

Leesburg United Methodist Church
Trail Guide
Week of April 27, 2020

Last Sunday, we looked at the acronym, CALM as one means of helping us to “Live Fearlessly”. Max Lucado shares this in his book, [Anxious for Nothing](#), pages 9 and 10, The letter C invites us to focus on Celebrating God’s goodness. A reminds us to Ask God for help, realizing that God often uses other people to extend that help. The letter L encourages us to Leave our concerns, our fears, our anxieties at the cross. And the letter M tells us to Meditate on the good things in our lives and in our world. This week, and throughout this sermon series, I invite you to practice CALM when you find yourself getting anxious or worried or fearful. We cannot stop the worries from knocking, but with God’s help we can keep them from moving in and taking over.

Monday 04/27 – [Philippians 4:4](#); [Psalm 27:13](#)

Celebrate God’s goodness. When and where have you experienced the goodness of God? Find a reason to rejoice!

Tuesday 04/28 – [Philippians 4:6](#); [Psalm 46:1](#)

Ask God for help. Make a list of your concerns. Writing often helps. If you have a prayer partner, share with them.

Wednesday 04/29 – [Philippians 4:6](#); [Psalm 34:4, 6](#)

Leave your concerns, your worries, your fears with God. One by one, lay them at the foot of the cross; place them in God’s hands.

Thursday 04/30 – [Philippians 4:8](#); [Psalm 143:5](#)

Meditate on good things. “Let your gaze be on God; your glance on your troubles.” Take Paul’s list and see if you can come up with one thing in each of his categories.

Friday 05/01 – [Luke 8:22-25](#)

As you read this story, think about the storms in your life. Picture Jesus with you. Call out to him in faith and trust him to restore your calm. Trust him to “sail” with you.

Saturday 05/02 – Keep praying for our church family, our community, our world: our older members; medical and health care workers; first responders; those who are sick; those struggling financially; those having trouble hanging on to hope.