

Interview Questions for Max Lucado
Author of *Anxious for Nothing: Finding Calm in a Chaotic World*

*Anxiety and fear are cousins but not twins.
Fear sees a threat. Anxiety imagines one.
Fear screams, Get out! Anxiety ponders, What if?
Fear results in fight or flight. Anxiety creates doom and gloom.
Fear is the pulse that pounds when you see a coiled rattlesnake in your front yard.
Anxiety is the voice that tells you, Never, ever, for the rest of your life,
walk barefooted through the grass. There might be a snake...somewhere.*
—Max Lucado

- Statistics tell us that America may be the most anxiety-ridden nation on earth. What is anxiety? And why are we, living in the land of the free and the home of the brave, plagued by anxious thoughts?
- What is the difference between fear and anxiety?
- The apostle Paul penned the verses in Philippians (4:4-8) which echo in the title of your book. What was his context? How can we live as those who are “anxious for nothing”?
- Your book offers the acronym C.A.L.M. as a way to address anxiety. Tell us what these letters represent.
- The world is a chaotic place, both at home and internationally. Rather than going to anxiety, how can people of faith react to chaos differently?
- How does worry create anxious thoughts - and why do we get stuck there?
- You write about God’s promise to be with us. How does His presence bring aid when circumstances are dire?
- How does prayer impact anxiety? What does it mean to abide in God, and how does that impact anxiety?
- How does gratitude affect one’s level of anxiety?
- How does what we believe predetermine how we will respond to troubling circumstances? How does the sovereignty of God affect our troubling circumstances?

Guest: Max Lucado, author, pastor

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