



ANXIOUS FOR NOTHING / FINDING CALM, IN A CHAOTIC WORLD

5 SESSIONS WITH DVD AND CLASS DISCUSSION

AUTHOR: MAX LUCADO

BEGINS: Tuesday, June 4th – July 10th

TIME: 10:00 am

LOCATION: Sunset Conference Room

LEADER: PASTOR KATHY SPRAGUE

Over the past few decades, studies have shown that Americans are the most anxious people in the world. We take the most medication for it, see doctors to treat it, and spend fortunes trying to relieve it. How have we let our fears get the better of us?

In *Anxious for Nothing*, Max Lucado leads participants to reflect on the promises of Philippians 4:4-8. This passage from Paul's epistle contains an antidote to anxiety that will help you develop a mindset of resilience. Re-discover the power of prayer and take control of your thoughts. You can rest in "the peace of God, which passes all understanding."

- You may pre-purchase a small paperback study book / journal @ \$8.00 in our Church office or in the Narthex after services the last two weeks of May. If you choose, you may simply attend the sessions for information and class notes. Please write your check to United Church of Marco Island with memo line: Member Care