



**Part 4: C.A.L.M.**  
Philippians 4:4-9

*God has given us a pathway from anxiety to peace.*

**I. The Promise of Peace**

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27

“The presence of anxiety is unavoidable, but the prison of anxiety is optional. Anxiety is not a sin; it is an emotion...Anxiety can, however, lead to sinful behaviors.” – Max Lucado, *Anxious for Nothing*

**II. The Pathway to Peace**

**C.A.L.M.** from Max Lucado, *Anxious for Nothing*

**A. Celebrate the Lord**

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.” Philippians 4:4-5

Lift our eyes off our problems or worries to the Lord (Psalm 121:1-2).

See Practice of gratitude (<https://greenwoodcc.com/gratitude/>)  
Brain science reveals that when we express gratitude, our brains release chemicals that make us feel hopeful and peaceful. Gratitude also helps us bond or attach to the person we’re thinking about so it helps us feel closer to God.

“The love and goodness of the triune God is the source of all love and goodness...in the triune God is the love behind all love, the life behind all life, the music behind all music, the beauty behind all beauty, and the joy behind all joy.” – Michael Reeves, *Delighting in the Trinity*

“The Lord is near” = as close as your breath...

## B. Ask God for Help/Leave Your Concerns with God

“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.” Philippians 4:6-7

“Fear triggers prayer or despair.” – Max Lucado, *Anxious for Nothing*, 147

The practice of benevolent detachment (1 Peter 5:7).

Example: Picture yourself bringing each issue and giving it to Jesus to carry.

## C. Meditate on Good Things/Take Control Over Your Thoughts

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”  
Philippians 4:8-9

Martin Luther – you cannot stop birds from flying overhead, but you can keep them from building a nest in your hair.

“The ultimate freedom we have as individuals is the power to select what we will allow or require our minds to dwell upon and think about. By think we mean all the ways in which we are aware of things, including our memories, perceptions, and beliefs. The focus of your thoughts significantly affects everything else that happens in your life and evokes the feelings that frame your world and motivate your actions... We have the ability and responsibility to keep God present in our minds, and those who do so will make steady progress toward him, for he will respond by making himself known to us.” – Dallas Willard, *A Life Without Lack*

We have to have something to set our minds on.  
Scripture is the best medicine.

See Practice of memorizing scripture  
(<https://greenwoodcc.com/memorizing-scripture/>).

“Bible memorization is absolutely fundamental to spiritual formation. If I had to choose between all the disciplines of the spiritual life, I would choose Bible memorization, because it is a fundamental way of filling our minds with what it needs. ‘This book of the law shall

not depart from your mouth.’ That’s where you need it!  
How does it get into your mouth? Memorization.” –  
Dallas Willard

### III. The Promise-Maker is the Promise-Keeper

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27

#### Formation Resources:

1. See “Practices of Jesus” ([greenwoodcc.com/resources](http://greenwoodcc.com/resources)).
2. Practices of Jesus Audio Devotionals (available weekly through Greenwood social media platforms, email subscription, on our events page and in the Greenwood app).
3. Pause app/ 30 Days to Resilience (Ransomed Heart Ministries).
4. *Anxious for Nothing* by Max Lucado.
5. *Resilient* by John Eldredge.
6. *A Life Without Lack* by Dallas Willard.