



Anxious for Nothing: Finding Calm in a Chaotic World

Max Lucado

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Anxiety is at an all time high, but there's a prescription for dealing with it. Max Lucado invites readers into a study of Philippians 4:6-7 where the Apostle Paul admonishes the followers of Christ, "Do not be anxious about anything . . ."

Philippians 4:6 encourages the believer to "be anxious for nothing." As Lucado states, the apostle Paul seems to leave little leeway here. "Be anxious for nothing. Nada. Zilch. Zero."

What's he suggesting? That we should literally be anxious for absolutely nothing? Lucado says, "The presence of anxiety is unavoidable, but the prison of anxiety is optional. It's the life of perpetual anxiety that Paul wants to address. Don't let anything in life leave you perpetually in angst."

Americans especially know about living in perpetual anxiety. According to one research program, anxiety-related issues are the number one mental health problem among women and are second only to alcohol and drug abuse among men. Stress-related ailments cost the nation \$300 billion every year in medical bills and lost productivity. And use of sedative drugs like Xanax and Valium have skyrocketed in the last 15 years. Even students are feeling it. One psychologist reports that the average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950s.

"The news about our anxiety is enough to make us anxious," says Lucado. But there's a prescription for dealing with it. Lucado invites readers into a study of Philippians 4:6-7, the most highlighted passage of any book on the planet, according to Amazon:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

"With His help you will learn to face the calamities of life. You'll learn how to talk yourself off the ledge. Under the guidance of the Holy Spirit, you will learn to view bad news through the lens of sovereignty; to discern the lies of Satan and tell yourself the truth. You will manifest a gentleness that is evident to others. Anxiety comes with life. But it doesn't have to dominate your life."

Anxious for Nothing: Finding Calm in a Chaotic World Details

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From Reader Review Anxious for Nothing: Finding Calm in a Chaotic World for online ebook

Rachel Dawson says

I flew through this one quickly during a lunch break before we recorded a podcast where one of our team members interviewed Lucado about anxiety -- it's a good read, a quick read, and nothing mind-blowing. There were some helpful, meaningful nuggets here, but it felt more like a "Hey, Max Lucado, you're a popular author, write about this hot topic!" kind of situation than a truly heartfelt book about anxiety. Not a winner for me personally, but one I think will really be helpful for a lot of people still.

Rob McFarren says

Eh. It's popcorn reading with a total misunderstanding of anxiety as worry. Every example given is regarding propping up belief by staying committed to that belief no matter what. Sound simple? Sure, if all you are doing is worrying about external circumstances and its impact on you... without going to the deep places.

This book does not even come close to addressing existential anxiety or angst. It missed all clinical and psychological aspects other than in passing glances to point back to belief for belief's sake.

For instance, everything is rooted in who you are as what you believe. He even writes "The most important thing about you is your belief system." I cannot disagree more. It's whitewash that doesn't even come close to underlying, genuine experiential anxiety. Rather, it's all about God being sovereign. So if you have anxiety, just remember God's in charge. I'm sorry, but this is so superficial it doesn't even pass cursory theological depth.

Maybe it works for people who just need encouragement to keep on going in their current lives and structures. And that is great...but it did not impact me at all other than straight disagreement with the core premises. It wasn't even deep enough for that disagreement to become a dialogue partner for me as well... nothing that even challenged me to wonder why I disagree so completely.

Oh well. It was a quick and easy read, so not too much time lost.

Danielle says

I grabbed Anxious for Nothing on a whim when I saw the lovely cover at my library. I expected a moving self-help book to help with my anxiety, instead I got a repetitious, mediocre story.

Lucado repeated the same scripture while making the same point throughout the book. As I began each chapter, I expected something new and refreshing, but I didn't find it. I did enjoy how quickly it went by.

On a side note, as a Catholic I caught on to some bitter, negativity towards our beliefs.

For those still wanting to read, I would suggest to complete the reflections in the back of the book for each

chapter--I didn't see these until I had finished reading.

Kym McNabney says

When I see the name MAX LUCADO my interest is captured. When I ran across ANXIOUS FOR NOTHING: FINDING CALM IN A CHAOTIC WORLD, I ordered it immediately. I have run across many in my life that struggle with anxiety. I think if we were honest, most of us do in one form or another, at different times in our lives.

ANXIOUS FOR NOTHING goes beyond what the title may first bring to mind. Anxious comes in many levels. We all have feared, worried, wanted to know what is going to happen ahead of time. Wondered if we are making the right decision, if the decision we make is the right one.

ANXIOUS FOR NOTHING gives practical and Biblical ways to reduce fear, anxiety and uncertainty. I am three fourths of the way through the book, and so excited about what it contains I had to stop and write a review. Whether you believe you have a large or small issue with anxiety, or perhaps know of someone that does, ANXIOUS FOR NOTHING will be a benefit to your life. A must read by all, and one you will wish you had the funds to purchase a book for everyone in your life.

Ellen Gail says

I think it's time I admit that I'm not going to finish this.

I'm not finding it meaningful or interesting, and I'm tired of it sitting on my nightstand and judging me for not reading it.

Meg says

Is there a zero star option?

I was unfamiliar with this author and picked up the book as a person of faith who found the title appealing.

Let me sum up and save you the trouble: Lucado uses the Bible to shame and man-splain to you why your clinical anxiety disorder is invalid. Abandoned at 70% through during a diatribe about how God tells us how to avoid anxiety, and if you're still anxious, you just aren't listening closely enough.

Bonus! Includes a telling of the Unjust Judge parable that I TOTALLY disagree with!

Jammin Jenny says

I found this audiobook on dealing with anxiety very uplifting. It comes at the problem from a very Christian perspective, saying that a lot of the time our anxiety is brought on by things beyond our control, and we basically need to focus on God. If you believe in a higher power, and have anxiety issues, you might find this

book helpful.

Kelly Hodgkins says

This book has a message worth hearing whether you are stressed out and need to calm down or as a reminder to remain living a calm life.

Max Lucado keeps a sense of humor alongside the wisdom, I love his anecdotes which make the truths easier to remember and the overall tone is one of hope. I love the way each line of the key verse is broken into practical, tangible ways to live it out and counter anxiety. The acronym C.A.L.M. sums it up beautifully.

I am inspired by the premise of the book, those verses were written by Paul at such a difficult time and yet he lives in joy, I can say "yes, I want that too" and feel motivated to change to make that happen. Intellectually I am frightened by the statistics and research highlighting the silent epidemic that is anxiety and the horrible effects of a life lived anxious. Max paints a vivid picture of why, logically, we need this change. Practically, I have things to do at the end of each chapter and they really make a difference. The lines I loved say it best: "You can't run the world but you can entrust it to God."

"Paul gave his guilt to Jesus. Period. He didn't numb it, hide it, deny it, offset it or punish it. He simply surrendered it to Jesus"

"We choose prayer over despair. Peace happens when people pray"

"The good life begins, not when circumstance change, but when our attitude toward them does."

Another life-changing book from Max Lucado whose biblical insights bring new dimensions to familiar verses along with practical applications all held together with honesty and personal testimony. This message is so timely and will bring hope and light to so many hearts, including mine.

Leslie M. says

I've read a number of Lucado's books, and I've yet to be disappointed. This book was a bit shorter than I expected (and I would've loved it to have been longer!), but there is so much information to be gained in it that I took my time reading it.

The overall message of this book is based on what Paul said in Philippians 4:6: "Be anxious for nothing." And if someone had a reason to be anxious, it was Paul! Yet, he was able to live in joy. If he can do it, anyone can. Lucado offers tips and encouragement for "finding C.A.L.M. in a chaotic world." C.A.L.M. stands for:

Celebrate God's goodness.

Ask God for help.

Leave your concerns with God.

Meditate on good things.

There are numerous stories shared throughout the book, as well as Scripture verses, and they are very relatable. The book, overall, is very well-written with tips that are easy to apply. Lucado does note that some people will need the help of therapy and/or medication, and that both are legitimate parts of God's healing for some people.

There are questions for reflection at the end of the book. I would've preferred these to have been listed at the end of each chapter, but they do make a good resource for individual or small-group study.

Some of my favorite quotes include:

- "You are the air traffic controller of your mental airport. You occupy the control tower, directing the mental traffic of your world. If a thought lands, it is because you gave it permission. If it leaves, it is because you commanded it to do so. You select your thoughts."
- "Do not meditate on the mess."
- "What you have in Christ is greater than anything you don't have in life."
- "The good life begins, not when circumstances change, but when our attitude toward them does."
- "There is a reason the windshield is bigger than the rearview mirror. Your future matters more than your past."

Mindy Clark says

This book was excellent. I listened to the audio version and the reader was perfect as well. Very enlightening!

Angie says

I suffer from anxiety... ughhh it's awful. I'm always looking for advice and a fix for it. I've read a lot of books on it but this was the first book I've read that was about God and anxiety. Trust me.. I pray about it, but this book gives some specific scriptures to read and an entire section in the back of the book with a bible study on it. The study even includes meditations to read. I recently discovered a large online bible study called Proverbs 31 Ministries online bible study and have enjoyed the books they pick (this being one). It usually takes my library a little while to get the book so I'm behind on the studies but the nice thing is that I can go back and read the book discussions. Really, if you suffer from anxiety and are Christian this is an excellent book.

Shannon (leaninglights) says

A good quick read and reminder to stop and give it over to God.

Jerry says

Max Lucado hits it out of the park once again!

Brittany says

If you want to read/listen to a sermon about anxiety than you will enjoy this book, but I was wanting something more. I have never read a Max Lucado book, so maybe that is just his style. it wasn't bad, but I am not an overly religious person and didn't get what I was looking for in this one.

Varina Denman says

I probably should read this book once a month. ?
