



Anxious for Nothing

Max Lucado

Philippians 4:4–8

Winning the War on Worry

C-A-L-M

Celebrate God's goodness.

Philippians 4:4; Psalm 121:1–2; Matthew 14:28–30; Romans 8:1

Ask God for help.

Philippians 4:6; Psalm 50:15; Matthew 7:7; Isaiah 62:6, 43:26

Leave your concerns with God.

Philippians 4:6–7; 2 Timothy 1:12

Meditate on good things.

Philippians 4:8

What is the Holy Spirit saying to me through this message?

Scripture is from the New King James, New International, Amplified Bible, and New Century Version of the Bible.