

WINNING THE WORRY BATTLE QUESTIONS  
Chapters 5-6 to be completed by November 16 or November 20 Classes

CHAPTER 5: YOUR THREE FIGHTING FRIENDS, PAGE 42

1. Answer the questions below about your three new fighting friends to win over worry.

A. MY FIGHTING FRIEND #1 IS P\_\_\_\_\_.

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

- What is the 1 + 1 Technique that will bring me peace in a heartbeat to replace my physical panic feelings in my head and stomach?
  
- What is the pattern we need to follow from these verses that will bring us desired peace in the middle of a worrisome circumstance?

B. MY FIGHTING FRIEND #2 IS C\_\_\_\_\_.

I SAMUEL 17:45-46 "DAVID REPLIED TO THE PHILISTINE, 'YOU COME TO ME WITH SWORD, SPEAR, & JAVELIN, BUT I COME TO YOU IN THE NAME OF THE LORD OF HEAVEN'S ARMIES—THE GOD OF THE ARMIES OF ISRAEL, WHOM YOU HAVE DEFIED. TODAY THE LORD WILL CONQUER YOU, & I WILL KILL YOU & CUT OFF YOUR HEAD. AND THEN I WILL GIVE THE DEAD BODIES OF YOUR MEN TO THE BIRDS & WILD ANIMALS, & THE WHOLE WORLD WILL KNOW THAT THERE IS A GOD IN ISRAEL!

- Who did David get his courage from to fight the giant, when no other soldier would?
  
- How can we get the courage to face our giant of worry and get the victory?

C. MY FIGHTING FRIEND #3 IS S\_\_\_\_\_ S\_\_\_\_\_.

EPHESIANS 1:19-20 "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."

- How can you tell if you're using your human strength to battle worry or if you're using God's supernatural strength?
  
- What amazing power do you have at your disposal to fight your most recent worrisome problem (using the verses above)?

2. JOSHUA 3:3b-4 "WHEN YOU SEE THE LEVITICAL PRIESTS CARRYING THE ARK OF THE COVENANT OF THE LORD YOUR GOD, MOVE OUT FROM YOUR POSITIONS & FOLLOW THEM. SINCE YOU HAVE NEVER TRAVELED THIS WAY BEFORE, THEY WILL GUIDE YOU. STAY ABOUT HALF A MILE BEHIND THEM, KEEPING A CLEAR DISTANCE BETWEEN YOU & THE ARK. MAKE SURE YOU DON'T COME ANY CLOSER."

- What is the most important switch that needs to be flipped to enact our 3 fighting friends?
- How were the Israelites to let God lead as they crossed the Jordan River into the Promised Land?
- How can we know when we are NOT letting God lead us regarding our most recent WORRY RIVER?

## CHAPTER 6: THE CURE FOR FAST FORGETTING, PAGE 53

1. JOSHUA 1:3-5 "I PROMISE YOU WHAT I PROMISED MOSES: 'WHEREVER YOU SET FOOT, YOU WILL BE ON LAND I HAVE GIVEN YOU— FROM THE NEGEV WILDERNESS IN THE SOUTH TO THE LEBANON MOUNTAINS IN THE NORTH, FROM THE EUPHRATES RIVER IN THE EAST TO THE MEDITERRANEAN SEA IN THE WEST, INCLUDING ALL THE LAND OF THE HITTITES.' NO ONE WILL BE ABLE TO STAND AGAINST YOU AS LONG AS YOU LIVE. FOR I WILL BE WITH YOU AS I WAS WITH MOSES. I WILL NOT FAIL YOU OR ABANDON YOU."

Only God can promise total victory! Fill in the blanks to describe three types of victory God wants to give to you:

- A. P\_\_\_\_\_VICTORY: Victory in pursuing and fulfilling your God given R\_\_\_\_\_ in life.
- B. P\_\_\_\_\_VICTORY: Victory over the fear of scarcity or not having enough. God will provide for all my N\_\_\_\_\_.
- C. S\_\_\_\_\_VICTORY: Victory over your carnal human desires that pull you away from God. You will have spiritual victory as long as you walk in O\_\_\_\_\_ to God's way of life.

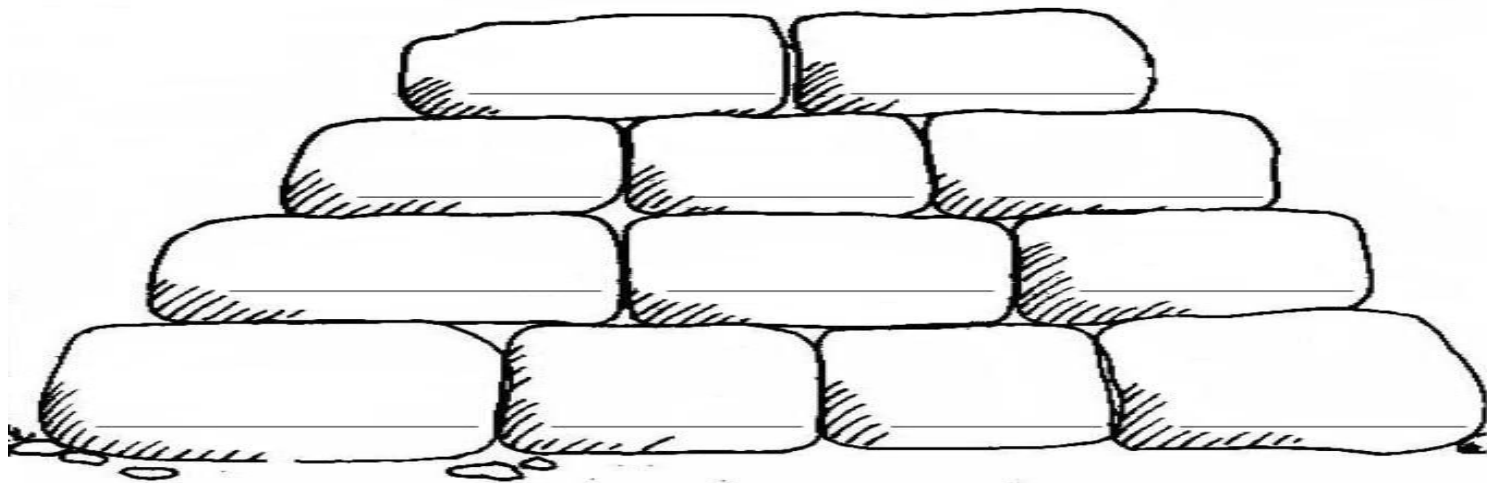
2. PHILIPPIANS 4:8-9 "AND NOW, DEAR BROTHERS & SISTERS, ONE FINAL THING. FIX YOUR THOUGHTS ON WHAT IS TRUE, & HONORABLE, & RIGHT, & PURE, & LOVELY, & ADMIRABLE. THINK ABOUT THINGS THAT ARE EXCELLENT & WORTHY OF PRAISE. KEEP PUTTING INTO PRACTICE ALL YOU LEARNED & RECEIVED FROM ME—EVERYTHING YOU HEARD FROM ME & SAW ME DOING. THEN THE GOD OF PEACE WILL BE WITH YOU."

- Do you tend to worry or wonder? How can we **REPROGRAM OUR MINDS** so we can see this wonderful life through Jesus' eye glasses of wonder instead of eye glasses of worry? Use the verses above for your answer.

3. Just like the Israelites, we are **FAST FORGETTERS** of God's blessings. What does our author say is the cure for fast forgetting?

4. JOSHUA 4:21 "THEN JOSHUA SAID TO THE ISRAELITES, "IN THE FUTURE YOUR CHILDREN WILL ASK, 'WHAT DO THESE STONES MEAN?' " JOSHUA 4:24 "HE DID THIS SO ALL THE NATIONS OF THE EARTH MIGHT KNOW THAT THE LORD'S HAND IS POWERFUL, & SO YOU MIGHT FEAR THE LORD YOUR GOD FOREVER."

Want to squash a day spent worrying? Take some time to remember God's goodness and faithfulness to you by **recording one memory in each stone on the next page**. Remember specifically how Jesus made a way for you when there was no way. Recollect Jesus' love and power demonstrated personally for you during an uncertain time. Come prepared to share 1 or 2 of your memories with your small group.



5. Take the author's challenge and create a 12 fold memorial scrapbook, journal, or stones in a glass jar to help you NOT to become a fast forgetter of God's goodness to you. If you plan to do this, share which option you chose or a different idea Jesus gave you, to help you to remember His faithfulness personally to you.

MORE TOOLS TO "WIN OVER WORRY" THIS WEEK:

STEVEN FURTICK DVD: REVERSE YOUR WORRY (find on youtube)

PLAYLIST: SURROUNDED (FIGHT MY BATTLES) Michael W. Smith

PEACE BE STILL Lauren Daigle

IN JESUS' NAME Darlene Zschech

BRAVE Saddleback Kids Worship