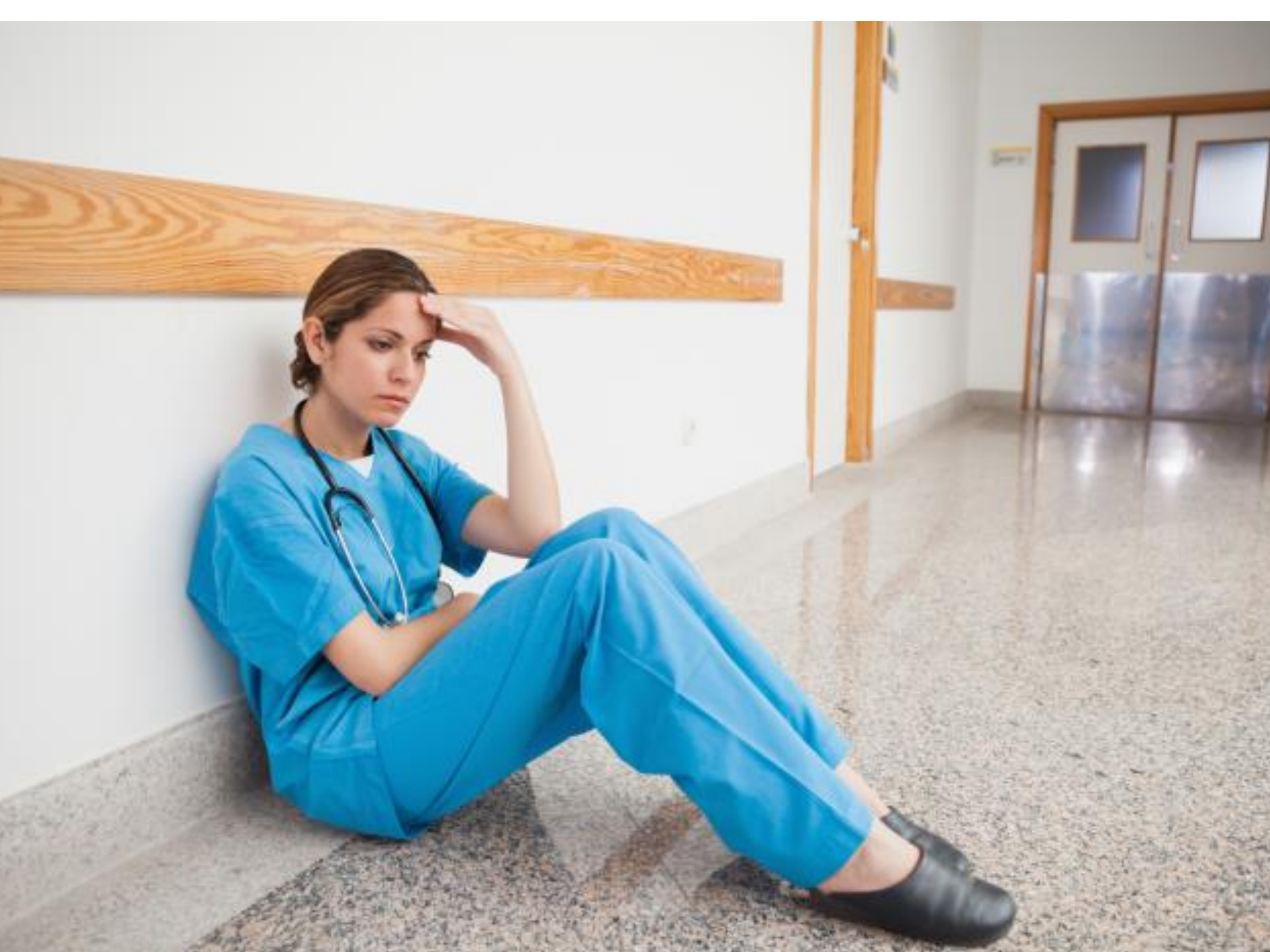




C.A.L.M

MAX LUCADO





As a Nation, We are HURTING

- Exhaustion, confusion, depression, frustration, short fuses, covid fatigue, politics fatigue, on and on and on
- You are NOT a failure as a Believer
- You are a normal person having a normal reaction to a catastrophically ABNORMAL SITUATION
- God isn't asking you to do better and try harder, He is asking you to TRUST HIM



People Are Searching

- The most often underlined verse in the Bible right now according to Kindle is ...
- ⁴ Rejoice in the Lord always; again I will say, rejoice! ⁵ Let your gentle *spirit* be known to all men. The Lord is [c]near.
- ⁶ Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all [d]comprehension, will guard your hearts and your minds in Christ Jesus.



Which Leads to THIS

⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is [e]lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, [f]let your mind dwell on these things. ⁹ The things you have learned and received and heard and seen in me, practice these things, **and the God of peace will be with you.**



C. A. L. M.

- 1# - In the midst of Chaos, **CELEBRATE**
- ⁴ Rejoice in the Lord always; again I will say, rejoice! ⁵ Let your gentle *spirit* be known to all men. (Don't freak out) The Lord is [c]near. (He is with you. You are not alone)
- There is power in praising Him. He inhabits the praises of His people.
- When you are feeling down, look up!!!
- Funny golfer habit ...



#2 - ASK

- 6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your **requests** be made known to God.
- The Greek word for Requests means a very specific ask, kind of like what you would put on a grocery list. Living Bible says “tell Him what you need (*use your words*), and don’t forget to thank Him for His answers.
- Simple and clear. Doesn’t have to elaborate or eloquent or polite – just ask
- Hebrews 4:16 – Come **boldly** before the Throne of Grace, that you may receive grace and mercy in time of need



#3 - Let it Go

- 7 And the peace of God, which surpasses all [d]comprehension, will guard your hearts and your minds in Christ Jesus.
- After you ask, it is in His hands, and He will take over – and surround your heart with squadron of protection to give you peace and keep you safe
- When you take something a to shop to be repaired, what do you usually do next??
- Leave it, let it go, LET God do the work.



#4 Meditate – Focus=Reality

- ⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is [e]lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, [f]let your mind dwell on these things. ⁹ The things you have learned and received and heard and seen in me, practice these things, **and the God of peace will be with you.**

- **Lemons vs Lemonade**



STOP SUCKING ON LEMONS

- Peter walked on water as long as he focused on the solution, the source of hope and power, instead of the scary problem
- You can either spend all of your time reminding your self of how bad things are and how bad you feel and hopeless it looks
- Or you can remind yourself of how GOOD God is and faithful he is and all he has done already to bless you and remind yourself HE IS LIVING IN YOU!!!!!!
- And refocus your hope in HIM



Life is HARD so Remain CALM

- **CELEBRATE** – REJOICE IN THE LORD, NOT YOUR CIRCUMSTANCES
- **ASK** – CAST ALL YOUR CARES ON HIM BECAUSE HE CARES FOR YOU
- **LET IT GO** – LEAVE IT WITH HIM BECAUSE HE IS ALWAYS FAITHFUL
- **MEDITATE** – FOCUS ON WHAT YOU KNOW IS TRUE ABOUT HIM, AND REMIND YOURSELF EVERYDAY THAT YOU ARE TRUSTING HIM



Jesus + Nothing = EVERYTHING

- deeply loved by God,
- fully accepted by God,
- completely and permanently forgiven by God,
- lavishly blessed by God,
- and eternally, perfectly embraced by God as his child; a child who brings Him unspeakable JOY