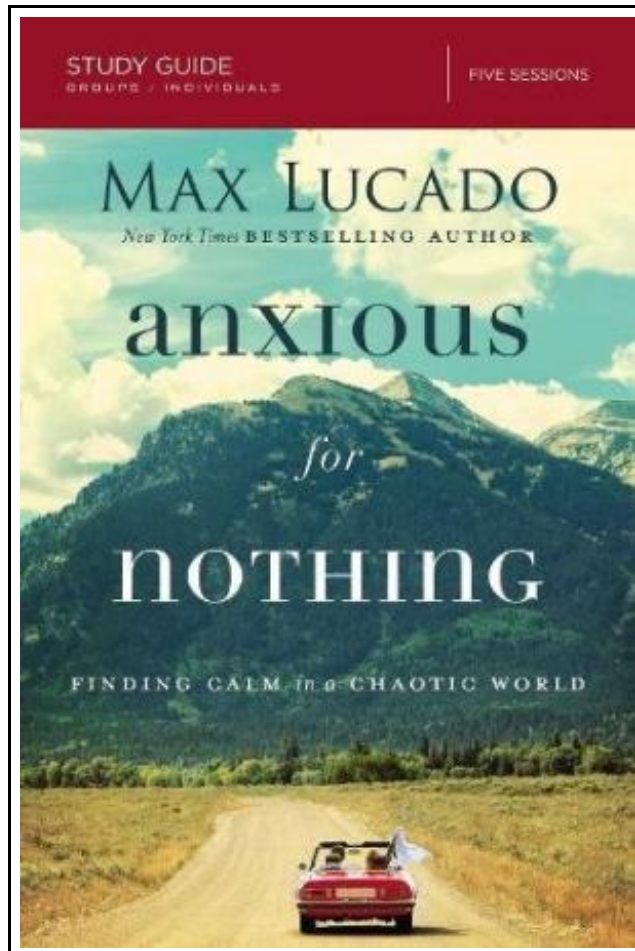


Anxious for Nothing Study Guide: Finding Calm in a Chaotic World (Paperback)



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Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).



(Payton Miller)

ANXIOUS FOR NOTHING STUDY GUIDE: FINDING CALM IN A CHAOTIC WORLD (PAPERBACK)



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Thomas Nelson Publishers, United States, 2017. Paperback. Condition: New. Study Guide ed.. Language: English . Brand New Book. Do you feel weighted down with worry? Does the uncertainty and chaos of life keep you up at night? Are irrational fears your constant companion? Could you use some calm? 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. While anxiety is a part of life, it doesn't have to dominate your life. With God as your helper and his promises at your side, you can sleep better tonight and smile more tomorrow. You can talk yourself off the ledge and view bad news through the lens of God's sovereignty. You can discover a life of calm and develop tools for combating the onslaught of anxiety. The Anxious for Nothing Study Guide includes video discussion questions, Bible exploration, and personal study and reflection materials for in-between sessions. Sessions include: Rejoice in the Lord Always Let Your Gentleness Be Evident to All Present Your Requests to God The Peace of God Will Guard Your Heart Meditate on These Things Designed for use with the Anxious for Nothing Video Study (sold separately).

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