

anXIOUS *for*  
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FINDING CALM *in a* CHAOTIC WORLD

STUDY GUIDE  
FIVE SESSIONS

MAX LUCADO  
WITH JENNA LUCADO BISHOP



## ADDITIONAL RESOURCES FOR GROUP LEADERS

**T**hank you for your willingness to lead a group through *Anxious for Nothing*! What you have chosen to do is important, and much good fruit can come from studies like this. The rewards of being a leader are different from those of participating, and we hope that as you lead you will find your own walk with Jesus deepened by the experience.

*Anxious for Nothing* is a five-session study built around video content and small-group interaction. As the group leader, imagine yourself as the host of a dinner party. Your job is to take care of your guests by managing all the behind-the-scenes details so that as your guests arrive, they can focus on one another and on interaction around the topic.

As the group leader, your role is not to answer all the questions or reteach the content—the video, book, and study guide will do most of that work. Your job is to guide the experience and cultivate your small group into a kind of teaching community. This will

make it a place for members to process, question, and reflect—not receive more instruction.

There are several elements in this leader's resource section that will help you as you structure your study and reflection time, so follow along and take advantage of each one.

## BEFORE YOU BEGIN

Before your first meeting, make sure the group members have a copy of this study guide so they can follow along and have their answers written out ahead of time. Alternately, you can hand out the study guides at your first meeting and give the group members some time to look over the material and ask any preliminary questions. During your first meeting, be sure to send a sheet around the room and have the members write down their name, phone number, and email address so you can keep in touch with them during the week.

Generally, the ideal size for a group is eight to ten people, which will ensure that everyone has enough time to participate in discussions. If you have more people, you might want to break up the main group into smaller subgroups. Encourage those who show up at the first meeting to commit to attending the duration of the study, as this will help the group members get to know each other, create stability for the group, and help you know how to prepare each week.

Each of the sessions begins with an opening reflection. The questions that follow in the “Talk About It” section serve as an icebreaker to get the group members thinking about the topic at hand. Some people may want to tell a long story in response to one of these questions, but the goal is to keep the answers brief. Ideally, you want everyone in the group to get a chance to answer, so try to

keep the responses to a minute or less. If you have talkative group members, say up front that everyone needs to limit his or her answer to one minute.

Give the group members a chance to answer, but tell them to feel free to pass if they wish. With the rest of the study, it's generally not a good idea to have everyone answer every question—a free-flowing discussion is more desirable. But with the opening icebreaker questions, you can go around the circle. Encourage shy people to share, but don't force them.

Before your first meeting, let the group members know that each session contains a C.A.L.M. personal study guide that they can complete between meetings. While these are optional exercises, they will help the members cement the concepts presented during the group study time and encourage them to spend time each day in God's Word. Also invite them to bring any questions and insights they uncovered while reading to your next meeting, especially if they had a breakthrough moment or didn't understand something.

## WEEKLY PREPARATION

As leader, there are a few things you should do to prepare for each meeting:

- *Read through the session.* This will help you to become familiar with the content and know how to structure the discussion times.
- *Decide which questions you definitely want to discuss.* Based on the amount and length of group discussion, you may not be able to get through all of the Bible study and group discussion questions, so choose four to five questions that you definitely want to cover.

- *Be familiar with the questions you want to discuss.* When the group meets you'll be watching the clock, so you want to make sure you are familiar with the questions you have selected. In this way, you'll ensure you have the material more deeply in your mind than your group members.
- *Pray for your group.* Pray for your group members throughout the week and ask God to lead them as they study his Word.

Note that in many cases there will be no one “right” answer to the question. Answers will vary, especially when the group members are being asked to share their personal experiences.

## GROUP ACTIVITY

The group activity at the end of each session is intended to help the participants transform what they learned into practical action. However, for this activity to be successful, you may need to prepare a few items ahead of time. Take time before each weekly meeting to read the group activity, as several of them require special materials. Reading ahead will allow you to ask group members to bring any items you need but don't have, and it will give you a sense of how to lead your group through these experiences. Read the supply list below to make sure you have what you need for each session.

### *Supply List*

#### Session One

- Pens (one for each group member)
- Blank pieces of paper (one for each group member)
- Envelopes (one for each group member)

## Session Two

- Smartphone (each person will need his or her own)
- Sticky notes (optional)
- Pens (optional)

## Session Three

No special supplies needed

## Session Four

- Smartphone, laptop, or device with speakers (one for each person)
- Wifi access (to play the hymn)

## Session Five

- Pens (one for each group member)
- Sealed envelopes from session one

Be sure to bring extra supplies to your meeting if possible. The members should bring their own pens for writing notes, but it's a good idea to have extras available for those who forget. You may also want to bring paper and additional Bibles.

## STRUCTURING THE DISCUSSION TIME

You will need to determine with your group how long you want to meet each week so you can plan your time accordingly. Generally, most groups like to meet for either sixty minutes or ninety minutes, so you could use one of the following schedules:

Section	60 Minutes	90 Minutes
Welcome (members arrive and get settled)	5 minutes	10 minutes
Icebreaker (discuss one or more of the opening questions for the session)	10 minutes	10 minutes
Scripture (read the opening passage and answer the questions)	5 minutes	10 minutes
Video (watch the teaching material together and take notes)	15 minutes	15 minutes
Discussion (discuss the Bible study questions you selected ahead of time)	20 minutes	35 minutes
Prayer/Closing (pray together as a group and dismiss)	5 minutes	10 minutes

As group leader, it is up to you to keep track of the time and keep things moving along according to your schedule. You might want to set a timer for each segment so both you and the group members know when your time is up. (There are some good phone apps for timers that play a gentle chime or other pleasant sound instead of a disruptive noise.)

Don't be concerned if the group members are quiet or slow to share. People are often quiet when they are pulling together their ideas, and this might be a new experience for them. Ask a question and let it hang in the air until someone shares. You can then say, "Thank you. What about others? What came to you when you watched that portion of the video?"

## GROUP DYNAMICS

Leading a group through *Anxious for Nothing* will prove to be highly rewarding both to you and your group members. However, this doesn't mean you will not encounter any challenges along the way! Discussions can get off track. Group members may not be sensitive to the needs and ideas of others. Some might worry they will be expected to talk about matters that make them feel awkward. Others may express comments that result in disagreements. To help ease this strain on you and the group, consider the following ground rules:

- When someone raises a question or comment that is off the main topic, suggest you deal with it another time, or, if you feel led to go in that direction, let the group know you will be spending some time discussing it.
- If someone asks a question you don't know how to answer, admit it and move on. At your discretion, feel free to invite group members to comment on questions that call for personal experience.
- If you find one or two people are dominating the discussion time, direct a few questions to others in the group. Outside the main group time, ask the more dominating members to help you draw out the quieter ones. Work to make them a part of the solution instead of the problem.
- When a disagreement occurs, encourage the group members to process the matter in love. Encourage those on opposite sides to restate what they heard the other side say about the matter, and then invite each side to evaluate if that perception is accurate. Lead the group in examining other Scriptures related to the topic and look for common ground.

When any of these issues arise, encourage your group members to follow these words from the Bible: “Love one another” (John 13:34), “If it is possible, as far as it depends on you, live at peace with everyone” (Romans 12:18), and “Be quick to listen, slow to speak and slow to become angry” (James 1:19). This will make your group time more rewarding and beneficial for everyone who attends.

Thank you again for your willingness to lead your group. May God reward your efforts and dedication and make your time together in *Anxious for Nothing* fruitful for his kingdom.