

WIN THE WAR AGAINST WORRY

*“Don’t worry about anything; instead, pray about everything.
Tell God what you need, and 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 and minds as you live in Christ Jesus.” – Philippians 4:6-7 NLT. ”.

REFLECTIONS

Instructions: Take turns reading the following paragraphs with your teammates. As you read, underline the ideas that catch your attention.

Worry is so present in our society and in our daily lives that it often seems unavoidable. Many of us have accepted worry as part of life; it has woven itself into our usual rhythms and we tend to say, “I’m just a worrier; it’s how I am.” It has a way of subtly clinging to our thoughts and before you realize it, worry becomes a lifestyle, and it slows your progress and corrodes your quality of life.

Over time, those little “What if...?” questions begin to turn into fears that slowly drag us down. Even before a “what if...?” becomes reality, the more we allow it to persist and feed it with our attention and activity, the more it starts to weigh us down: “What if there’s an accident? What if I’m one of the employees laid off? What if I fail? What if I get cancer? What if it’s the end of the world?”

Arthur Somers Roche said, “Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.”

Worry is one of the enemy’s weapons; he loves to isolate us and make our struggles seem disproportionate compared to those around us. Worry affects people from every walk of life. It seeps into the hearts of business leaders, professional athletes, students, first-time mothers, artists, professionals; it can even work its way into the minds of pastors and people who serve or work in the church.

But there is a startling truth: **Worry is a choice.**

We must know that God is greater; only He can calm stormy waters. He can speak a word that makes the winds and waves grow still. God can conquer worry because He has already defeated the greatest root: fear. 1 John 4:18 NKJV “There is no fear in love; but perfect love casts out fear...”

God is greater than fear and all its cousins: depression, anxiety, panic, and worry. And if God is greater, you and I can experience freedom from the claws of worry that steal our sleep and our peace.

The essence of winning the war against worry is knowing you cannot do it by yourself; it is only through the power of God and the love of Jesus that we can stand firm, gain ground, and win this struggle. Philippians 4:6-7 NLT

Instead of fixing our minds on the “what ifs,” let’s commit to recognizing that God has already given us the truth of what is. God is not about confusion. He does not leave things to chance, and He is never uncertain about the final outcome. God is not occupied with “what if...?” He is. And this is a truth upon which we must build our foundation.

Repeat this reality: **“God, I believe You are greater. Specifically, You are greater than anything I’m worried about right now.”** This confession will immediately catalyze the process of resizing worry and replacing it with trust. And if you feel you cannot declare these words with conviction, then perhaps this is your confession: “God, help me have more faith in You.” This is a prayer God loves to hear and answer.

If you are ready to live free, to cultivate a peaceful heart and a secure mind, He is ready to help you bury worry and live with a new reality of deeply rooted trust and hope.

Choose something you underlined that is important to you. Take a minute to tell everyone what you choose and why it matters to you.

SELF-EVALUATION:

- What “what if...?” thoughts are currently stealing your peace? (Identify them honestly so you can hand them to God.)
- Do you believe God truly is greater than your worry? Why or why not?
- What can you change today to stop feeding worry and start strengthening your trust in God?

ACTION STEPS:

1. **Replace “What if...?” with “God is....”** Every time you catch yourself thinking a “what if...?”, declare a truth about God (e.g., “God is faithful,” “God is my provider”).
2. **Pray and hand your worries to God.** Apply Philippians 4:6-7. Don’t just think about what concerns you: pray, give thanks, and hand each burden to the Lord daily.
3. **Declare aloud God’s greatness over your situation.** Make a daily confession such as: “God, You are greater than what worries me today.” Write it, repeat it, and believe it.

Facilitator Instructions:

1. **Make the call** (invitation).
2. **Ministry time:** Pray and activate what was learned today.
3. **Pray for the offering.**