



## Serving Leaders in Ministry

Resources from *Anxious For Nothing* by Max Lucado.

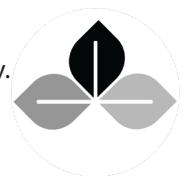
**Pastor:** Prioritizing your own **WELLNESS** is not only important during these unpredictable times, but you will be called upon to help your congregation do the same. We hope the following adaptation from *Anxious for Nothing* by Max Lucado will be a practical tool for this goal.

Download the graphic on page 2 using the link below. It's from: *More Faith: An 11-Week Action Plan to Overcome Anxiety* by Max Lucado. <https://www.amazon.com/Less-Fret-More-Faith-Overcome/dp/1400207495>

Make the graphic available to your congregation. Post it anywhere church members might see it.

In an email or through your next online gathering, share the C.A.L.M. acronym below with your congregation. Encourage them to place this content somewhere accessible in their home. Let these words become a reminder that *"the peace of God, which surpasses all understanding, will guard your hearts and minds"* (Philippians 4:4–8).

You may also find it helpful to review Max Lucado's sermon on the same topic: <https://www.youtube.com/watch?v=j8TCYIZ7gbo>

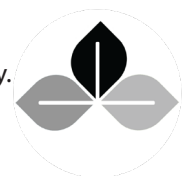


BE ANXIOUS FOR  
**NOTHING**  
BUT IN EVERYTHING BY  
PRAYER & SUPPLICATION  
WITH THANKSGIVING  
— LET YOUR REQUESTS —  
**BE MADE KNOWN TO GOD**  
**AND THE PEACE OF GOD**  
WHICH SURPASSES ALL  
UNDERSTANDING  
**WILL GUARD YOUR HEARTS & MINDS**  
— THROUGH —  
**CHRIST JESUS**

PHILIPPIANS 4:6-7

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# C.A.L.M.

**C**elebrate God's goodness.

*"Rejoice in the Lord always"* (Philippians 4:4).

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

**A**sk God for help.

*"Let your requests be made known to God"* (v. 6).

If you don't keep a prayer journal, start one.

Begin with today's requests.

**L**eave 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.

**M**editate 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

<https://s3.amazonaws.com/files.faithgateway.com/calm-guide-sheet.pdf>

