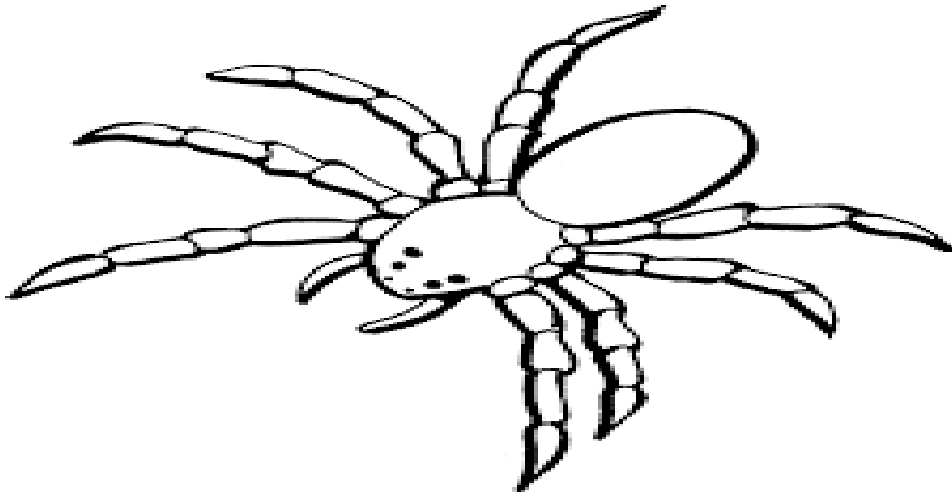


WINNING THE WORRY BATTLE QUESTIONS
Chapters 3-4 to be completed by November 2 or November 6 Classes

CHAPTER 3: EIGHT- LEGGED WORRY, PAGE 21

1. Write one of your fears inside the spider's body (on the next page). On each leg write some of the "what if" questions that come up every time you think about this WORRY.



2. What reasons might Joshua have had to be asking his own set of "what if" questions?

3. JOSHUA 1:6-9 ⁶ "BE STRONG & COURAGEOUS, FOR YOU ARE THE ONE WHO WILL LEAD THESE PEOPLE TO POSSESS ALL THE LAND I SWORE TO THEIR ANCESTORS I WOULD GIVE THEM. ⁷ BE STRONG & VERY COURAGEOUS. BE CAREFUL TO OBEY ALL THE INSTRUCTIONS MOSES GAVE YOU. DO NOT DEVIATE FROM THEM, TURNING EITHER TO THE RIGHT OR TO THE LEFT. THEN YOU WILL BE SUCCESSFUL IN EVERYTHING YOU DO. ⁸ 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. ⁹ THIS IS MY COMMAND—BE STRONG & COURAGEOUS! DO NOT BE AFRAID OR DISCOURAGED. FOR THE LORD YOUR GOD IS WITH YOU WHEREVER YOU GO."

A. How many times (in these verses) does God have to remind Joshua not to be afraid but choose to be strong and courageous instead?

B. What did God say would give Joshua the victory over his fear and worries? Fill in the blanks from the Bible verses above.

- Verse 7: Be careful to O_____ all the instructions Moses gave you. Do not D_____ from them one tiny little bit.
- Verse 8: S_____ this book of instruction C_____. M_____ on it day and night. O_____ everything written in it.

- Verse 9: This is my C_____ (not a suggestion). The L_____ your God is with you wherever you go.
- What ONE CHOICE can you make today to begin putting one of these things into practice?

4. Which **ONE** of the three Bible verses listed on bottom of page 29 and top of page 30 spoke most to you & why?

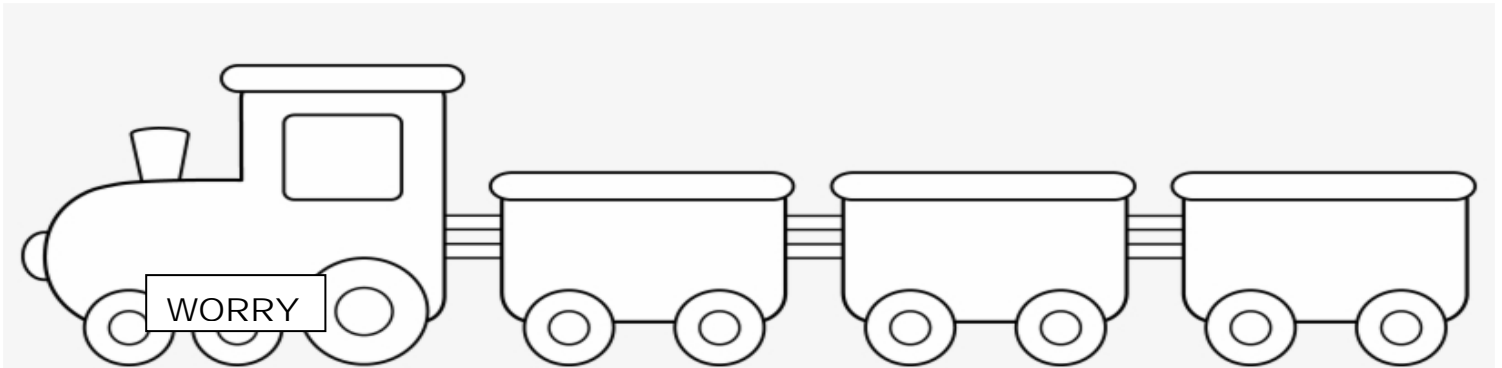
Decide now to put this verse somewhere that you can read it out loud several times a day this week, on a sticky note or note card. Tell how this ONE TOOL made a difference in how worried or fearful you were on a given day.

6. ROMANS 8:38 "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."

Picture Jesus sitting next to you now, holding your hand as you struggle through your latest fearful worrisome thought and circumstance in life. What do these verses say will keep Jesus from loving you regardless of what you might have done in the past that you feel may have disappointed Him?

CHAPTER 4: HOW DO YOU STOP A WORRY? PAGE 32

1. PROVERBS 12:25a "WORRY WEIGHS A PERSON DOWN! (by thinking toxic thoughts). Our mind is like an unstoppable speeding train of boxcars all connected throughout our day. Fill in your worry train (on next page) of specific runaway thoughts you might have today if your train's engine is worry or fear.



2. MATTHEW 6:25-34 ²⁵ "THAT IS WHY I TELL YOU NOT TO WORRY ABOUT EVERYDAY LIFE—WHETHER YOU HAVE ENOUGH FOOD & DRINK, OR ENOUGH CLOTHES TO WEAR. FOR YOU ALREADY HAVE LIFE & A BODY—& THEY ARE FAR MORE IMPORTANT THAN WHAT TO EAT & WEAR. ²⁶ LOOK AT THE BIRDS. THEY DON'T PLANT OR HARVEST OR STORE FOOD IN BARN, FOR YOUR HEAVENLY FATHER FEEDS THEM. AND AREN'T YOU FAR MORE VALUABLE TO HIM THAN THEY ARE? ²⁷ CAN ALL YOUR WORRIES ADD A SINGLE MOMENT TO YOUR LIFE? ²⁸ "AND WHY WORRY ABOUT YOUR CLOTHING? LOOK AT THE LILIES OF THE FIELD & HOW THEY GROW. THEY DON'T WORK OR MAKE THEIR CLOTHING, ²⁹ YET SOLOMON IN ALL HIS GLORY WAS NOT DRESSED AS BEAUTIFULLY AS THEY ARE. ³⁰ AND IF GOD CARES SO WONDERFULLY FOR WILDFLOWERS THAT ARE HERE TODAY & THROWN INTO THE FIRE TOMORROW, HE WILL CERTAINLY CARE FOR YOU. WHY DO YOU HAVE SO LITTLE FAITH? ³¹ "SO DON'T WORRY ABOUT THESE THINGS, SAYING, 'WHAT WILL WE EAT? WHAT WILL WE DRINK? WHAT WILL WE WEAR?' ³² THESE THINGS DOMINATE THE THOUGHTS OF UNBELIEVERS, BUT YOUR HEAVENLY FATHER ALREADY KNOWS ALL YOUR NEEDS. ³³ SEEK THE KINGDOM OF GOD ABOVE ALL ELSE, & LIVE RIGHTEOUSLY, & HE WILL GIVE YOU EVERYTHING YOU NEED. ³⁴ "SO DON'T WORRY ABOUT TOMORROW, FOR TOMORROW WILL BRING ITS OWN WORRIES. TODAY'S TROUBLE IS ENOUGH FOR TODAY."

A. What specifically do these verses tell us NOT to waste our precious time worrying about? Fill in the blanks using the verses above.

- Verse 25: Don't worry about E_____ L_____. Don't worry if I have enough F_____ or D_____ or clothes to wear?
Give the reason why.
- Verse 28: Don't worry about my C_____.
Give the reason why.
- Verse 31: Don't worry about what I will E_____, D_____, or W_____.
Give the reason why.
- Verse 34: Don't worry about T_____.
Give the reason why.

B. MATTHEW 6:27 "CAN ALL YOUR WORRIES ADD A SINGLE MOMENT TO YOUR LIFE?"

Jesus wants to know why you are still wasting your time worrying and being afraid when it isn't going to change a thing?

Write a prayer to Jesus here with your response.

3. JOSHUA 1:8 "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."

Rebuild your mental thought train in question 1 to line up with God's instructions from Joshua 1:8.

A. What needs to take the place of worry in your train's engine? Write the answer over the top of your train's engine in red, on pg. 4

B. Use the Bible verses from page 41 and choose one to write over your worry thoughts in every train boxcar

4. Explain the "GOD MORNING/GOD NIGHT TECHNIQUE" from page 40. Share with your small group how this little tip helped you with your anxious thoughts this past week.

MORE TOOLS TO "WIN OVER WORRY" THIS WEEK:

ANDY STANLEY DVD: FEAR LESS (find on youtube)

PLAYLIST: WON'T WORRY 'BOUT A THING Group Music

FIRM FOUNDATION Cody Carnes

GOD IS ABLE Hillsong Worship

BATTLE BELONGS Phil Wickham