

BE ANXIOUS FOR  
**NOTHING**  
BUT IN EVERYTHING BY  
PRAYER & SUPPLICATION  
WITH THANKSGIVING  
— LET YOUR REQUESTS —  
**BE MADE KNOWN TO GOD**  
**AND THE** PEACE **OF** GOD  
WHICH SURPASSES ALL  
UNDERSTANDING  
**WILL GUARD YOUR HEARTS & MINDS**  
— THROUGH —  
**CHRIST JESUS**

PHILIPPIANS 4:6-7

MAX LUCADO · ANXIOUS FOR NOTHING  
FINDING CALM IN A CHAOTIC WORLD

# C.A.L.M

Write down the C.A.L.M. acronym, and place it somewhere accessible to remind yourself that “the peace of God, which surpasses all understanding, will guard your hearts and minds.”

## Celebrate God’s goodness.

“Rejoice in the Lord always” (Phil. 4:4).

*How will you express your joy for God’s goodness today?*

## Ask God for help.

“Let your requests be made known to God” (v. 6).

*If you don’t already keep a prayer journal, start one. Begin with today’s requests.*

## Leave your concerns with him.

“With thanksgiving . . .” (v. 6).

*At bedtime review the concerns you left with God this morning. Thank him for relieving you of your anxious thoughts.*

## Meditate on good things.

“Think about the things that are good and worthy of praise” (v. 8 ncv).

*Plan your day to include time alone with God.*

*Adapted from Anxious for Nothing by Max Lucado.*

12 PRAYERS  
*FOR WHEN YOU FEEL*  
ANXIOUS

Adapted from  
LESS FRET, MORE FAITH:  
AN 11-WEEK ACTION PLAN TO OVERCOME ANXIETY  
by Max Lucado



THOMAS NELSON  
*Since 1798*

*DEAR LORD,*

*You spoke to storms. Would you speak to ours?  
You calmed the hearts of the apostles. Would  
you calm the chaos within us? You told them  
to fear not. Say the same to us. We are weary  
from our worry, battered and belittled by the  
gales of life. Oh Prince of Peace, bequeath to  
us a spirit of calm.*

*As we turn the page in this book, will you turn  
a new leaf in our lives? Quench anxiety. Stir  
courage. Let us know less fret and more faith.*

*In your name, amen.*

*DEAR LORD,*

*Grant me the wisdom to remember that you are not the source of anxiety. Rather, help me remember that resting in you provides relief from all worry. Give me the courage to choose what is good and pure, even when it is hard or inconvenient.*

*In your holy name, amen.*

*FATHER,*

*I release the fears and anxieties I face today, and I place them in your hands. Help me surrender my tendency to try to control certainty. May the truth that you are sovereign over every detail of today bring peace to my heart and my mind.*

*In Jesus' name, amen.*

*LORD,*

*Deconstruct the lies I believe about myself, about the world, and about you. Replace those lies with the truth of your love and care. Help me get out of the way. Please re-create my perspective so that truth reigns and guides my beliefs, decisions, and actions.*

*In your holy name, amen.*

*LORD,*

*Make my tongue a tree of life! Help me see myself and my situation in light of what you have done for me. Keep your love for me in the forefront of my mind today.*

*In your precious name, amen.*

*LORD,*

*Break me of the need to be busy pursuing a sense of self-worth. Make me secure in who you are and who you have made me to be, and as a result, teach me what it means to truly rest.*

*In your holy name, amen.*

*ALMIGHTY GOD,*

*Bolster my prayer life! Make me persistent, courageous, and specific. May I depend on communion with you as much as I depend on the air that I breathe. Teach me a little more each day what it looks like to “pray without ceasing.”*

*In your Son’s name, amen.*

*LORD,*

*I desire to be characterized by gratitude. I admit that I am more prone to dwell on the negative than the positive and to pine after the what-ifs rather than bask in the “alreadys.” Give me the grace to truly rejoice in the many good gifts you have given.*

*In your holy name, amen.*

*LORD,*

*Thank you for the gift of another day of life!  
I praise you in advance for all that it holds. I  
give you the worries, anxieties, and fears that  
I am experiencing now and those that are yet  
to come. Carry them for me, and keep my focus  
on seeking your kingdom in every interaction  
and duty that confronts me today.*

*In Jesus' name, amen.*

*LORD,*

*I confess that I have chosen worry instead of peace. I have chosen irritation rather than calm. Time after time I give into my flesh rather than renounce it. Have mercy on my weary heart. By your Spirit give me the strength to abide in you rather than dwell on my earthly circumstances. Remind me today that my inner peace does not depend on temporal situations or fickle people but on you, my unchanging and loving Father.*

*In your name, amen.*

*LORD,*

*Thank you that “before a word is on my tongue you, Lord, know it completely” (Ps. 139:4 NIV). Thank you that there are no surprises with you. Help me find deep comfort in the fact that you are unshockable, and nothing is too great, too terrible, too large, or too heavy for you. Help me see the problems that face me today in light of how big you are. May I learn to trust you more and myself less.*

*Amen.*

*LORD,*

*May my mind be so filled with truth that there is no longer any room for counterfeit concerns! May I both trust and listen as your Spirit guides me to what is true, good, and beautiful. Help me resist indulging in dread that is beyond my control. Teach me to rely on your guidance as I seek to be vigilant about my thought life.*

*In your precious name, amen.*