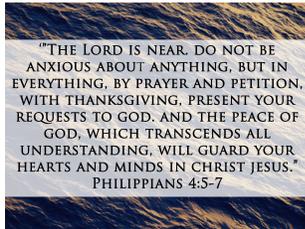


## Finding Calm in a Chaotic World

### Part 2-Contagious Calm



Anxiety is contagious, so is calmness.  
Worry can create a downward cycle for you and for those around you. Choose instead to be the person that remembers God is near in whatever situation you find yourself.

### Change up your vision

*"I will lift up my eyes to the hills. Where does my help come from, my help comes from the Lord, the maker of heaven and earth.  
Ps. 121:1-2*

### Ask Jesus for Help

*"Jesus turned to Philip and asked, where can we buy bread for all these people? He was testing Philip...Philip replied, even if we worked for months we would not have enough money to feed them!"  
John 6:5-7*

*"by prayer and petition, ...present your requests to God". Phil 4:6*

*"Let us approach God's throne of grace with confidence." Heb. 4:16*

### Lean into God and God's people.

*"Let your gentleness be evident to all. The Lord is near." Phil 4:5*

*Let us not give up meeting together as some are in the habit of doing, but let us encourage one another." Heb. 10:25*

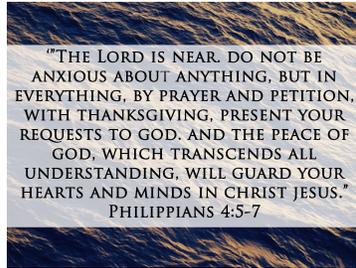


### Meditate on good things.

*"And now brothers and sisters one final thing. Fix your thoughts on what is true, and honorable, and right and pure... Think about things that are excellent and worthy of praise." Phil 4:8*



*"Life gives lemons to good people, bad people, old people, all people. Life comes with lemons. But we don't have to suck on them." Max Lucado*



**Think  
about it**

**Either in your small group or on your own, take some time to think about and answer the following questions. Remember it is always good to start this time with prayer.**

1. Do you know people who are characterized by calm?  
How do those people make others around them feel?  
What characteristics and qualities do they have that set from their contagious calm
- 1.5. How is Anxiety contagious? How can calm be contagious?
2. Why do we so often turn to Jesus last when we need help?
3. What does it mean to "Lean into God and God's People"?
4. What is the purpose of "Meditating on Good Things"?  
Isn't that just pie in the sky thinking?

### **Going Deeper.**

Read the account of Jesus feeding the five thousand in all four gospels. (Matt 14:13-21; Mark 6:30-44; Luke 9:10-17; and John 6:1-15)

Notice the disciples gut reaction in each account. How did they respond?

Put yourself in their shoes. You suddenly have 50 unexpected dinner guests, how will you react.

What can you learn from this lesson?