

WINNING THE WAR ON WORRY

CULTIVATE A PEACEFUL HEART
AND A CONFIDENT MIND

LOUIE GIGLIO

A PDF COMPANION TO THE AUDIOBOOK

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O N E

WORRY IS A LIAR

DISCUSSION AND REFLECTION QUESTIONS

1. Are there any negative thoughts that you consistently find yourself coming back to? If so, write those down below.

2. Which of the four lies does worry speak to you most often?

3. What are some practical tools you can use to spot the lies of worry in your day-to-day life?

4. How can you invite your community to help you spot the lies of worry in your life?

T W O

THE ANATOMY OF WORRY

DISCUSSION AND REFLECTION QUESTIONS

1. What are you trying to control right now? What do you need to relinquish to God?

2. Write out what is currently worrying you. Then, write out a corresponding truth about the character of God for each concern. How can you frequently remind yourself of these truths of God's character?

3. When you think about the cross of Jesus, what comes to your mind or stirs in your heart?

4. Read Isaiah 46 and write out four truths about the nature and character of God.

T H R E E

EMBRACING CONCERN, REJECTING WORRY

DISCUSSION AND REFLECTION QUESTIONS

1. What has God placed in your hands today? Take some time to thank God for what He has graciously given to you.

2. Identify a time in your life when your planning turned into worry. Looking back, was there a tipping point you can recognize now?

3. Read James 4:13–17. How can you cultivate a spirit of “if it is the Lord’s will” (v. 15)?

4. If you were to stop overthinking your plans, what would that free you up to do more of today?

FOUR

INVITING GOD INTO YOUR WORRY

DISCUSSION AND REFLECTION QUESTIONS

1. Take two minutes, shut down your phone, sit in the quiet, and focus on your breathing. Breathe in deeply through your nose and out through your mouth. Make a note of how you feel.

2. Galatians 5 compares the fruit of the flesh with the fruit of the Spirit. Read over those Scriptures and reflect. Which of those fruit are currently most evident in your life?

3. God wants to hear about what concerns you. What holds you back from going to God with the big and small things that weigh you down?

4. The Scriptures often describe God as a place of refuge.

What does *refuge* mean, and why would it be beneficial for you to have a strong and sturdy refuge to run to?

FIVE

THE POWER OF PERFECT LOVE

DISCUSSION AND REFLECTION QUESTIONS

1. Recall the last time you demonstrated your love for someone else. How did that make you feel, and what does that tell you about how God loves you?

2. Fear → Control → Worry or Love → Surrender → Trust.

What operating system do you find yourself falling back on more often than others? What circumstances trigger you toward one operating system or the other?

3. What would change in your life if you more richly understood how much God loves you?

4. Read 1 John 4. What truths do you see in this chapter that relate to the love of God? How can you internalize one or two of those truths today?

S I X

PUTTING A DAGGER IN THE HEART OF WORRY

DISCUSSION AND REFLECTION QUESTIONS

1. Take a few minutes to write down any thoughts that are worrying you right now. Below each thought, write out a truth about God you can use to refute and replace that thought of worry.

2. What inputs are constantly pushing thoughts of worry into your heart? Are there any streams you need to cut off if you are going to get serious about tearing down the house that worry built?

3. Read Philippians 4:8. Pick one of the words Paul encouraged you to think about and write out a list of thoughts that relate to that word.

4. What does it mean that you are a “new creation” in Christ (2 Corinthians 5:17)? What in your life has been made new?

SEVEN

WHO NEEDS TO BE AWAKE ALL NIGHT?

DISCUSSION AND REFLECTION QUESTIONS

1. What are you grateful for? Take some time to list out every single thing that comes to mind.

2. Rest is a reaction to something that makes us feel safe.

How do the power and authority of God help lead you to rest well?

3. We counter spiritual amnesia by recalling what God has done for us in the past. What has He done for you that you can stand firm upon?

4. What is the current soundtrack of your mind? Are you listening to songs of worship or songs of worry? What do they sound like?
