

WINNING THE WORRY BATTLE QUESTIONS  
Chapters 10-11 to be completed by January 4 or January 8 Classes

CHAPTER 10: GOD KNOCK DOWN MY WORRY WALLS, PAGE 94

1. JOSHUA 6:2-5 "BUT THE LORD SAID TO JOSHUA, "I HAVE GIVEN YOU JERICO, ITS KING, & ALL ITS STRONG WARRIORS. YOU & YOUR FIGHTING MEN SHOULD MARCH AROUND THE TOWN ONCE A DAY FOR SIX DAYS. SEVEN PRIESTS WILL WALK AHEAD OF THE ARK, EACH CARRYING A RAM'S HORN. ON THE SEVENTH DAY YOU ARE TO MARCH AROUND THE TOWN SEVEN TIMES, WITH THE PRIESTS BLOWING THE HORNS. WHEN YOU HEAR THE PRIESTS GIVE ONE LONG BLAST ON THE RAMS' HORNS, HAVE ALL THE PEOPLE SHOUT AS LOUD AS THEY CAN. THEN THE WALLS OF THE TOWN WILL COLLAPSE, & THE PEOPLE CAN CHARGE STRAIGHT INTO THE TOWN."

Share a story where God took down your worry wall in a crazy way, like He brought down the walls of Jericho for the Israelites.

2. ISAIAH 55:8-9 "MY THOUGHTS ARE NOTHING LIKE YOUR THOUGHTS," SAYS THE LORD. "AND MY WAYS ARE FAR BEYOND ANYTHING YOU COULD IMAGINE. <sup>9</sup> FOR JUST AS THE HEAVENS ARE HIGHER THAN THE EARTH, SO MY WAYS ARE HIGHER THAN YOUR WAYS & MY THOUGHTS HIGHER THAN YOUR THOUGHTS."

- When I continually push against something that isn't moving what message could God be trying to get through to me? (pg. 98)

3. What three principles can help us when we have a worry wall we want God to send blazing guns to remove? Fill in the blanks using the page numbers provided.

- PRINCIPLE 1: I don't need to W\_\_\_\_\_ myself out by doing too M\_\_\_\_\_. Find this balance with the Holy Spirit's help: P\_\_\_\_\_ as if it all depends on God and W\_\_\_\_\_ as if it all depends on me.
- HEBREWS 11:30 "IT WAS BY FAITH THAT THE PEOPLE OF ISRAEL MARCHED AROUND JERICO FOR SEVEN DAYS, & THE WALLS CAME CRASHING DOWN."  
PRINCIPLE 2: I need to walk by F\_\_\_\_\_ by doing what God said to do not knowing the outcome. Choose to W\_\_\_\_\_ Jesus instead of worrying. (page 100-101)
- PSALM 46:10A "BE STILL, & KNOW THAT I AM GOD!"  
PRINCIPLE 3: Practice S\_\_\_\_\_ and active L\_\_\_\_\_ during your quiet time with Jesus. Practice the "7 MINUTES OF SILENCE TECHNIQUE": Next time you feel urge to pick up P\_\_\_\_\_ and call someone to complain or express your worries, grab your phone and set timer for 7 minutes. Then ignore your phone. Begin to P\_\_\_\_\_ about your situation to God and then just sit and listen to what He says to your heart. (page 103)

CHAPTER 11: IN CASE OF A MELTDOWN, PAGE 105

1. Define what a meltdown is. Use the author's definition on page 106, and the 3 meltdown P's on the middle of page 111.

2. JOSHUA 7:1-12 EXCERPTS "BUT ISRAEL VIOLATED THE INSTRUCTIONS ABOUT THE THINGS SET APART FOR THE LORD. A MAN NAMED ACHAN HAD STOLEN SOME OF THESE DEDICATED THINGS, SO THE LORD WAS VERY ANGRY WITH THE ISRAELITES. JOSHUA SENT SOME OF HIS MEN FROM JERICHO TO SPY OUT THE TOWN OF AI. WHEN THEY RETURNED, THEY TOLD JOSHUA, "THERE'S NO NEED FOR ALL OF US TO GO UP THERE; IT WON'T TAKE MORE THAN TWO OR THREE THOUSAND MEN TO ATTACK AI. SINCE THERE ARE SO FEW OF THEM, DON'T MAKE ALL OUR PEOPLE STRUGGLE TO GO UP THERE." SO APPROXIMATELY 3,000 WARRIORS WERE SENT, BUT THEY WERE SOUNDLY DEFEATED. THE MEN OF AI CHASED THE ISRAELITES FROM THE TOWN GATE AS FAR AS THE QUARRIES, & THEY KILLED ABOUT THIRTY-SIX WHO WERE RETREATING DOWN THE SLOPE. THE ISRAELITES WERE PARALYZED WITH FEAR AT THIS TURN OF EVENTS, & THEIR COURAGE MELTED AWAY. JOSHUA & THE ELDERS OF ISRAEL TORE THEIR CLOTHING IN DISMAY, THREW DUST ON THEIR HEADS, & BOWED FACE DOWN TO THE GROUND BEFORE THE ARK OF THE LORD UNTIL EVENING. THEN JOSHUA CRIED OUT, "OH, SOVEREIGN LORD, WHY DID YOU BRING US ACROSS THE JORDAN RIVER IF YOU ARE GOING TO LET THE AMORITES KILL US? IF ONLY WE HAD BEEN CONTENT TO STAY ON THE OTHER SIDE! LORD, WHAT CAN I SAY NOW THAT ISRAEL HAS FLED FROM ITS ENEMIES? FOR WHEN THE CANAANITES & ALL THE OTHER PEOPLE LIVING IN THE LAND HEAR ABOUT IT, THEY WILL SURROUND US & WIPE OUR NAME OFF THE FACE OF THE EARTH. AND THEN WHAT WILL HAPPEN TO THE HONOR OF YOUR GREAT NAME?" BUT THE LORD SAID TO JOSHUA, "GET UP! WHY ARE YOU LYING ON YOUR FACE LIKE THIS? ISRAEL HAS SINNED & BROKEN MY COVENANT! THEY HAVE STOLEN SOME OF THE THINGS THAT I COMMANDED MUST BE SET APART FOR ME. AND THEY HAVE NOT ONLY STOLEN THEM BUT HAVE LIED ABOUT IT & HIDDEN THE THINGS AMONG THEIR OWN BELONGINGS. THAT IS WHY THE ISRAELITES ARE RUNNING FROM THEIR ENEMIES IN DEFEAT. FOR NOW ISRAEL ITSELF HAS BEEN SET APART FOR DESTRUCTION. I WILL NOT REMAIN WITH YOU ANY LONGER UNLESS YOU DESTROY THE THINGS AMONG YOU THAT WERE SET APART FOR DESTRUCTION."

- What caused Joshua's **MELTDOWN**?

3. PSALM 40:1 "I WAITED PATIENTLY FOR THE LORD TO HELP ME, & HE TURNED TO ME & HEARD MY CRY."

When we realize we are having a **MELTDOWN**, what should we do? Fill in the blanks to find the answers.

- During a meltdown, invite G\_\_\_\_\_ into your bad moment and ask Him to lift you out of your pit of D\_\_\_\_\_.
- Allow a meltdown to remind you that you are trying to do things apart from God's L\_\_\_\_\_ and are attempting to do them in your own strength. This is called PRIDE: P\_\_\_\_\_ R\_\_\_\_\_ I DO E\_\_\_\_\_! OUCH!

4. PSALM 129:23-24 "SEARCH ME, O GOD, & KNOW MY HEART; TEST ME & KNOW MY ANXIOUS THOUGHTS. POINT OUT ANYTHING IN ME THAT OFFENDS YOU, & LEAD ME ALONG THE PATH OF EVERLASTING LIFE."

What can you do to **AVOID** a future **MELTDOWN**? Take your spiritual temperature on a regular basis by asking Jesus to help you to truthfully examine yourself. Fill in the blanks to remember the author's three steps on how to do this:

- STEP 1: GET UP from your meltdown, like God told Joshua to do, and take action by inviting God into E\_\_\_\_\_ area of your life, even the hidden closets you have kept shut from Him until now. Use the prayer on pages 114-115 to help you get started.
- STEP 2: Sit Q\_\_\_\_\_ with your notebook and W\_\_\_\_\_ for God to speak to your heart. Write down what you sense God is saying to you and remember that He never tells us to do something that doesn't line up with His Word. (Page 115).

- STEP 3: R\_\_\_\_\_ SPECIFICALLY of any sin that the Holy Spirit brings to your mind and heart, no matter how small you think it is. Avoid lumping all your sin together and asking forgiveness for anything you might have done during your day. God is a SPECIFIC God and wants you to admit to your SPECIFIC sin to Him. He already knows what it is. Use the prayer on pages 115-116 to help you get started.

5. Read the rest of Joshua 7 to see how this story ends.

MORE TOOLS TO "WIN OVER WORRY" THIS WEEK:

DAVID JEREMIAH DVD: FACING THE GIANT OF WORRY (find on youtube)

PLAYLIST: EVEN IF Gateway Worship

MILLION LITTLE MIRACLES Elevation Worship

MADE FOR THIS Group Music

GHOST Mercy Me