

WINNING THE WORRY BATTLE QUESTIONS
Chapter 16 to be completed by February 15 or February 19 Classes

CHAPTER 16: HOW TO SLAY ALL DAY, PAGE 159

1. Which of these energy drainers has the potential to cause you to worry? Circle all that affect you. Add others in the blank provided.
- Unhealed hurts from past or present active relational conflict death of family member grief
unmanaged mental emotional or physical pain unresolved spiritual questions or conflict with God addiction having
a new baby job promotion launching a new business building a home
- Others not listed: _____

2. JOSHUA 10:16-18, 20a, 22, 24-26a "DURING THE BATTLE THE FIVE KINGS ESCAPED & HID IN A CAVE AT MAKKEDAH. WHEN JOSHUA HEARD THAT THEY HAD BEEN FOUND, HE ISSUED THIS COMMAND: 'COVER THE OPENING OF THE CAVE WITH LARGE ROCKS, & PLACE GUARDS AT THE ENTRANCE TO KEEP THE KINGS INSIDE.' SO JOSHUA & THE ISRAELITE ARMY CONTINUED THE SLAUGHTER & COMPLETELY CRUSHED THE ENEMY. THEN JOSHUA SAID, 'REMOVE THE ROCKS COVERING THE OPENING OF THE CAVE & BRING THE FIVE KINGS TO ME.' WHEN THEY BROUGHT THEM OUT, JOSHUA TOLD THE COMMANDERS OF HIS ARMY, 'COME & PUT YOUR FEET ON THE KING'S NECKS.' AND THEY DID AS THEY WERE TOLD. DON'T EVER BE AFRAID OR DISCOURAGED', JOSHUA TOLD HIS MEN. 'BE STRONG & COURAGEOUS, FOR THE LORD IS GOING TO DO THIS TO ALL OF YOUR ENEMIES.' THEN JOSHUA KILLED EACH OF THE FIVE KINGS."

- How did Joshua and his men stay recharged as they fought for a 24 hour day straight?

2 SAMUEL 22:40 "YOU HAVE ARMED ME WITH STRENGTH FOR THE BATTLE; YOU HAVE SUBDUED MY ENEMIES UNDER MY FEET."

- What could it mean for your life if you no longer allowed yourself to experience the hardship or heartache associated with your past baggage by snapping the neck of its power over you and cutting off its ability to generate worry in your life?

3. ROMANS 12:2 "DON'T COPY THE BEHAVIOR & CUSTOMS OF THIS WORLD BUT LET GOD TRANSFORM YOU INTO A NEW PERSON BY CHANGING THE WAY YOU THINK. THEN YOU WILL LEARN TO KNOW GOD'S WILL FOR YOU WHICH IS GOOD & PLEASING & PERFECT."

- What is essential in helping you to keep on fighting your long term worry battle?

- We have learned so many new tools since chapter 1, for squashing our eight legged worries. Read them below and tell which ones are becoming a new habit for you and are giving you some victory over your worry?

WINNING OVER WORRY TOOLS FOR ANSWERING QUESTION ABOVE

CHAPTER 1 "WINNING OVER WORRY TOOLS":

Rub a worry stone or square of soft fabric between your fingers and say God's truth out loud: "I don't have to worry; God will help me." Jesus you are with me in this situation right now, whether real or imagined." You are more powerful than my problem. Give me your peace from head to toe."

Say JOHN 14:27 OUT LOUD: " I AM LEAVING YOU WITH A GIFT – PEACE OF MIND & HEART. AND THE PEACE I GIVE IS A GIFT THE WORLD CANNOT GIVE. SO DON'T BE TROUBLED OR AFRAID."

CHAPTER 2 "WINNING OVER WORRY TOOLS":

Use the CALM TECHNIQUE: STEP 1: Count to five by inhaling on the numbers and exhaling the phrase "God is here and He will take care of me." STEP 2: Acknowledge God's presence by saying, "God I know that you are here with me right now." STEP 3: List SPECIFICALLY how you need God's help. STEP 4: Meditate and repeat the following: God is here and He will take care of me in this situation."

SAY JOSHUA 1:9 OUT LOUD "THIS IS MY COMMAND—BE STRONG AND COURAGEOUS! DO NOT BE AFRAID OR DISCOURAGED. FOR THE LORD YOUR GOD IS WITH YOU WHEREVER YOU GO."

CHAPTER 3 "WINNING OVER WORRY TOOLS":

Select one of these Bible verses from page 29-30 and read it out loud several times a day this week. Write in a journal how you experienced God's Word making a difference in how worried or fearful you were on a given day.

- ISAIAH 35:4 SAY TO THOSE WITH FEARFUL HEARTS, "BE STRONG, AND DO NOT FEAR, FOR YOUR GOD IS COMING TO DESTROY YOUR ENEMIES. HE IS COMING TO SAVE YOU."
- 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 AND HELP YOU. I WILL HOLD YOU UP WITH MY VICTORIOUS RIGHT HAND."
- MATTHEW 14:27 "BUT JESUS SPOKE TO THEM AT ONCE. 'DON'T BE AFRAID,' HE SAID. 'TAKE COURAGE. I AM HERE!' "

Picture Jesus sitting next to you now, holding your hand as you struggle through your latest fearful worrisome thought and circumstance in life. Tell Jesus out loud that you know nothing will ever keep Him from loving you regardless of what you might have done in the past.

SAY ROMANS 8:38 OUT LOUD: "AND I AM CONVINCED THAT NOTHING CAN EVER SEPARATE US FROM GOD'S LOVE. NEITHER DEATH NOR LIFE NEITHER ANGELS NOR DEMONS NEITHER OUR FEARS FOR TODAY NOR OUR WORRIES ABOUT TOMORROW NOT EVEN THE POWERS OF HELL CAN SEPARATE US FROM GOD'S LOVE."

CHAPTER 4 "WINNING OVER WORRY TOOLS":

Rebuild your mental thought train by using the "GOD MORNING/GOD NIGHT TECHNIQUE: Read Bible verses from page 40 every morning and every evening. Share how God's Word helped more of your worry box cars to disappear.

SAY JOSHUA 1:8 OUT LOUD: "STUDY THIS BOOK OF INSTRUCTION CONTINUALLY. MEDITATE ON IT DAY & NIGHT SO YOU WILL BE SURE TO OBEY EVERYTHING WRITTEN IN IT. ONLY THEN WILL YOU PROSPER & SUCCEED IN ALL YOU DO."

CHAPTER 5 "WINNING OVER WORRY TOOLS":

Enact my three fighting friends of PEACE, COURAGE, AND SPIRITUAL STRENGTH by letting God's power lead me.

USE THE 1 + 1 TECHNIQUE: For every ONE WORRY= SAY ONE PRAYER

SAY EPHESIANS 1:19-20 OUT LOUD: "I ALSO PRAY THAT YOU WILL UNDERSTAND THE INCREDIBLE

GREATNESS OF GOD'S POWER FOR US WHO BELIEVE HIM. THIS IS THE SAME MIGHTY POWER THAT RAISED CHRIST FROM THE DEAD & SEATED HIM IN THE PLACE OF HONOR AT GOD'S RIGHT HAND IN THE HEAVENLY REALMS."

CHAPTER 6 "WINNING OVER WORRY TOOLS":

Reprogram your mind by choosing to intentionally focus on Jesus. Reprogram the Google in your mind to always come up with a thought about Jesus and His goodness to you. Remember God's past victories to you, His goodness, His faithfulness to you & His promises kept to you-- remember on purpose by recording in a journal, scrapbook, on stones, etc...
SAY PHILIPPIANS 4:8-9 OUT LOUD: "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. KEEP PUTTING INTO PRACTICE ALL YOU LEARNED & RECEIVED FROM ME—EVERYTHING YOU HEARD FROM ME & SAW ME DOING. THEN THE GOD OF PEACE WILL BE WITH YOU."

CHAPTER 7 "WINNING OVER WORRY TOOLS":

Tear down your worry walls by remembering God knows everything about our current situation when we don't. Keep asking God to help you and continue to wait for Him to work on your behalf. Hang tight to Jesus and refuse to take matters into your own hands. Wear a bracelet or red piece of string to remind you when worried that you are choosing instead to hang onto Jesus right now and wait on Him to get you through this worrisome situation, like Rahab did.
SAY ISAIAH 40:31 OUT LOUD: "BUT THEY WHO WAIT FOR THE LORD SHALL RENEW THEIR STRENGTH; THEY SHALL MOUNT UP WITH WINGS LIKE EAGLES; THEY SHALL RUN & NOT BE WEARY; THEY SHALL WALK & NOT FAINT."

CHAPTER 8 "WINNING OVER WORRY TOOLS":

Take the HEART CIRCUMCISION CHALLENGE on page 83.

- Write each of your fears, worries, secret rules, & wrong attitudes on a slip of paper.
- Tell God about each of them. If you need words for your prayer, use the author's prayer on the bottom of page 83.
- After you pray, rip up the slips of paper and put the pieces into a fireproof bowl and burn them.
- Journal about your experience or take a few photos to mark the moment, so when the devil wants to use your past against you, you can tell him to get away in the name of Jesus and His shed blood because you have dealt with your sin and allowed Jesus to circumcise your heart.

SAY ROMANS 2:29B OUT LOUD: "A PERSON WITH A CHANGED HEART SEEKS PRAISE FROM GOD, NOT FROM PEOPLE."

CHAPTER 9 "WINNING OVER WORRY TOOLS":

JOSHUA 3:14B AT THIS, JOSHUA FELL WITH HIS FACE TO THE GROUND IN REVERENCE. "I AM AT YOUR COMMAND," JOSHUA SAID. "WHAT DO YOU WANT YOUR SERVANT TO DO?"

Surrender myself to "GOD, IF" instead of "WHAT IF". Let God fight my latest battle for me by surrendering control of my life over to Him and obeying what His Word says to do.

SAY ZECHARIAH 4:6b OUT LOUD: "NOT BY MIGHT, NOR BY POWER, BUT BY MY SPIRIT, SAYS THE LORD ALMIGHTY—YOU WILL SUCCEED BECAUSE OF MY SPIRIT, THOUGH YOU ARE FEW & WEAK."

CHAPTER 10 "WINNING OVER WORRY TOOLS":

Practice the "7 MINUTES OF SILENCE TECHNIQUE": Next time you feel urge to pick up phone and call someone to complain or express your worries, grab your phone and set timer for 7 minutes. Then ignore your phone. Begin to pray about your situation to God and then just sit and listen to what He says to your heart. (page 103)

SAY PSALM 46:10a OUT LOUD: "BE STILL, & KNOW THAT I AM GOD!"

CHAPTER 11 "WINNING OVER WORRY TOOLS":

Avoid a future meltdown by taking your spiritual temperature on a regular basis.

- **STEP 1:** Invite God into every 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 quietly with your notebook and wait 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:** Repent 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.

SAY PSALM 129:23-24 OUT LOUD: "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."

CHAPTER 12 "WINNING OVER WORRY TOOLS":

Admit and confess the sin you are trying to cover up that the Holy Spirit wants to free you from because its creating a lot of guilt, shame, and anxiety, trying to keep it all a secret. Tell Jesus about it right here. He already knows what you are hiding.

SAY I JOHN 1:9 OUT LOUD: "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 AND PURGE US OF ALL WRONGDOING."

CHAPTER 13 "WINNING OVER WORRY TOOLS":

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

Repeat God's **PROMISES** out loud. Give yourself the gift of the **PRESENT** by shifting my thinking from the future worries to the present. God will take care of my future and is right her with me now. **PRAY** by talking to God. Worry is talking to yourself. Invite God into your conversation so you don't go on and on about things that spark worry. **PROVIDE ENCOURAGEMENT** or help to those around me in need. This will take the focus off my own selfish needs and help meet the need of someone Jesus lays on my heart to help.

SAY PROVERBS 21:31 OUT LOUD: "THE HORSE IS PREPARED FOR THE DAY OF BATTLE, BUT VICTORY BELONGS TO THE LORD."

CHAPTER 14 "WINNING OVER WORRY TOOLS":

Avoid second hand worry by using the "SORT IT OUT" TOOL:

- Am I **LEGALLY** responsible for this person?
- Is this person asking for support in an **IMPROVING** situation or rescue from a self inflicted and declining situation?
- Does this person have a **TRACK RECORD** of asking others for help or of irresponsible decisions?
- Will my assistance reinforce this person's self-reliance or make this person more dependent in the future so they continue on in their poor choices because I **ENABLED** them?
- Avoid second hand worry by using the "GO" BEHAVIORS on page 148, that express concern: Listening during a phone call. Providing a meal. Praying and fasting for the person. Listening without giving advice. Sending a card.

Saying no to requests for a bailout.

- Avoid second hand worry by using the "NO-GO" BEHAVIORS on page 148, that keep us from worrying about our loved one. Do not stay up all night crying and fretting. Don't get angry. Don't give money that you don't have. Don't give money if the person is a poor money manager. Don't launch into long lectures. When it comes to our loved ones it is hard to distinguish between helping and hurting... But Jesus can help you to do this.

SAY JAMES 1:5 OUT LOUD "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."

CHAPTER 15 "WINNING OVER WORRY TOOLS":

Ruthlessly eliminate hurry from your life! It's impossible to fight your battle with worry when you are hurried and not filled with the Holy Spirit. God can do the impossible with the time He has given to you.

SAY MATTHEW 19:26 OUT LOUD: "HUMANLY SPEAKING, IT IS IMPOSSIBLE. BUT WITH GOD EVERYTHING IS POSSIBLE."

MORE TOOLS TO "WIN OVER WORRY" THIS WEEK:

ANDY STANLEY DVD: YOU'RE NOT THE BOSS OF ME, PART 5 FEAR (Find on youtube)

PLAYLIST: FROM THE INSIDE OUT Hillsong United

MY PRAYER FOR YOU Alisa Turner

THE ANSWER Jeremy Camp

GOOD DAY Natalie Grant