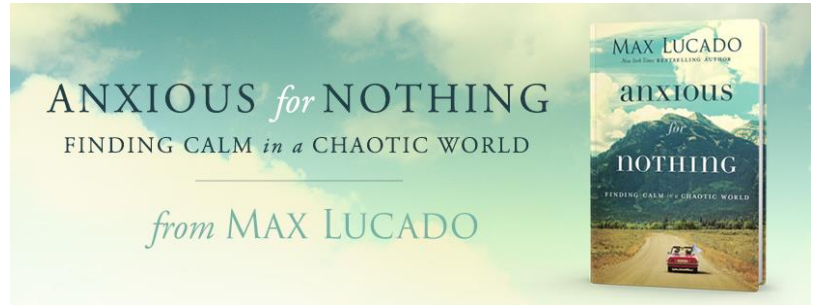


# Ladies' Bible Study

Do you feel weighted down with worry? Does the uncertainty and chaos of life keep you up at night? Are irrational fears your constant companion? Could you use some calm?

In this five-session video Bible study, bestselling author Max Lucado explores God's treatment plan for anxiety found in Philippians 4:4–8. As you follow this prescription – celebrating God's goodness, asking for his help, leaving your concerns with him, and meditation on good things – you will experience God's peace. This is a peace that “transcends all understanding” and will help you reframe the way you look at your fears.



**Where:** St John's Lutheran Church Fellowship Hall  
**When:** Begins Tuesday night February 5, and Wednesday morning February 6.  
**Time:** Tuesday night: 6:30 pm – 7:45 pm-ish  
Wednesday morning: 8:15 am – 9:45 am-ish  
**Who:** All women welcome

## **Session 1: Tues. February 13 and Wed. February 14**

**\*\*Come to class having completed pgs. 11-14 in the study guide\*\***

In class: Read and discuss pgs. 12-22

Video 1 – pgs. 15-20

Group Activity pages 20-21

**Home study: pgs. 23-31**

## **Session 2: Tues. February 19 and Wed. February 20**

In class: Review home study pgs. 23-31.

Read and discuss selections from Chapter 5 in companion book.

**Home study: pgs. 33-36**

## **Session 3: Tues. February 26 and Wed. February 27**

In class: Read and discuss pgs. 33-42

Video 2 – pgs. 38-42

Group Activity page 43

**Home study: pgs. 45-53**

## **Session 4: Tues. March 5 and Wed. March 6**

In class: Review home study pgs. 45-53.

Read and discuss selections from Chapters 6 & 7 in companion book.

**Home study: pgs. 55-58**

## **Session 5: Tues. March 12 and Wed. March 13**

In class: Read and discuss pgs. 55-65

Video 3 – pgs. 59-63

Group Activity page 64

**Home study: pgs. 66-74**

### **Bible Class Facilitators:**

Tuesday: Jill Gierach  
[jgtechloft@gmail.com](mailto:jgtechloft@gmail.com)  
cell: 608-921-1258

Wednesday: Carla Morris- Robinson  
[carlarmor@yahoo.com](mailto:carlarmor@yahoo.com)  
cell: 262-370-8084

## March 19-20 Spring Break – No classes

### Session 6: Tues. March 26 and Wed. March 27

In class: Review home study pgs. 66-74.

Read and discuss selections from Chapter 8 in companion book.

**Home study: pgs. 75-78**

### Session 7: Tues. April 2 and Wed. April 3

In class: Read and Discuss pgs. 75-87

Video 4 – pgs. 80-86

Group Activity page 86-87

**Home study: pgs. 88-96**

### Session 8: Tues. April 9 and Wed. April 10

In class: Review home study pgs. 88-96.

Read and discuss selections from Chapters 9-11 in companion book.

**Home study: pgs. 97-100**

### Session 9: Tues. April 16 and Wed. April 17

In class: Read and discuss pgs. 97-109

Video 5 – pgs. 101-107

Group Activity page 108

**Home study: pgs. 110-118**

Learning to use the C.A.L.M. acronym approach to anxiety.

“The peace of God which surpasses all understanding will guard your hearts and minds.”

**Celebrate** God’s goodness. “Rejoice in the Lord always” (Phil.4:4).

- How will you express your joy for God’s goodness today?

**Ask** God for help. “Let your requests be made known to God” (Phil.4:6).

- Try keeping a prayer journal of your requests.

**Leave** your concerns with him. “With thanksgiving...” (Phil.4:6).

- At bedtime review, the concerns you left with God in the morning. Thank him for relieving you of your anxious thoughts.

**Meditate** on good things. “Think about the things that are good and worthy of praise.” (Phil4:8).

- Plan your day to include time alone with God.  
(Lucado, 2017, p. 158)