow through difficult seasons?
4. Lucado suggests that one way to quiet anxiety is to fill our minds with thoughts of God and reminders of God's goodness. What is one comfort, promise, or experience of God's presence that you can return to when anxiety begins to overwhelm you?

C.A.L.M

5. Jesus faced a time of deep anguish in the Garden of Gethsemane, yet he placed his trust in his Heavenly Father. When have you reached the end of your strength or felt you could not go on? Were you able to place your trust in God? What happened?
6. Lucado reminds us that when we keep our eyes on Jesus, we can walk on water, but when we focus on the storms around us, we begin to sink. Can you recall a time when keeping your focus on Christ helped you navigate a difficult situation? What about a time when your fears and worries overwhelmed you?
7. Lucado suggests that when anxiety knocks, we can simply say, "Jesus, would you mind answering that?" How comfortable are you with turning your worries over to Jesus? Do you find it difficult to surrender your struggles to him? Why or why not?
8. Lucado challenges us to resign as "ruler of the universe"—to let go of the belief that we must control everything. How willing are you to surrender control and trust God with what you cannot change? What makes this difficult?
9. Can you share a time when you were able to find something good in a difficult situation—when, as the saying goes, you made lemonade out of lemons rather than giving in to despair? How did God help you find hope or a new perspective?

Closing Prayer

For whom and what shall we pray?

Today, I will live today.
Yesterday has passed. Tomorrow has not yet come. I'm left with today. So, today, I will live today.
Relive yesterday? No. I will learn from it. I will seek mercy for it. I will take joy in it. But I won't live in it.
The sun has set on yesterday. The sun has yet to rise on tomorrow.
Worry about the future? To what gain? It deserves a glance, nothing more. I can't change tomorrow until tomorrow.
Today, I will live today.
I will face today's challenge with today's strength. I will dance today's waltz with today's music. I will celebrate today's opportunities with today's hope.
Today.