

WINNING THE WORRY BATTLE QUESTIONS  
Chapters 14-15 to be completed by February 1 or February 5 Classes

CHAPTER 14: SECONDHAND WORRY, PAGE 138

1. Define what SECOND HAND WORRY is (from page 138). Add additional thoughts from page 140 about helicopters & bubble wrap worrying.
  
2. What two questions should we ask ourselves to ensure we are not taking on second hand worry regarding our children (from page 142)?
  
3. JOSHUA 9, EXCERPTS: "BUT WHEN THE PEOPLE OF GIBEON HEARD WHAT JOSHUA HAD DONE TO JERICHO & AI, THEY RESORTED TO DECEPTION TO SAVE THEMSELVES. THEY SENT AMBASSADORS TO JOSHUA, LOADING THEIR DONKEYS WITH WEATHERED SADDLEBAGS & OLD, PATCHED WINESKINS. THEY PUT ON WORN-OUT, PATCHED SANDALS & RAGGED CLOTHES. AND THE BREAD THEY TOOK WITH THEM WAS DRY & MOLDY. WHEN THEY ARRIVED AT THE CAMP OF ISRAEL AT GILGAL, THEY TOLD JOSHUA & THE MEN OF ISRAEL, 'WE HAVE COME FROM A DISTANT LAND TO ASK YOU TO MAKE A PEACE TREATY WITH US. THIS BREAD WAS HOT FROM THE OVENS WHEN WE LEFT OUR HOMES. BUT NOW, AS YOU CAN SEE, IT IS DRY & MOLDY. THESE WINESKINS WERE NEW WHEN WE FILLED THEM, BUT NOW THEY ARE OLD & SPLIT OPEN. AND OUR CLOTHING & SANDALS ARE WORN OUT FROM OUR VERY LONG JOURNEY.' "SO THE ISRAELITES EXAMINED THEIR FOOD, BUT THEY DID NOT CONSULT THE LORD. THEN JOSHUA MADE A PEACE TREATY WITH THEM & GUARANTEED THEIR SAFETY, & THE LEADERS OF THE COMMUNITY RATIFIED THEIR AGREEMENT WITH A BINDING OATH. JOSHUA CALLED TOGETHER THE GIBEONITES & SAID, 'WHY DID YOU LIE TO US? WHY DID YOU SAY THAT YOU LIVE IN A DISTANT LAND WHEN YOU LIVE RIGHT HERE AMONG US? MAY YOU BE CURSED! FROM NOW ON YOU WILL ALWAYS BE SERVANTS WHO CUT WOOD & CARRY WATER FOR THE HOUSE OF MY GOD.' SO JOSHUA DID NOT ALLOW THE PEOPLE OF ISRAEL TO KILL THEM. BUT THAT DAY HE MADE THE GIBEONITES THE WOODCUTTERS & WATER CARRIERS FOR THE COMMUNITY OF ISRAEL & FOR THE ALTAR OF THE LORD—WHEREVER THE LORD WOULD CHOOSE TO BUILD IT. AND THAT IS WHAT THEY DO TO THIS DAY."
  - How did Joshua take on second hand worry regarding the deceitful Gibeonites?
  
  - How did this affect the Israelites?
  
4. Avoid second hand worry by using the "SORT IT OUT" TOOL. Fill in the blanks to find the answers.
  - A. L\_\_\_\_\_ STATUS: Am I legally responsible for this person?
  - B. I \_\_\_\_\_: Is this person asking for support in an improving situation or rescue from a self inflicted and declining situation?
  - C. T\_\_\_\_\_ R\_\_\_\_\_: Does this person have a track record of asking others for help or of irresponsible decisions?
  - D. E\_\_\_\_\_. Will my assistance reinforce this person's self-reliance or make this person more dependent in the future?
  
5. How did this tool help you as you try to help others who are hurting?

6. Avoid second hand worry by using the "GO" BEHAVIORS on page 148. List them here.

7. Avoid second hand worry by using the "NO-GO" BEHAVIORS on page 148. List them here.

8. JAMES 1:5 "IF YOU WANT TO KNOW WHAT GOD WANTS YOU TO DO, ASK HIM, & HE WILL GLADLY TELL YOU, FOR HE IS ALWAYS READY TO GIVE A BOUNTIFUL SUPPLY OF WISDOM TO ALL WHO ASK HIM; HE WILL NOT RESENT IT."

- Who can help us to distinguish between helping and hurting someone we love deeply who is hurting badly, if we only ask?
- Spend some time putting this verse into practice regarding the person you are concerned about. Write down what you hear Jesus telling you in His still small voice.

## CHAPTER 15: DOES YOUR HURRY CAUSE WORRY? PAGE 149

1. Tell about a time when your hurrying and scurrying about caused much worry.

2. Reread these verses from page 152 and answer the questions.

- ECCLESIASTES 3:11 "YET GOD HAS MADE EVERYTHING BEAUTIFUL FOR ITS OWN TIME. HE HAS PLANTED ETERNITY IN THE HUMAN HEART, BUT EVEN SO, PEOPLE CANNOT SEE THE WHOLE SCOPE OF GOD'S WORK FROM BEGINNING TO END."

What does it mean that God exists outside of time?

- PSALM 37:7 "BE STILL IN THE PRESENCE OF THE LORD, & WAIT PATIENTLY FOR HIM TO ACT. DON'T WORRY ABOUT EVIL PEOPLE WHO PROSPER OR FRET ABOUT THEIR WICKED SCHEMES."

What do these verses teach us about our time?

3. JOSHUA 10:7-14 "SO JOSHUA & HIS ENTIRE ARMY, INCLUDING HIS BEST WARRIORS, LEFT GILGAL & SET OUT FOR GIBEON. "DO NOT BE AFRAID OF THEM," THE LORD SAID TO JOSHUA, "FOR I HAVE GIVEN YOU VICTORY OVER THEM. NOT A SINGLE ONE OF THEM WILL BE ABLE TO STAND UP TO YOU." JOSHUA TRAVELED ALL NIGHT FROM GILGAL & TOOK THE AMORITE ARMIES BY SURPRISE. THE LORD THREW THEM INTO A PANIC, & THE ISRAELITES SLAUGHTERED GREAT NUMBERS OF THEM AT GIBEON. THEN THE ISRAELITES CHASED THE ENEMY ALONG THE ROAD TO BETH-HORON, KILLING THEM ALL ALONG THE WAY TO AZEKAH & MAKKEDAH. AS THE AMORITES RETREATED DOWN THE ROAD FROM BETH-HORON, THE LORD DESTROYED THEM WITH A TERRIBLE HAILSTORM FROM HEAVEN THAT CONTINUED UNTIL THEY REACHED AZEKAH. THE HAIL KILLED MORE OF THE ENEMY THAN THE ISRAELITES KILLED WITH THE SWORD. ON THE

DAY THE LORD GAVE THE ISRAELITES VICTORY OVER THE AMORITES, JOSHUA PRAYED TO THE LORD IN FRONT OF ALL THE PEOPLE OF ISRAEL. HE SAID, "LET THE SUN STAND STILL OVER GIBEON, & THE MOON OVER THE VALLEY OF AIJALON." SO THE SUN STOOD STILL & THE MOON STAYED IN PLACE UNTIL THE NATION OF ISRAEL HAD DEFEATED ITS ENEMIES. IS THIS EVENT NOT RECORDED IN *THE BOOK OF JASHAR*? THE SUN STAYED IN THE MIDDLE OF THE SKY, & IT DID NOT SET AS ON A NORMAL DAY. THERE HAS NEVER BEEN A DAY LIKE THIS ONE BEFORE OR SINCE, WHEN THE LORD ANSWERED SUCH A PRAYER. SURELY THE LORD FOUGHT FOR ISRAEL THAT DAY! THEN JOSHUA & THE ISRAELITE ARMY RETURNED TO THEIR CAMP AT GILGAL."

- What did Joshua ask the Lord to do and the Lord answered yes?

4. MATT. 19:26 "HUMANLY SPEAKING, IT IS IMPOSSIBLE. BUT WITH GOD EVERYTHING IS POSSIBLE."

- What life lesson from this story listed on the top of page 154 meant the most to you and why?

5. How can you ruthlessly eliminate hurry from your life? Give the author's tips from pages 156-157.

6. What 4 questions (on page 158) does the author ask herself to help her to identify time stealers in her day?

- C\_\_\_\_\_ What is my role at home and work in this season of my life?
- C\_\_\_\_\_ What are the things that only I can do at home or in my job?
- C\_\_\_\_\_ What are the unique gifts and talents that I want or need to use in this season of my life?
- C\_\_\_\_\_ Which relationships is God calling me to prioritize?

7. "A hurry free life goes a long way toward a worry free life." Do you agree or disagree? Share with your small group.

### MORE TOOLS TO "WIN OVER WORRY" THIS WEEK:

TONY EVANS DVD: GOD MEETS YOUR EMOTIONAL NEEDS (Find on youtube)

PLAYLIST: EVERY MOVE I MAKE Shout Kids Praise

CHRIST BE MAGNIFIED Cody Carnes

WAIT ON YOU Elevation Worship

LIVING HOPE Phil Wickham