



## WEEKLY STUDY

### ***Finding Calm - Week 3***

In week 3 of our study of Philippians 4.4-9 and author Max Lucado's invitation to find calm in our chaotic world, we explore what it means to ask and listen. Spend some time this week evaluating the depth of your relationship with the God who loves to hear from you.

Please note our prayer focus for the week in the box below. Join us in seeing what God will do as we unite in prayer.

Peace of Christ,  
Pastor Mark Youngman

If you are studying with your Providence Small Group or Discipleship Group, you can share from your own daily reflections and consider the Group Discussion questions below. If you would like to get connected visit [prov.church/smallgroups](http://prov.church/smallgroups).

Prayer Focus:

- Pray for those who feel that they don't have a voice in this world. There are many who feel forgotten and unseen. Pray that they would know their value and worth before God.

## DAILY STUDY

### **MONDAY: PHILIPPIANS 4.4-7 (NIV)**

*Rejoice in the Lord always. I will say it again: Rejoice!<sup>5</sup> Let your gentleness be evident to all. The Lord is near.<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

- We are invited to be bold in our prayers before God. Are you struggling? Ask God for help. Are you wrestling with doubt or frustrated by a lack of momentum? Ask God for guidance. Desperation is a perfect posture before our good and loving God.

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- **Prayer Prompt: My dove in the clefts of the rock,  
in the hiding places on the mountainside,  
show me your face,  
let me hear your voice;  
for your voice is sweet,  
and your face is lovely. (Song of Songs 2.14)**
- *God, I love how you love my voice. Let me be raw and unrehearsed as I come to you today. You know my heart as well as the tone of my voice and you see through me. I long to be honest and real before you today. Amen.*

## **TUESDAY: MATTHEW 7.7-8 (NIV)**

*“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”<sup>8</sup> For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.*

- We often struggle with being specific in our prayers. We can make excuses for God—He’s too busy. He’s got a lot on his plate. But God desires to hear our voice. In the space below, voice your specific prayers and petitions before God.

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- **Prayer Prompt: “So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”<sup>10</sup> For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. (Luke 11.9-10)**
- *God, I long for a deeper connection with you. I lift up my voice to you today in anticipation of your faithfulness. Amen.*

### WEDNESDAY: JAMES 1.5-8 (NIV)

*If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.<sup>6</sup> But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.<sup>7</sup> That person should not expect to receive anything from the Lord.<sup>8</sup> Such a person is double-minded and unstable in all they do.*

- Have you ever felt that you don't know what to pray for or how to pray? James invites us to ask for wisdom to know what to pray for. And when the words fall short, we trust in God's knowledge of our hearts. He hears the longing and the groans of our heart. How can you express your confidence in God's wisdom?

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- **Prayer Prompt: The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction. (Proverbs 1.7)**
- *God, you know where I lack wisdom. I'm asking you for help. I believe in your desire to be generous with me. Strengthen my faith so that I might receive good gifts from you. Amen.*

### THURSDAY: 1 JOHN 5.14-15 (NIV)

*This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.<sup>15</sup> And if we know that he hears us—whatever we ask—we know that we have what we asked of him.*

- We want what we want, and we often pursue our own desires and our own will. What would it look like if your will was aligned with God's will? What would that require? We tend to recognize the voices that we hear from the most. If the same were true for God, would God recognize your voice? Does he hear from you often?

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- **Prayer Prompt: I remain confident of this:  
I will see the goodness of the LORD in the land of the living.**  
<sup>14</sup> **Wait for the LORD; be strong and take heart and wait for the LORD. (Psalm 27.13-14)**
- *Lord, I am confident of your goodness. In you I place all of my hope and trust, and I look forward to declaring your goodness in the land of the living. Amen.*

**FRIDAY: GENESIS 12.12-14 (NIV)**

Then he prayed, “LORD, God of my master Abraham, make me successful today, and show kindness to my master Abraham. <sup>13</sup> See, I am standing beside this spring, and the daughters of the townspeople are coming out to draw water. <sup>14</sup> May it be that when I say to a young woman, ‘Please let down your jar that I may have a drink,’ and she says, ‘Drink, and I’ll water your camels too’—let her be the one you have chosen for your servant Isaac. By this I will know that you have shown kindness to my master.”

- Isaac dares to bring a specific asks before God. What is so striking about this request is that we know he has pictured it. He has pictured the young woman and he has imagined the sound of her voice. What requests are you bringing to God today? What does it look like for your requests to be fulfilled? Write down some of the details below.

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- **Prayer Prompt: They speak of the glorious splendor of your majesty— and I will meditate on your wonderful works. (Psalm 145.5)**
- *Lord God, I will flesh out the details of my prayers. Give me vision to imagine the implications of your goodness for me. Amen.*

**SATURDAY: 1 PETER 5.6-9 (NIV)**

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. <sup>7</sup> Cast all your anxiety on him because he cares for you.

<sup>8</sup> Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. <sup>9</sup> Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

- It might seem that the human tendency is to carry around our own problems. In theory, we might want to entrust them to God, but in reality we pick them back up. Are you good at casting your cares on him? What impact might it have on you to leave your anxieties and worries in God’s court?

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- **Prayer Prompt: And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. (1 Peter 5.10)**
- *God, make me strong, firm and steadfast. May my first move today be to cast my cares upon you, because you can be trusted. Amen.*

## GROUP DISCUSSION

This CALM tool from Max Lucado gives us a framework for living into a kind of holy calm. The message this week focused on Asking for help and leaving your concerns.

Celebrate God's goodness.

**Ask for help.**

**Leave your concerns.**

Meditate on good things.

Now discuss your responses to the following questions.

- What does it look like to "leave" a worry rather than taking it back?
- How can you identify "what if" thoughts before they spiral?
- How can this group support you in leaving a specific burden with God?