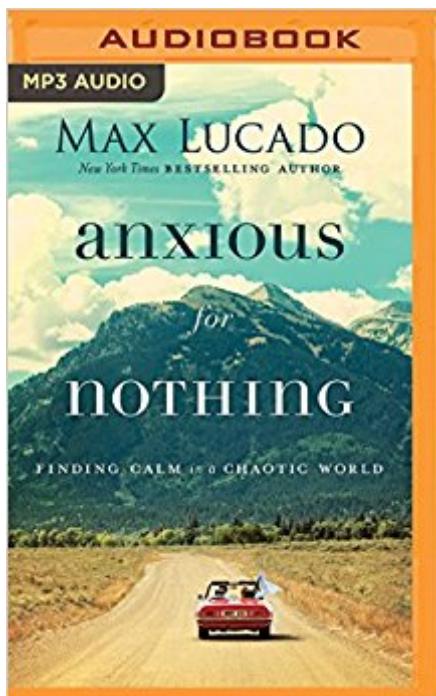


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# Anxious For Nothing: Finding Calm In A Chaotic World



## Synopsis

Anxiety is at an all time high, but there's a prescription for dealing with it. Max Lucado invites readers into a study of Philippians 4:6-7 where the Apostle Paul admonishes the followers of Christ, "Do not be anxious about anything . . ." Philippians 4:6 encourages the believer to "be anxious for nothing." As Lucado states, the apostle Paul seems to leave little leeway here. "Be anxious for nothing. Nada. Zilch. Zero." What's he suggesting? That we should literally be anxious for absolutely nothing? Lucado says, "The presence of anxiety is unavoidable, but the prison of anxiety is optional. It's the life of perpetual anxiety that Paul wants to address. Don't let anything in life leave you perpetually in angst." Americans especially know about living in perpetual anxiety. According to one research program, anxiety-related issues are the number one mental health problem among women and are second only to alcohol and drug abuse among men. Stress-related ailments cost the nation \$300 billion every year in medical bills and lost productivity. And use of sedative drugs like Xanax and Valium have skyrocketed in the last 15 years. Even students are feeling it. One psychologist reports that the average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950s. "The news about our anxiety is enough to make us anxious," says Lucado. But there's a prescription for dealing with it. Lucado invites readers into a study of Philippians 4:6-7, the most highlighted passage of any book on the planet, according to : Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. "With His help you will learn to face the calamities of life. You'll learn how to talk yourself off the ledge. Under the guidance of the Holy Spirit, you will learn to view bad news through the lens of sovereignty; to discern the lies of Satan and tell yourself the truth. You will manifest a gentleness that is evident to others. Anxiety comes with life. But it doesn't have to dominate your life."

## Book Information

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## Customer Reviews

More than 120 million readers have found inspiration and encouragement in the writings of Max Lucado. He lives with his wife, Denalyn, and their mischievous mutt, Andy, in San Antonio, Texas, where he serves the people of Oak Hills Church.

"Anxious For Nothing" is yet another great Max Lucado title. This one, as the title mentions, focuses on anxiety. Around 160 pages, the book is a quick read and addresses such topics as:1. Realizing the Lord is in control, regardless our situation.2. The importance of abiding in Jesus during our trial.3. The importance of prayer during our struggle.4. You have the power to choose on what to think about, good or bad.5. Learn to be grateful during your struggle - surely there is something good that can come out of it.6. Realized how merciful and loving God is to us, regardless our circumstances.7. Fret less and believe in Jesus more. A great read for anyone going through a struggle and in need of hope. You should be able to complete title in a few sittings and come away with more encouragement and hope that is found only in Jesus.

I don't know for sure but I suspect that most adults struggle with anxiety to some extent. There are a lot of potential things to be stressed about in this world - some which can easily be dismissed logically, but many that are genuine concerns that probably will happen. Since this is a universal problem there are many Christian books out there on how to combat anxiety. When vine offered me a book by Max Lucado I was happy to take it. I could use some help in this area of my life. I've read a few by this author. I know he has a solid, Biblical worldview. I expected this to be an encouraging, somewhat lightweight, book that I could enjoy for a few hours, take a little bit out of, and pass along for someone else to enjoy. My first impression of the book did not sway me from this view. The main section is only about 150 pages long, with a good amount of pages blank (between chapters) or devoted to a single large quote. I hate that sort of thing in a book but, oh well, I didn't pay for this anyway. To my slight surprise, despite the blank or 3/4 empty pages, this is a substantial treatment on the subject. Yes, it is encouraging, full of anecdotes and easy to read but it contains practical steps on combatting anxiety. Based on Philippians 4: 4-8 the author patiently dissects a very

powerful passage of scripture and shows you exactly what you need to do to derive maximum benefit from these verses. I normally don't think much one way or the other when it comes to the use of acronyms when it comes to teaching (I can't remember a single one to be honest) but Max uses the acronym CALM as a teaching tool to show how to apply these verses. C - Celebrate God's Goodness - "Rejoice in the Lord Always" A - Ask God For Help - "Let your requests be made known to God" L - Leave Your Concerns With Him - "With Thanksgiving" M - Meditate On Good Things - "Think about the things that are good and worthy of praise" He breaks down each verse into understandable concepts that work in real life. I believe I will actually use this acronym to remind myself of the principles here. This is not a heavy theological book. These are simple real-life-applicable instructions for anyone who is willing to apply it. Medicine for a universal ailment. If you take the medicine you will see results. If you acknowledge the truth of the medicine but don't take it you will not see results. If you take a lower dosage, less often you will see lesser results. Surprisingly I have underlined many of the passages in this book that I plan to read over and over. I hope to get this type of thinking into my daily life until it becomes unconscious. Very much like the Gospel, this book will be of great benefit to anyone who simply receives it. Some personal thoughts before I go: One particular passage moved me greatly: "The benefit of being a great sinner is dependence upon a great grace. I found a forgiveness that is too deep to be plumbed, too high to be summited. I have never been more or less saved than the moment I was first saved. Not one bad deed has deducted from my salvation. No good deed, if there are any, has enhanced it. My salvation has nothing to do with my work and everything to do with the finished work of Christ on the cross." This is absolute truth. If you are a believer you should know one thing: God will never be angry with you again. He swore that in Isaiah 54, which comes after you believe in what happened in Isaiah 53. God has a Covenant of Peace with you that will never, ever be removed. When we get that deep down in our souls most of our anxiety will effortlessly evaporate.

"Anxious for Nothing" outlines a specific plan for how someone who is worn down and burdened with anxiety can better cope and cast off the anxiety, with God's help. The examples of how one might feel anxious and why, and encouragement that just because you feel anxious doesn't mean you're a failure, made me feel less hopeless about myself and my constant battle with anxiety. The plan outlined to help fight the habit of anxiety and instead find a more thankful, joyful existence is simple and easy to follow, though to remember each step (I can remember the C.A.L.M.) I would benefit from reviewing and repeating each step until it becomes a positive habit that erases my anxious behavior. The steps of the plan are told with personal examples from Max's life and those

people he's met on his journeys, and this makes it easier to understand and relate.

When I see the name MAX LUCADO my interest is captured. When I ran across ANXIOUS FOR NOTHING: FINDING CALM IN A CHAOTIC WORLD, I ordered it immediately. I have run across many in my life that struggle with anxiety. I think if we were honest, most of us do in one form or another, at different times in our lives. ANXIOUS FOR NOTHING goes beyond what the title may first bring to mind. Anxious comes in many levels. We all have feared, worried, wanted to know what is going to happen ahead of time. Wondered if we are making the right decision, if the decision we make is the right one. ANXIOUS FOR NOTHING gives practical and Biblical ways to reduce fear, anxiety and uncertainty. I am three fourths of the way through the book, and so excited about what it contains I had to stop and write a review. Whether you believe you have a large or small issue with anxiety, or perhaps know of someone that does, ANXIOUS FOR NOTHING will be a benefit to your life. A must read by all, and one you will wish you had the funds to purchase a book for everyone in your life.

After suffering with anxiety on and off for years I found this book of comfort. I love Max Lucado and I especially enjoyed this book that addresses anxiety in our society which is more and more common every day. He reminds you of what's important and helps you see through the tangle sometimes when all you can see was what is right in front of you. I would recommend this book for anyone that deals with anxiety or anyone know someone who does.

What a perfect time for a book like this. Inside I found some of the quotes, song text, and so many scriptures that have comforted me and made less anxious in the past. It's a great idea to have all of it put together in an easy-to-read and read over and over again source. In the back is a very helpful chapter of scriptures that will touch your heart. Highly recommended.

This is another good book from Max Lucado. It has the same feel as all his other books. There are some very good lessons about anxiety and trusting in God, but I find that Lucado stays kind of surfacy but is able to encourage many many readers world-wide.

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