

WINNING THE WORRY BATTLE QUESTIONS

Chapters 12-13 to be completed by January 18 or January 22 Classes

CHAPTER 12: WHAT IF GOD DOESN'T GIVE ME WHAT I WANT? PAGE 117

1. JOSHUA 7:16-26 "EARLY THE NEXT MORNING JOSHUA BROUGHT THE TRIBES OF ISRAEL BEFORE THE LORD, & THE TRIBE OF JUDAH WAS SINGLED OUT. THEN THE CLANS OF JUDAH CAME FORWARD, & THE CLAN OF ZERAH WAS SINGLED OUT. THEN THE FAMILIES OF ZERAH CAME FORWARD, & THE FAMILY OF ZIMRI WAS SINGLED OUT. EVERY MEMBER OF ZIMRI'S FAMILY WAS BROUGHT FORWARD PERSON BY PERSON, & ACHAN WAS SINGLED OUT. THEN JOSHUA SAID TO ACHAN, "MY SON, GIVE GLORY TO THE LORD, THE GOD OF ISRAEL, BY TELLING THE TRUTH. MAKE YOUR CONFESSION & TELL ME WHAT YOU HAVE DONE. DON'T HIDE IT FROM ME." ACHAN REPLIED, "IT IS TRUE! I HAVE SINNED AGAINST THE LORD, THE GOD OF ISRAEL. AMONG THE PLUNDER I SAW A BEAUTIFUL ROBE FROM BABYLON, 200 SILVER COINS, & A BAR OF GOLD WEIGHING MORE THAN A POUND. I WANTED THEM SO MUCH THAT I TOOK THEM. THEY ARE HIDDEN IN THE GROUND BENEATH MY TENT, WITH THE SILVER BURIED DEEPER THAN THE REST." SO JOSHUA SENT SOME MEN TO MAKE A SEARCH. THEY RAN TO THE TENT & FOUND THE STOLEN GOODS HIDDEN THERE, JUST AS ACHAN HAD SAID, WITH THE SILVER BURIED BENEATH THE REST. THEY TOOK THE THINGS FROM THE TENT & BROUGHT THEM TO JOSHUA & ALL THE ISRAELITES. THEN THEY LAID THEM ON THE GROUND IN THE PRESENCE OF THE LORD. THEN JOSHUA & ALL THE ISRAELITES TOOK ACHAN, THE SILVER, THE ROBE, THE BAR OF GOLD, HIS SONS, DAUGHTERS, CATTLE, DONKEYS, SHEEP, GOATS, TENT, & EVERYTHING HE HAD, & THEY BROUGHT THEM TO THE VALLEY OF ACHOR. THEN JOSHUA SAID TO ACHAN, "WHY HAVE YOU BROUGHT TROUBLE ON US? THE LORD WILL NOW BRING TROUBLE ON YOU." AND ALL THE ISRAELITES STONED ACHAN & HIS FAMILY & BURNED THEIR BODIES. THEY PILED A GREAT HEAP OF STONES OVER ACHAN, WHICH REMAINS TO THIS DAY. THAT IS WHY THE PLACE HAS BEEN CALLED THE VALLEY OF TROUBLE EVER SINCE. SO THE LORD WAS NO LONGER ANGRY."

1. What was Achan's sin that had to be exhausting him mentally and causing him much worry to keep his disobedience to God a secret from everyone?

2. What was his consequence for not having come forward to confess his sin the previous day when God had given him the opportunity?

3. JOSHUA 7:4-5 "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."

- Your sin always affects those around you whether you like to admit to it or not. Who else besides Achan's family was affected by his sin?

4. PROVERBS 28:13 "PEOPLE WHO CONCEAL THEIR SINS WILL NOT PROSPER BUT IF THEY CONFESS & TURN FROM THEM THEY WILL RECEIVE MERCY."

JOHN 8:32 "AND YOU WILL KNOW THE TRUTH, & THE TRUTH WILL SET YOU FREE."

- What sin might you be trying to cover up that the Holy Spirit wants to free you from right now because it's creating a lot of guilt, shame, and anxiety, trying to keep it all a secret? Tell Jesus about it right here.

- JOSHUA 7:19 "THEN JOSHUA SAID TO ACHAN, 'MY SON, GIVE GLORY TO THE LORD, THE GOD OF ISRAEL, BY TELLING THE TRUTH. MAKE YOUR CONFESSION & TELL ME WHAT YOU HAVE DONE. DON'T HIDE IT FROM ME.' "

Follow Joshua's advice here and confess your sin to Jesus now. Repent and admit to Jesus that you know you are wrong and have been living in disobedience to Him and are ready now to do things His way.

- I JOHN 1:9 "ON THE OTHER HAND, IF WE ADMIT OUR SINS—SIMPLY COME CLEAN ABOUT THEM—HE WON'T LET US DOWN; HE'LL BE TRUE TO HIMSELF. HE'LL FORGIVE OUR SINS & PURGE US OF ALL WRONGDOING."

Our sin is never hidden to God. He already knows what you are hiding. When we admit and confess our disobedience to Him, what does He promise to do?

CHAPTER 13: ARE YOU A WORRIER OR A WARRIOR? PAGE 128

1. Are you a worrier or a warrior? List the different qualities below: Use pages 130, 134-135 to help you.

- How does a WORRIER fight?
- How does a WARRIOR fight?

2. JOSHUA 8:18-19, 24-25, 30a "THEN GOD SPOKE TO JOSHUA: 'STRETCH OUT THE JAVELIN IN YOUR HAND TOWARD AI—I'M GIVING IT TO YOU.' JOSHUA STRETCHED OUT THE JAVELIN IN HIS HAND TOWARD AI. AT THE SIGNAL THE MEN IN AMBUSH SPRANG TO THEIR FEET, RAN TO THE CITY, TOOK IT, & QUICKLY HAD IT UP IN FLAMES. WHEN IT WAS ALL OVER, ISRAEL HAD KILLED EVERYONE IN AI, WHETHER IN THE FIELDS OR IN THE WILDERNESS WHERE THEY HAD CHASED THEM. WHEN THE KILLING WAS COMPLETE, THE ISRAELITES RETURNED TO AI & COMPLETED THE DEVASTATION. THE DEATH TOLL THAT DAY CAME TO TWELVE THOUSAND MEN & WOMEN—EVERYONE IN AI. THEN JOSHUA BUILT AN ALTAR TO THE GOD OF ISRAEL ON MOUNT EBAL."

Joshua chose to be God's Warrior instead of sitting in his tent worrying about defeating Ai.

PRACTICE THE 4P DRILL to help you become a WARRIOR instead of a WORRIER:

A. Repeat God's P_____.

Read the promise below and tell how it encourages your heart today. Add a Bible verse promise of your own in the blank provided.

- ISAIAH 41:10 "DON'T BE AFRAID, FOR I AM WITH YOU. DON'T BE DISCOURAGED, FOR I AM YOUR GOD. I WILL STRENGTHEN YOU & HELP YOU. I WILL HOLD YOU UP WITH MY VICTORIOUS RIGHT HAND."
- How does this promise of God encourage your heart and keep you from giving up your fight against worry and anxiety?

- Share your favorite promise of God Bible verse here and tell why it encourages your heart and keeps you from giving up your fight against worry and anxiety.

PRACTICE THE 4P DRILL to help you become a WARRIOR instead of a WORRIER:

- Repeat God's Promises out loud daily.
- Give yourself the gift of the P_____.

MATTHEW 6:33-34 "SEEK THE KINGDOM OF GOD ABOVE ALL ELSE, & LIVE RIGHTEOUSLY, & HE WILL GIVE YOU EVERYTHING YOU NEED. SO DON'T WORRY ABOUT TOMORROW, FOR TOMORROW WILL BRING ITS OWN WORRIES. TODAY'S TROUBLE IS ENOUGH FOR TODAY."

- What happens when we don't live just for today but begin to bite off tomorrow's worries and the troubles of the future?

PRACTICE THE 4P DRILL to help you become a WARRIOR instead of a WORRIER:

- Repeat God's Promises out loud daily.
- Give yourself the gift of the present.
- P_____ by talking to God. Worry is talking to yourself.

PHILIPPIANS 4:6-8 "DON'T WORRY ABOUT ANYTHING; INSTEAD, PRAY ABOUT EVERYTHING. TELL GOD WHAT YOU NEED, & THANK HIM FOR ALL HE HAS DONE. THEN YOU WILL EXPERIENCE GOD'S PEACE, WHICH EXCEEDS ANYTHING WE CAN UNDERSTAND. HIS PEACE WILL GUARD YOUR HEARTS & MINDS AS YOU LIVE IN CHRIST JESUS. AND NOW, DEAR BROTHERS & SISTERS, ONE FINAL THING. FIX YOUR THOUGHTS ON WHAT IS TRUE, & HONORABLE, & RIGHT, & PURE, & LOVELY, & ADMIRABLE. THINK ABOUT THINGS THAT ARE EXCELLENT & WORTHY OF PRAISE."

- Why invite God into your conversation?

PRACTICE THE 4P DRILL to help you become a WARRIOR instead of a WORRIER:

- Repeat God's **PROMISES** out loud daily.
- Give yourself the gift of the **PRESENT**.
- PRAY** by talking to God. Worry is talking to yourself.
- P_____ by taking the focus off my own selfish needs and asking Jesus to show me who around me could use some encouragement or help.

I CORINTHIANS 15:58 "SO, MY DEAR BROTHERS & SISTERS, BE STRONG & IMMOVABLE. ALWAYS WORK ENTHUSIASTICALLY FOR THE LORD, FOR YOU KNOW THAT NOTHING YOU DO FOR THE LORD IS EVER USELESS."

- What things did the author suggest you could do to PROVIDE for someone you may be tempted to worry about (see page 137)? List other things that the Holy Spirit brings to your mind and heart.

- Which of the 4P's above, has Jesus specifically used to help ward off a day that could have been wasted away worrying about yourself and instead you found yourself HIS WARRIOR?

MORE TOOLS TO "WIN OVER WORRY" THIS WEEK:

STEVEN FURTICK DVD: HOLD THAT THOUGHT (Find on youtube)

PLAYLIST: GOD IS FOR ME Group Music

HAPPY DANCE Mercy Me

NOTHING ELSE Cody Carnes

BUILD MY LIFE Pat Barrett