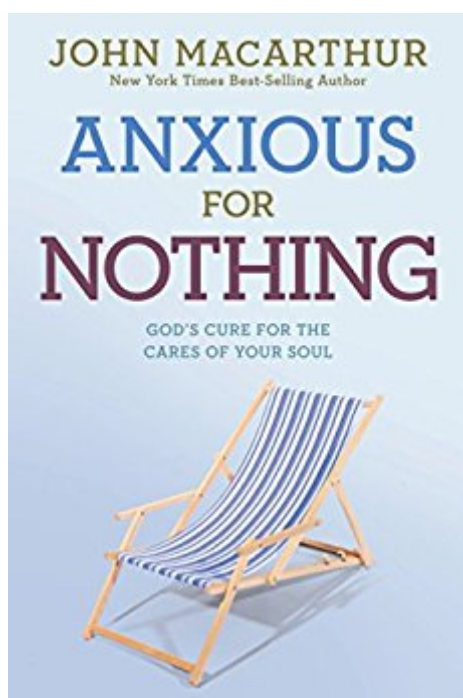


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# Anxious For Nothing: God's Cure For The Cares Of Your Soul (John Macarthur Study)



## Synopsis

Stress has become part of our daily lives. We worry about our jobs, our relationships, and our families. And while there's no lack of remedies for anxiety, no solution seems to offer true peace of mind. John MacArthur, Jr. believes that peace is not only possible, it's a divine mandate. Drawing from a rich legacy of teaching and ministry, MacArthur puts aside cultural cures to uncover the source of our anxiety and stress. Based on solid Biblical insights, *Anxious for Nothing* shares how we can overcome uncertainty, defeat doubt, and be truly worry-free. This revised and updated edition includes a guide for both personal and group study and features discovery questions, suggestions for prayer, and activities, all designed to connect life-changing truths with everyday living.

## Book Information

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## Customer Reviews

This book was very helpful to me personally. My husband and I have been face a very hardship moment and worrying about where to live, to eat, and etc. This book came in the right time to help me and I felt very comforted by it. I recommend this book to everyone that are facing anxiety. This

book deserve a five star for sure.

A wonderful book, exactly what I was looking for. Easy to read, and offers several practical steps to help with anxiety. A comfort! Also bought audio book.

A must have in every Believers library. Solid scripture research and so well written. Hits right at the core of the issue discussed. I will be buying more for family.

This book was a good reminder of the sovereignty and sufficiency of God. In a day when we are constantly bombarded by negativity and doubt one must be careful not to get caught up in this thinking. God has commanded the believer to not be anxious for anything; that His love and His grace are sufficient to meet all our needs and He has given us not only this promise but commands as to counter the negativity we are surrounded with each day. It is a good read and a good reminder.

John MacArthur is one of my favorite authors. I read this book recently on vacation, at just the right time. It covers themes such as contentment and anxiety. A few days before reading it we had flown out of O'Hare International Airport under a tornado warning. All day long I had been extremely anxious about the impending inclement weather and whether we would be able to get out of the Midwest on the way to our destination on the East Coast. I couldn't relax and just trust that God was in control. Contentment is another item that I struggle with, so this book was just perfect for me. MacArthur states that the wrong way to handle the stresses of life is to worry about them. He indicates that worry at any time is a sin because it violates the clear biblical command. He states that we allow our daily concerns to turn into worry, and therefore sin, when our thoughts become focused on changing the future instead of doing our best to handle our present circumstances. MacArthur indicates that he titled the book *Anxious for Nothing* because he wants the reader to know that we can overcome our anxieties. Each chapter and a special appendix at the end ("Psalms for the Anxious", excerpts from the Psalms which are especially intended to attack anxiety) provide the reader specific biblical ways we can do just that. MacArthur states that when we worry, we in effect are saying that we can believe God for the greater gift and then stumble and not believe Him for the lesser one. He goes on to state that a lack of joy for the believer is a sin. He looks at Matthew 6 as Jesus' great statement on worry and Philippians 4 as the Apostle Paul's primary writing on how to avoid

anxiety. He states that those passages are the most comprehensive portions of Scripture dealing with anxiety and therefore foundational to understanding how God feels about anxiety and why He feels that way. MacArthur looks at prayer as the foremost way to avoid anxiety, followed by right thinking and action. We are to approach God with a thankful attitude, which will release us from fear and worry. This is a tangible demonstration of trusting our situation to God's sovereign control. We also need to demonstrate humility, as only from humility comes the ability to truly hand over all our cares to God. MacArthur states that to do a comprehensive study on what Scripture says about anxiety, we need to examine what it says about living by faith. Hebrews 11 and 12 are the faith chapters of the Bible. Chapter 11 gives a general definition of faith and a slew of Old Testament examples. Another weight of sin that entangles the believer says MacArthur is doubt. Paul states that our protection against doubt is to take "up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one" (Eph. 6:16). MacArthur writes that when we have a problem facing us that we don't know how to solve, we need to remember to praise God. Remembering who God is and what He has done glorifies Him and strengthens our faith. To help us do that, he recommends that we read through the Psalms the next time we're tempted to worry. In discussing the role of the church in helping with anxiety he writes that the church does well as a whole when the shepherds and the sheep bond together to correct the wayward, encourage the worried, hold up the weak, be patient with the wearisome, and repay the wicked with love. He also discusses God's peace, stating that it is not subject to circumstances. He discusses complaining about our circumstances, an area I can certainly improve in. He states that it is a sin to complain against God, and we must see our complaints as such. He states that we are really complaining about God when we complain about our circumstances. He states that two roadblocks to contentment are grumbling and disputing. He writes that the quality of the believer's life is the platform of our personal testimony. A murmuring, discontent, grumbling, griping, and complaining Christian is never going to have a positive influence on others. He encourages the reader to try to make it through today without complaining about something. We should make a note each time we do complain. Unfortunately, we may be surprised to discover it has become a way of life for us. He writes that until we realize that God is sovereign, ordering everything for His own holy purposes and the ultimate good of those who love Him, we can't help but be discontent. We need to realize any circumstance we face is only temporary. We need to learn to be content by not taking our earthly circumstances too seriously. He suggests that we be confident in God's sovereign providence, and

don't allow your circumstances to trouble you. I found this to be a very helpful and practical book that I can highly recommend.

Pastor MacArthur has produced a wonderfully practical work on repenting of anxiety and pursuing godly contentment. As someone who lived in the sin of anxiety to such a degree that I developed depression, this book was remarkably honest yet gentle in dealing with this subject. I recommend it to anyone who wishes to gain a better understanding of how to live a life content in God's providence.

Big MacArthur fan. I'm about halfway through the book and have been greatly encouraged.

This is not the most comforting book when you are struggling, but honestly is that really what you need? The truth is what you really need and this book contains it.

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