

WINNING THE WORRY BATTLE QUESTIONS  
Chapters 1-2 to be completed by October 19 or October 23 Classes

CHAPTER 1: WHAT KIND OF WORRIER ARE YOU? PAGE 1

1. Worry is defined "to torment one's self with or suffer from disturbing thoughts". Circle your current worry level:  
A. No worries.    B. Just a few.    C. More than a few    D. Mind is racing    E. Overwhelmed with a lot of worries.
  
2. JEREMIAH 17:9 "THE HUMAN HEART IS THE MOST DECEITFUL OF ALL THINGS, & DESPERATELY WICKED. WHO REALLY KNOWS HOW BAD IT IS?"
  - Review the chart on page 6. List all of the ways listed that you personally struggle. Ask the Holy Spirit to help you to see the truth about yourself so He has free reign in your heart to work this year.
  
  - Review the chart on page 8. Which "worry-free" dream is one you would like to see happen in your life this year?

What recent worried, fearful event would you have loved to see have this potential ending?

3. PHILIPPIANS 4:6-8 " <sup>6</sup> DON'T WORRY ABOUT ANYTHING; INSTEAD, PRAY ABOUT EVERYTHING. TELL GOD WHAT YOU NEED, & THANK HIM FOR ALL HE HAS DONE. <sup>7</sup> 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. <sup>8</sup> 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."

What is the secret sauce to live every day in calming peacefulness instead of chaotic panic attacks and fearfulness? Fill in the blanks to find the answer.

- A. Verse 6: P \_\_\_\_\_ about everything. Tell God what you need and T \_\_\_\_\_ Him for all He has done.
  
- B. Verse 8: F \_\_\_\_\_ your thoughts on what is true, and honorable, and R \_\_\_\_\_ and pure and L \_\_\_\_\_ and admirable, and excellent, and worthy of P \_\_\_\_\_. In other words, choose to take your thoughts off of your worrisome situation and intentionally focus your thoughts on Jesus.
  
- C. List some ways that you could choose to flip your focus on Jesus, like this, in a fearful anxious moment.

4. Write the author's final thought for this chapter from the bottom of page 9. Now say it out loud!

CHAPTER 2: CLIFFHANGERS, PAGE 10

1. Uncertainty is the situations in our lives where the ending has a question mark.
  - What do the initials WWHME stand for?

- What tactics do we use to try to remove the question marks from our lives?

2. PSALM 35:17-18 "HOW LONG, O LORD, WILL YOU LOOK ON & DO NOTHING? RESCUE ME FROM THEIR FIERCE ATTACKS. PROTECT MY LIFE FROM THESE LIONS! THEN I WILL THANK YOU IN FRONT OF THE GREAT ASSEMBLY. I WILL PRAISE YOU BEFORE ALL THE PEOPLE."

- What cliffhanger questions might be lingering in your mind and heart right now, like King David in these verses and like the young Israelite mother on page 16?

3. God has no cliffhangers. Since we can only see our situation from our perspective, it's good to acknowledge these two eye opening moments Eve had regarding her cliffhanger moments, that helped her see her situation from God's perspective. Fill in the blanks from page 19:

A. I can't K\_\_\_\_\_ everything that G\_\_\_\_\_ knows.

B. I don't want to be R\_\_\_\_\_ for knowing E\_\_\_\_\_ that God knows.

4. DEUTERONOMY 29:29 "THE LORD OUR GOD HAS SECRETS KNOWN TO NO ONE. WE ARE NOT ACCOUNTABLE FOR THEM BUT WE & OUR CHILDREN ARE ACCOUNTABLE FOREVER FOR ALL THAT HE HAS REVEALED TO US SO THAT WE MAY OBEY ALL THE TERMS OF THESE INSTRUCTIONS."

What has Jesus promised us in all of our uncertainties?

5. Fill in the blanks using the CALM TECHNIQUE:

STEP 1: Count to F\_\_\_\_\_ by inhaling on each number and exhaling the phrase "God will take care of me, right now."

STEP 2: Acknowledge God's P\_\_\_\_\_ by saying, "God I know that you are here with me right now."

STEP 3: List where you need God's H\_\_\_\_\_ out loud.

STEP 4: Meditate and R\_\_\_\_\_ the following: "God is here and He will take care of me/this."

6. How did this "CALM TECHNIQUE TOOL" help you to combat an anxious moment this week?