

Notes for Bible Study:

Max Lucado's Anxious for Nothing, Finding Calm in a Chaotic World

Chapter 11:

Max talks about Philippians 4:4 as a “decision tree” and describes a decision tree as a graph showing decisions and their possible consequences. You already hang from the “anxie-tree”, being whipped by the winds of change and turmoil as we cling to its wimpy branches.

Read Isaiah 7:1-4 to see what God told the prophet to say about being anxious.

Max introduces us to the “tranquility tree” and says that unlike the anxie-tree, this one is “sturdy, shady, and has ample room for” us!

Here is how to use the tranquility tree:

1. **Begin with God! Celebrate God’s goodness!** Dwelling on the problem only makes it bigger. Read Ps 121:1-2. Read Matthew 14:28-30. What happened when Peter ceased focusing on Jesus?
2. **Ask God for help!** Check out Psalm 50:15.
3. **Leave your concerns with God!**
4. **Meditate on good things!**

Max writes the following resolve:

Today, I will live today. Yesterday has passed. Tomorrow is not yet. 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 challenges 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.

Max finishes his book with the statement that “a new day awaits you my friend.

I hope this bible study has given you a new outlook upon your new day.

God Bless my dear friends!