



## Anxious for Nothing: God's Cure for the Cares of Your Soul (John MacArthur Study)

By John MacArthur Jr.

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**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.

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# **Anxious for Nothing: God's Cure for the Cares of Your Soul (John MacArthur Study)**

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#### About the Author

John MacArthur, Jr. is president and featured teacher of Grace To Your, the nonprofit organization responsible for developing, producing, and distributing John's books, audiocassettes, and the "Grace to You" radio program. "Grace to You" airs more than 800 times daily in locations across America and around the world. He is the author of dozens book.

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