

**C.A.L.M.**

**talk it**  
*over*

## **KEY SCRIPTURE**

Genesis 2.25

***Adam and his wife were both naked, and they felt no shame.***

Genesis 3.10

***[Adam] answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."***

## **GROW**

Read Philippians 4.1-9

At a very primary level anxiety is an uncertain goal, and the fear of "what if." And the antidote to our anxiety is God's assurance. Jesus made an incredible claim that those who believed in Him, in the end, it was all going to be okay. They're going to make it. Today, talk to God and cast all your "what if" concerns on Him. He is the only who can give you the assurance that everything will ultimately be okay.

## **LOOK**

Ps 37:8 says, ... don't fret it only causes harm.

Why is it easier to live in anxiety in God's assurance?

Anxiety steals our breath, it robs us of our sleep, and impacts our overall well-being. What else does anxiety steal from you? Name it.

Read Philippians 4:4-8 out loud to yourself. What jumps out at you when you read that passage?

Why do you think Philippians 4:4-8 is the most highlighted passage of Scripture in the Kindle?

How do you plan on applying the acronym CALM from Philippians 4:4-8?