

WINNING THE WORRY BATTLE QUESTIONS
Chapters 17-18 to be completed by March 1 or March 5 Classes

CHAPTER 17: SECRET WEAPON, PAGE 169

1. MATTHEW 5:6 "YOU'RE BLESSED WHEN YOU'VE WORKED UP A GOOD APPETITE FOR GOD. HE'S FOOD & DRINK IN THE BEST MEAL YOU'LL EVER EAT."

- What is the secret weapon the author uses for her worries that won't budge?

- Read page 171 and tell what you learned about fasting.

2. MATTHEW 4:1-11 "THEN JESUS WAS LED BY THE SPIRIT INTO THE WILDERNESS TO BE TEMPTED THERE BY THE DEVIL. FOR FORTY DAYS & FORTY NIGHTS HE FASTED & BECAME VERY HUNGRY. DURING THAT TIME THE DEVIL CAME & SAID TO HIM, "IF YOU ARE THE SON OF GOD, TELL THESE STONES TO BECOME LOAVES OF BREAD." BUT JESUS TOLD HIM, "NO! THE SCRIPTURES SAY, 'PEOPLE DO NOT LIVE BY BREAD ALONE, BUT BY EVERY WORD THAT COMES FROM THE MOUTH OF GOD.' " THEN THE DEVIL TOOK HIM TO THE HOLY CITY, JERUSALEM, TO THE HIGHEST POINT OF THE TEMPLE, & SAID, "IF YOU ARE THE SON OF GOD, JUMP OFF! FOR THE SCRIPTURES SAY, 'HE WILL ORDER HIS ANGELS TO PROTECT YOU. AND THEY WILL HOLD YOU UP WITH THEIR HANDS SO YOU WON'T EVEN HURT YOUR FOOT ON A STONE.' " JESUS RESPONDED, "THE SCRIPTURES ALSO SAY, 'YOU MUST NOT TEST THE LORD YOUR GOD.' " NEXT THE DEVIL TOOK HIM TO THE PEAK OF A VERY HIGH MOUNTAIN & SHOWED HIM ALL THE KINGDOMS OF THE WORLD & THEIR GLORY. "I WILL GIVE IT ALL TO YOU," HE SAID, "IF YOU WILL KNEEL DOWN & WORSHIP ME." "GET OUT OF HERE, SATAN," JESUS TOLD HIM. "FOR THE SCRIPTURES SAY, 'YOU MUST WORSHIP THE LORD YOUR GOD & SERVE ONLY HIM.'" THEN THE DEVIL WENT AWAY, & ANGELS CAME & TOOK CARE OF JESUS."

- Why did Jesus fast before His wilderness experience and His face off with Satan?

- What came to Jesus' mind as He fasted to win over Satan's temptations?

3. Read Abraham Lincoln's quote on page 175, when he proclaimed April 30 as National Fast Day. Write phrases from his quote that remind you of the day we live in.

4. MATTHEW 6:16-18 "AND WHEN YOU FAST, DON'T MAKE IT OBVIOUS, AS THE HYPOCRITES DO, FOR THEY TRY TO LOOK MISERABLE & DISHEVELED SO PEOPLE WILL ADMIRE THEM FOR THEIR FASTING. I TELL YOU THE TRUTH, THAT IS THE ONLY REWARD THEY WILL EVER GET. BUT WHEN YOU FAST, COMB YOUR HAIR & WASH YOUR FACE. THEN NO ONE WILL NOTICE THAT YOU ARE FASTING, EXCEPT YOUR FATHER, WHO KNOWS WHAT YOU DO IN PRIVATE. AND YOUR FATHER, WHO SEES EVERYTHING, WILL REWARD YOU."

- What warning does Jesus give regarding fasting?

5. What are the benefits to fasting that the author shares from her own personal experience?

6. Follow steps 1-4 on pages 178-180 and plan a short time to fast. Write below what you feel Jesus spoke to your heart about as you fasted & prayed before Him.

CHAPTER 18: FOUR WAYS TO RUIN A GOOD FIGHT, PAGE 181

1. JOSHUA 13:1, 6B "WHEN JOSHUA WAS AN OLD MAN, THE LORD SAID TO HIM, "YOU ARE GROWING OLD, & MUCH LAND REMAINS TO BE CONQUERED. "I MYSELF WILL DRIVE THESE PEOPLE OUT OF THE LAND AHEAD OF THE ISRAELITES. SO BE SURE TO GIVE THIS LAND TO ISRAEL AS A SPECIAL POSSESSION, JUST AS I HAVE COMMANDED YOU."

- The Israelites had experienced some victory over the land of Canaan but had not finished the task completely that God had asked them to do. What lesson can we learn from this about our quest to be worry free every day?

2. List 4 WORRY DRIVERS from page 186, that will always steer us right back to worrying if we are not careful.

- Which one of these WORRY DRIVERS is active in your life right now or one you must guard your heart against? For help, retake the self examination exercise again on pages 83-84.

3. JOHN 16:33 "I HAVE TOLD YOU ALL THIS SO THAT YOU MAY HAVE PEACE IN ME. HERE ON EARTH YOU WILL HAVE MANY TRIALS & SORROWS. BUT TAKE HEART, BECAUSE I HAVE OVERCOME THE WORLD."

- Read the author's definition of being an OVERCOMER on page 187. What makes you an OVERCOMER of your most recent battle with worry?

- Begin each day as JESUS' OVERCOMER by PRAYING this Bible verse every morning out loud:
ROMANS 8:37 "YET IN ALL THESE THINGS WE ARE MORE THAN CONQUERORS & GAIN AN OVERWHELMING VICTORY THROUGH HIM WHO LOVED US [SO MUCH THAT HE DIED FOR US]."
"Jesus, since you already overcame sin, death and self, Jesus, I am choosing to live today as more than a conqueror in You! Thank you for Your power to have victory over any worry or anxious thought or circumstance I might have today."

- If you made the choice to pray this Bible verse out loud every morning this past week, share with your small group how this helped ward off worry and anxious thoughts in your day.

MORE TOOLS TO "WIN OVER WORRY" THIS WEEK:

TONY EVANS DVD: THE IMPORTANCE OF FASTING (Find on youtube)

PLAYLIST: EYE OF THE STORM Ryan Stevenson

RIGHT ON TIME Aaron Cole & Toby Mac

PRAISE YOU IN THIS STORM Casting Crowns

DO IT AGAIN Elevation Worship