


# Anxious For Nothing

## Chapter 5

### Contagious Calm

*Anxiety is Needless  
Because God is Near*





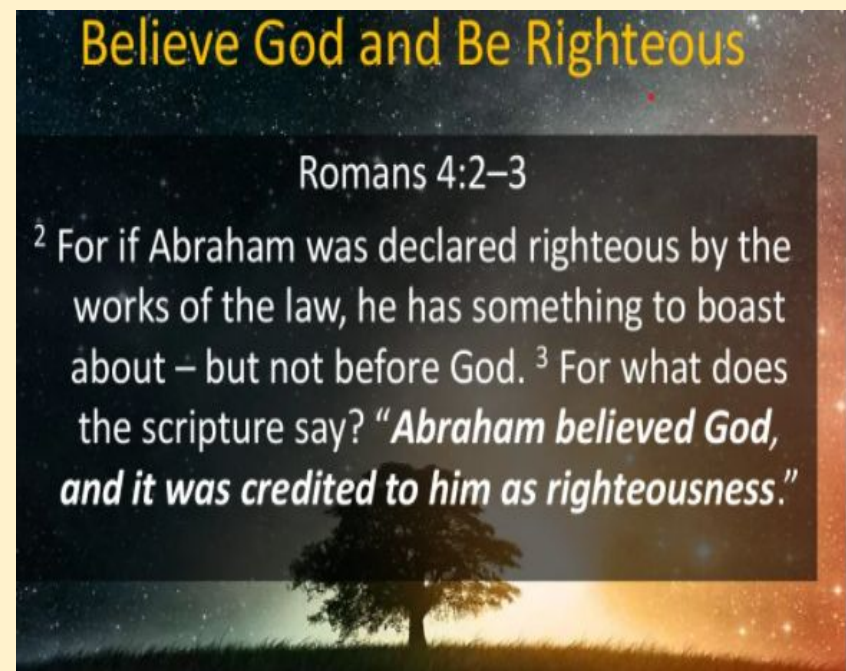
After these things the  
word of the LORD came  
to Abram in a vision,  
saying, Fear not, Abram: I  
am your shield...

—Genesis 15:1

## Abraham's Anxiety

### Believe God and Be Righteous

Romans 4:2–3



<sup>2</sup> For if Abraham was declared righteous by the works of the law, he has something to boast about – but not before God. <sup>3</sup> For what does the scripture say? *“Abraham believed God, and it was credited to him as righteousness.”*



"I AM THE GOD OF  
ABRAHAM YOUR FATHER.

**FEAR NOT,**  
FOR I AM WITH YOU  
AND WILL BLESS YOU  
AND MULTIPLY YOUR OFFSPRING  
FOR MY SERVANT ABRAHAM'S SAKE."

**- GENESIS 26:24**

## Isaac's Anxiety



Have I not commanded you?  
Be strong and courageous. Do not be afraid;  
do not be discouraged, for the LORD your God  
will be with you wherever you go.

**Joshua 1:9**



The LORD is on my side;  
I will not fear:  
what can man do unto me?

**Psalms 118:6**

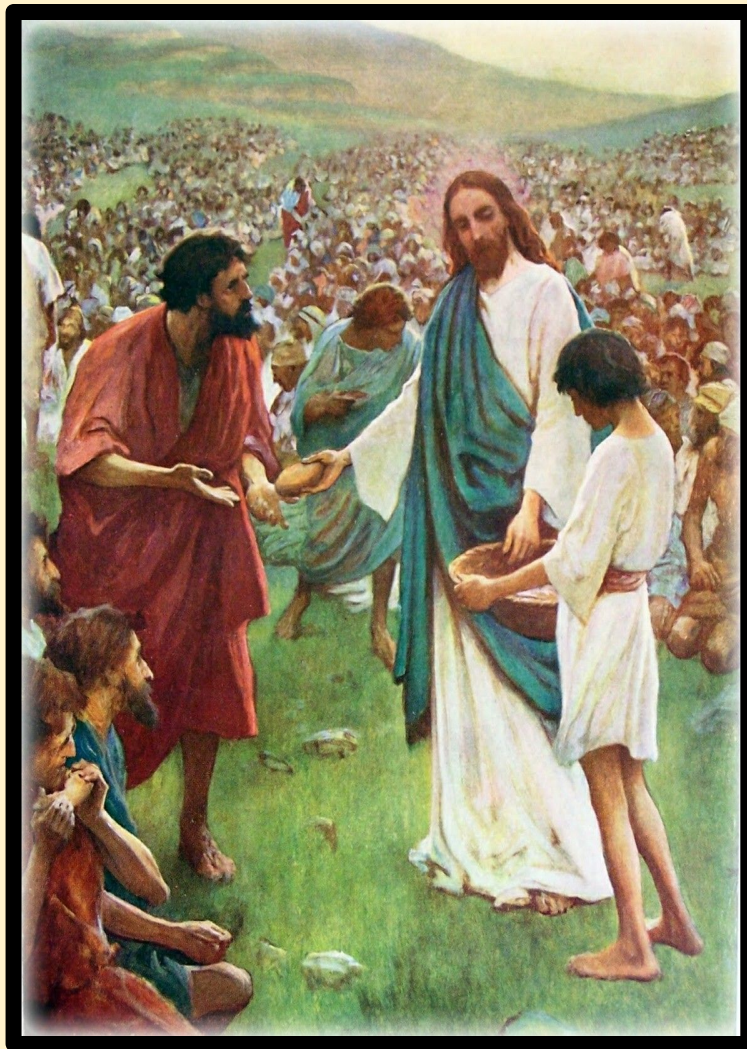




# Matthew

- **Matthew 14:15-16**

- <sup>15</sup>When it was evening, the disciples came to Him and said, “This place is desolate and the hour is already late; so send the crowds away, that they may go into the villages and buy food for themselves.” <sup>16</sup>But Jesus said to them, “**They do not need to go away; you give them something to eat!**”



# God cares about our needs...

- **John 6:5-6 ( TMSG )** <sup>5</sup>When Jesus looked out and saw that a large crowd had arrived, he said to Philip, “Where can we buy bread to feed these people?” <sup>6</sup>He said this to stretch Philip’s faith. He already knew what he was going to do.







## John 6:12-13

The Message

When the people had eaten their fill, he said to his disciples, “Gather the leftovers so nothing is wasted.” They went to work and filled twelve large baskets with leftovers from the five barley loaves.





Peace! Be Still!





**C**

Celebrate God's Goodness

**A**

Ask God For Help

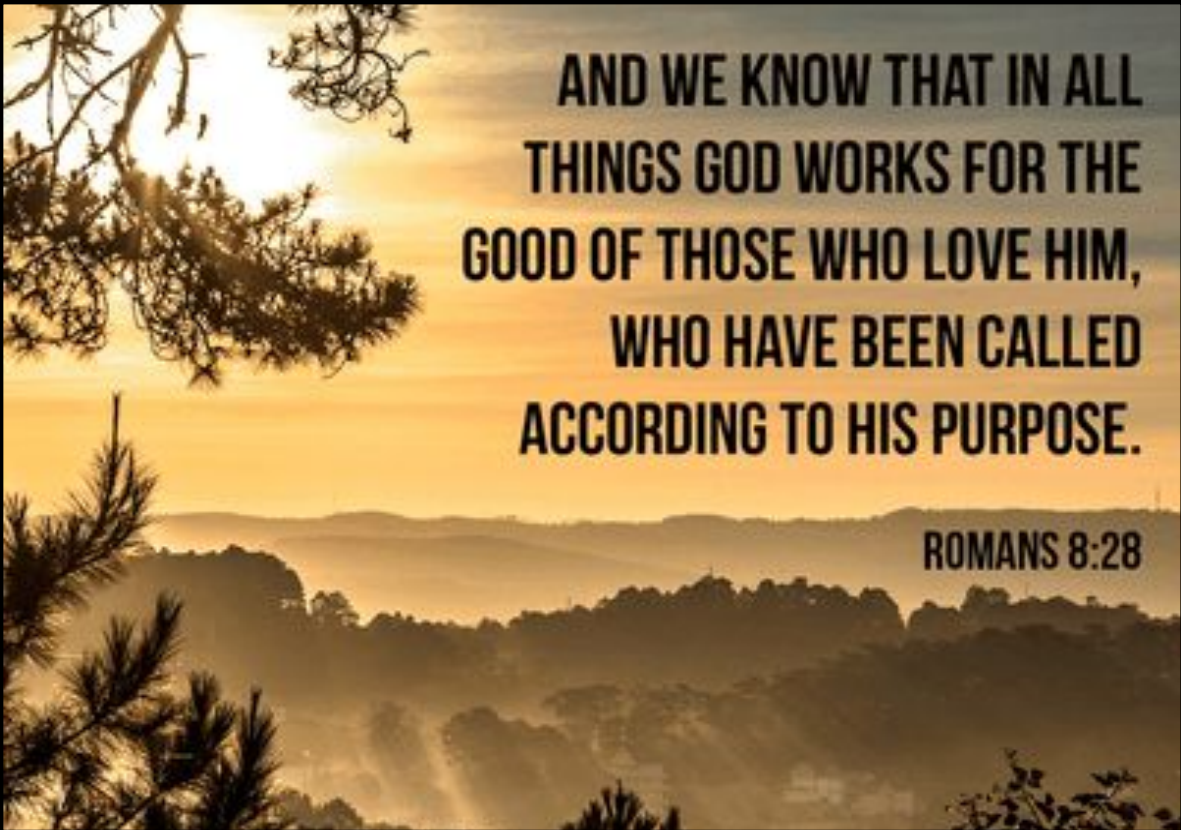
**L**

Leave Your Concerns With God

**M**

Meditate On Good Things





**AND WE KNOW THAT IN ALL  
THINGS GOD WORKS FOR THE  
GOOD OF THOSE WHO LOVE HIM,  
WHO HAVE BEEN CALLED  
ACCORDING TO HIS PURPOSE.**

**ROMANS 8:28**