

NEW YORK TIMES BESTSELLING AUTHOR

MAX LUCADO

WITH ANDREA LUCADO

anxious for nothing

for young readers

Living Above Anxiety and Loneliness

A PDF COMPANION TO THE AUDIOBOOK

Anxious for Nothing (Young Readers Edition)

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Library of Congress Cataloging-in-Publication Data

Names: Lucado, Max, author. | Lucado, Andrea, author.

Title: Anxious for nothing: living above anxiety and loneliness / by Max Lucado with Andrea Lucado.

Description: Young readers edition. | Nashville, Tennessee, USA: Thomas Nelson, 2021. | Includes bibliographical references. | Audience: Ages 8–12 | Summary: “In this young readers adaptation of *Anxious for Nothing*, Max Lucado uses honest stories, relatable Bible study, and practical helps to encourage tweens to receive God’s peace as they let go of anxiety, depression, and loneliness”—Provided by publisher.

Identifiers: LCCN 2021005710 (print) | LCCN 2021005711 (ebook) | ISBN 9781400229543 (paperback) | ISBN 9781400229550 (ebook)

Subjects: LCSH: Anxiety—Religious aspects—Christianity—Juvenile literature. | Worry—Religious aspects—Christianity—Juvenile literature. | Peace of mind—Religious aspects—Christianity—Juvenile literature.

Classification: LCC BV4908.5 .L793 2021 (print) | LCC BV4908.5 (ebook) | DDC 248.8/6—dc23

LC record available at <https://lcn.loc.gov/2021005710>

LC ebook record available at <https://lcn.loc.gov/2021005711>

Written by Andrea Lucado

Cover illustration by Olga Baumert

Interior graphics by Matthew Wilson

Printed in the United States of America

21 22 23 24 25 LSCC 6 5 4 3 2 1

Mfr: LSCC / Crawfordsville, IN / June 2021 / PO #12040402



CHAPTER ONE

The Cloud of Anxiety



Brain & Heart Check

We all feel anxiety in different ways. Underline or highlight all the statements that describe how you have felt in the last week.

My stomach hurt before I took a test or
before another big event.

I had trouble sleeping because I
couldn't stop thinking about a fear or
problem.

My grades have dropped, and I have felt
distracted in class.

I felt angry at my parents or my siblings, and
I didn't know why.

I felt worried about things I didn't used to
worry about.

I got out of breath even though I wasn't
exercising.

If you marked any of these statements, you might have anxiety. Maybe you're only feeling a little bit of anxiety today. Maybe you've felt a lot of anxiety for several days in a row. Don't worry. Anxiety is completely normal.

There are two things you can do about your anxiety right now:

Share your anxiety with an adult you trust. This could be a parent, teacher, counselor, pastor, or another adult you have a good relationship with. Let him or her know how you're feeling.

Ask God for help. If you're not sure what to say to God, use this prayer.

Dear Lord,

I know You are able to calm my heart and my mind when I feel anxious. I feel anxious today, and I'm not sure what to do. Take my worries and my fears so I don't have to hold them anymore. In the Bible, You are called the Prince of Peace. Please bring me peace.

As I go through this book, teach me what I need to know about anxiety and Your strength and power. Help me with my anxiety. Give me courage. Help me have less fear and more faith.

In Jesus' name I pray, amen.



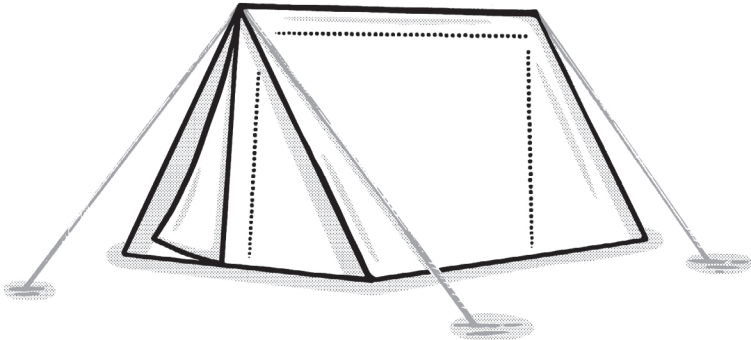
CHAPTER TWO

Tent of Faith



Brain & Heart Check

1. What "storm" or hard time are you going through right now? Or what storm have you been through in the past?
2. How did this storm make you feel?
3. This image is your tent of faith. The tent poles are your beliefs. Write on the poles what you believe about God. Color the tent with your favorite colors, and draw a design on it. What does your tent of faith look like?





CHAPTER THREE

Celebrate God's Mercy



Brain & Heart Check

1. Do you worry about being good enough? Ask an adult to help you find a Bible verse that tells what God says about you. Memorize the verse and recite it to yourself the next time you feel like you're not good enough.
 2. Write five things you like about yourself. And remember, God made you just the way He wanted you!
 3. Is there anything you need forgiveness for? Don't let shame grow. Say you're sorry to the person you hurt and ask God to forgive you.
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CHAPTER FOUR

Be Full of Joy *Always*



Brain & Heart Check

1. Draw a cartoon strip of a time when your amygdalae protected you. What was the danger?
2. Draw a cartoon strip of a time when your amygdalae overreacted to something. What did your brain think was dangerous? Do you often feel anxious about that “threat”? Ask God for help with this fear.
3. Underline or highlight any of these things that you've experienced recently:
 - stomachache
 - difficulty breathing
 - heart racing
 - headache
 - sweating when still
 - difficulty falling asleep

trouble focusing
forgetting things
feeling tense or jumpy
imagining disasters

4. The next time you experience one of these things, come back to this section and complete these sentences.

I am _____.

I am worried about _____.

But God _____.



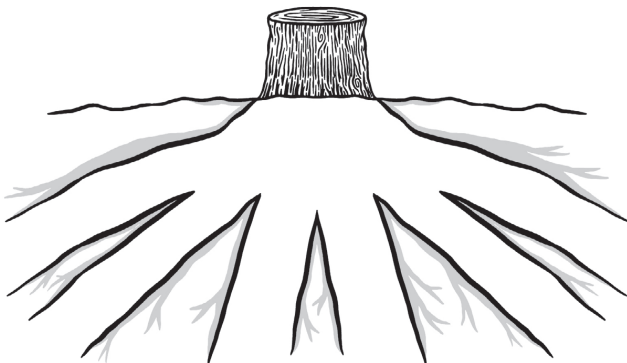
CHAPTER FIVE

Contagious Calm



Brain & Heart Check

1. Think of someone you know who is gentle and kind. How does that person treat and speak to others? How could you be more gentle and kind like this person?
2. Sometimes we have worries that last a long time. These worries are like the roots of a tree: they run deep down inside us. Write your biggest worries into the tree roots in the picture.



3. Now ask God to help you with all of these rooted worries. If you're not sure what to say, use this prayer:

Dear God,

Sometimes my worries feel so big, and I feel so small. These are things I've worried about for a long time. I think about them all the time, and I'm not sure what to do.

But I know You are able to perform miracles. You can heal people. You can help with friendships and relationships. I need Your help today, God. I give all of these worries to you. Please take care of them. Calm my anxiety. Give me contagious calm so that I feel peaceful and bring calm to everyone around me. In Jesus' name, amen.



CHAPTER SIX

Prayer, Not Despair



Brain & Heart Check

1. Paul tells us to ask God for everything we need. What do you need today? Make a list of everything you can think of.
2. Now, pray about the things on your list. Tell God every detail.

For later:

3. Did God answer any of your prayers? If He did, how?
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CHAPTER SEVEN

Say “Thank You”



Brain & Heart Check

1. What are you worried about today? List anything you can think of.
 2. What are you thankful for today? Think of as many things as possible, no matter how big or small they are.
 3. Do you feel any differently about your worries after writing your gratitude list? If so, explain how you feel.
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CHAPTER EIGHT

Perfect Peace



Brain & Heart Check

1. Have you ever been in a bad situation because you didn't listen to God? What happened? What were God's instructions?
 2. Think about the "Ways to Feel Calm" from the chapter. Choose one tool to try this week.
 3. Do you have a storm that you need God's help with right now? Tell Him about it, and tell Him exactly what you need. Then thank Him for being with you in the middle of your trouble.
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CHAPTER NINE

Think About What You Think About



Brain & Heart Check

1. Write down the thoughts you had yesterday.
What thoughts did you have about yourself?
How did you feel about others? How did you
feel about what happened during the day?
 2. What kind of thoughts are these? Label each
one as a truth or lie and positive or negative.
 3. Go through each untrue or negative
thought in your list. Replace it with something
true, honorable, right, pure, beautiful, or
respected.
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CHAPTER TEN

Cling to Christ



Brain & Heart Check

1. Think about all the meanings of the word *home*. Take pictures to make a photo collection that communicates your interpretation of *home*.
 2. Write down your schedule for today. Start with when you woke up. Include school, activities, homework, chores, and anything else you did. Now underline or highlight the times you were spending time with Jesus. Do you need to make more room for Jesus to live with you? At what time of day could you set aside fifteen minutes to spend with Him?
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CHAPTER ELEVEN

C.A.L.M.



Brain & Heart Check

1. What do you need to do most today?
Celebrate the good things about God, ask God for help, look on the bright side, or meditate on good things? How will you do that?
 2. What did you learn about anxiety in your life from this book?
 3. What did you learn about yourself while reading this book?
 4. What did you learn about God from this book?
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