



### ***Anxious for Nothing: Finding Calm in a Chaotic World*** **Sermon Series & Small Groups**

Do you feel weighed down with worry? Could you use some calm? God has a cure for your worries, and it is found in Philippians 4:6-7, *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”*

Starting October 15, our church will launch a month-long sermon series and small groups based on the book and videos by Max Lucado, *Anxious for Nothing: Finding Calm in a Chaotic World*. Groups will meet at various times and locations for about 5 weeks – contact the church office to connect with a group. Let’s invite God to reframe the way we face our fears and win the war on worry. By the power of the Holy Spirit, we will “be anxious for nothing” and experience the “peace of God, which surpasses all understanding.”

- Oct. 15 *Celebrate God’s Goodness* (Philippians 4:4)
- Oct. 22 *Ask for Help* (Philippians 4:6)
- Oct. 29 *Leave your Concerns with God* (Philippians 4:6)
- Nov. 5 *Meditate on Good Things* (Philippians 4:8)