

WIN OVER WORRY

Study Guide

A Deeper Dive Into Conquering What
Shakes You to Soar Higher

By Keri Eichberger

Six Session Study

Contents

| | |
|---|----|
| Introduction: What You Need to Hear First | 2 |
| Week One: Understand Where Your Battle Began | 4 |
| Week Two: Unravel and Uproot Worry and Fear | 6 |
| Week Three: Unload to God and Unshackle Control | 8 |
| Week Four: Unleash Your Armor and Peace | 10 |
| Week Five: Unleash Your Joy and Purpose | 12 |
| Week Six: Unleash Your Identity and Fullness of Life | 14 |
| Notes | 16 |

*NOTE FOR GROUPS: For groups wanting to make this a 6-week/6-session study, plan to discuss “Week One” (through page 6) at your first meeting, and so on. To stretch it out to seven or eight weeks, feel free to add a gathering on the front end with icebreakers (email me if you need fun ideas!) and/or on the back end with a “celebration” study full of food, fellowship, and the sharing of “give God the glory” stories!

Introduction: What You Need to Hear First

We all have thoughts. All day, every day. In fact, if you ponder on this pesky truth long enough, you'll realize your thoughts have the ability to rule not only your days, but your life. It's what we do with those swirling thoughts that determine if we remain unsettled and stirred up with worry rooted in fear. Or if our life swells with the peace and enjoyment of abundance God has gloriously planned for us. We make the constant choice again and again to turn over what shakes us to the fleeting pleasures and deceptive charms of the world, or to lift our anxious thoughts to the only One who can guard our hearts with a peace that wonderfully surpasses our understanding.

Plainly put, the world has been teaching you to worry. BUT GOD... has been knocking on the walls of hearts saying...

"You have nothing to fear. You have nothing to worry about. I've got this. And I've got you. I love you more than you could possibly imagine, and I have your whole life in my good hands.

Will you trust me?"

It's this song I want to seep deep into souls. A melody that has the potential to break down walls of discouragement and doubt, break the chains of avoidance and small living, and the power to open doors to purpose and refreshment of mind, heart, and body. And lead to freedom in a lavish life as a cherished child of God.

I prayed over and over the two-hundred-plus pages of *Win Over Worry*. That God would allow my struggles with a worry-filled thought life and early years of anxiety-ridden hard learned lessons to not only shed light on the possibility of overcoming, but also to truly give you the encouragement and tools to overcome unease and fear and live a life so much more abundant.

It is my prayer now that you will read *Win Over Worry* in its entirety, take the discussed disciplines, tools, and reflections, and dive even deeper into the words God poured out in the book. May you see his fingerprints woven throughout, learn to turn to him and his faithful words, and put it all into consistent practice.

I am breaking down this Study Guide, that accompanies *Win Over Worry*, into six weeks. I have personally read the book in as few as four days, then two weeks, and finally stretched it out to almost two months, and I am seeing the value of taking longer lengths of time to digest every measure of this message. Each chapter could stand alone as its own book, rich with God's guidance, and it would be easy to gloss over some key elements if consumed too quickly. (Not that I wouldn't be honored if you enjoyed the words so much you plowed through them in a couple days.) But what I desire more is for you to truly find *freedom* from the weight of worry, nagging thoughts, and debilitating fear. *Lasting freedom*.

That said, take this at your own pace. Speed it up or slow it down. Either way, grab a notebook (you'll want to use much more space than what's provided here) and plan to write out your responses when prompted. This unloading will be important to free and untangle your webs of worry and unravel your twisted thoughts.

And please don't give up. You just might genuinely love the hard work of digging up and out the roots of your disruptive mindsets—it certainly can be gratifying—but if you find it a bit uncomfortable, hang with me to the end. The promise-filled pages after you walk through the meat in the middle will take you to new heights with the One who overcomes. Trust me!

I hope you'll grab a friend (or a few)! I hope you're excited and encouraged. I hope you know I sure am! :)

Now let's get started, friend!

Week One: Understand Where Your Battle Began

- **Read the Introduction and Chapter One of *Win Over Worry*.** (Groups: After reading through Chapter One, be prepared to discuss your responses to the following exercises and questions at your first group session. You will do the same each week.)
- **Statements to remember:**
 - The majority of worry we encounter is learned.
 - Unlearning or relearning = Retracing and replacing.
 - Worry is born and bred when an underlying emotion from an experience is unguided and handed over to anything *unreliable*. Anything *other than God*.
 - God is *always* right there, even in the midst of danger.
 - There's always so much more God wants to teach us.
 - We attempt "control" by numbing and avoiding so we can *function* in our *dysfunction*.
 - God never intended *anything* but him to completely fulfill us.
 - The avoiding, the numbing, and the pursuit of control will eventually fail to fulfill.
 - God wants to be *so much more* than our backup plan.
 - God wanted to alter my heart more than my body.
 - God is your helper, with all the right weapons to fight for you.
 - God is the fear *conqueror*, not the fear creator.
 - Life is just so much sweeter when we choose him.
 - We have nothing to *fear* with our God who defeats it.

1. Reread the statements above. Circle a few that resonate with you. Explain *why* for one (or choose your own from the reading). If you're studying with a group, prepare to share!

2. Recall past experiences (personal, secondhand, or perceived) that you might have handled or received in ways that possibly planted seeds of worry. List some here.

3. Do you practice anxious living, avoidance, or numbing? Any other potentially unhealthy habits you've used to cope with struggles or pain? Describe what this looks like in your life.

4. In what areas can you allow God to fill the gaps instead of suppressing worry with numbing distractions? How might you do that?

5. Do you believe you have a choice to change your nagging thoughts? Do you believe God can help you? Explain how.

6. Last thing I want you to do for the week is this. Find a note card (a scrap piece of paper or sticky note will do). On it, write down a scripture you think might help you on your journey to "winning over worry." If you need help, do a Google search on scripture about worry or fear, or turn to the back cover of this study guide and borrow one of my favorites (Isaiah 41:10). You're going to use it as a placeholder as you go through the book. I want you to recite the verse each time you sit down to read or work on this study. My hope is that it becomes the harmony of your heart and God's shield and sword of your soul as you walk along with him each day, fending off fear and worry. (Write your verse below as well and share it with the group. Make note of others' scripture choices to add to your scripture battle bank.)

Week Two: Unravel and Uproot Worry and Fear

- Read Chapters Two and Three of *Win Over Worry*.
- Statements to remember:
 - If you'll humble yourself, slow down, and ask God to help you explore the depth of your own heart and thoughts, you'll find flaws. You'll find lots of worry, and then fear.
 - There's a rooted reason for all your worries.
 - An ashes-to-beauty transformation happens when we dig up our worry.
 - Buying into the beat of the world's rhythm and running modern culture's rat race distracts us from *truth* and *light*.
 - Looking to and through God is the key to finding the light. And the light makes our fear fizzle out.
 - Satan is the true enemy on the attack.
 - We're all being *bamboozled* one worry and fear at a time.
 - Our shaky state of life contradicts what we say we believe, as we fall for and give in to worry.
 - Whatever you fear, don't forget, they're all deceptions.
 - Your worry is never in love, and your fear is not for your protection. It's for the villain's minimizing of good and of God.
 - God will *always* offer a solution to your worries.
 - You have the authority to voice and live the win over worry because of what Jesus has done in overcoming the enemy, by defeating death on the cross.
 - With God, I am never helpless. I *always* have help!
 - Because of God's perfect love for me, I am always worthy.

1. Reread the statements above. Circle a few that resonate with you. Explain *why* for one (or choose your own from the reading). If you're studying with a group, prepare to share!

2. Many of us aren't aware of how much our thoughts are riddled with worry, so let's do a brain dump (like the worry bubble on page 48 in the book)! In the space below, jot down as many of the uneasy thoughts you can think of that have a tendency to consume you at a given time.

3. Underline three (to five) worries above that consume you the most in this season. Now I want you to ask *why? why?* and *why?* for each of them (see page 50). Write down the fears that have surfaced, and how it feels to bring this to the light. (Groups: Share your three worries as well as the fears and feelings that surfaced.)

4. Satan is bamboozling you with lies. How does it make you feel knowing you are falling for his schemes when you worry?

5. Do the worries and fears that you identified above indicate you are believing the Foundational Fibs that you are *helpless, worthless, or both*? How?

6. Write down the *Trusted Truths* from Chapter Three, and state why both are true below (also add them to the other side of the note card you made last week). Do you think if you could grasp the full extent of these truths, you would live differently? Describe what this might look like.

Week Three: Unload to God and Unshackle Control

- Read Chapters Four and Five of *Win Over Worry*.
- **Statements to remember:**
 - Prayer is the avenue of releasing our cares to the only One worthy of working out our worry.
 - Don't be a fool! Don't be bamboozled. Start your day with God.
 - He [Jesus] valued the richness gained from the quality time spent isolated with his Father.
 - Dolloping doses of God's greatness on top of the worries you're passing off to him have a divine way of diminishing those worries immediately.
 - Not only does God listen, but he also answers our prayers. And his answers are perfect.
 - Ask for help. But ask for prayer too.
 - If it matters to you, it *matters* to God.
 - The true source of actual control: God's almighty sovereignty.
 - When we worry, we are subconsciously creating, preparing for, or predicting future hypothetical scenarios in our minds that are 100 percent *out of our control*.
 - Know that when you seek him *wholeheartedly*, God, with all his power, will handle what has you rattled and shaken, or will clearly guide, empower, and dress you in his strength to move calmly forward.
 - We don't realize the vast extent of sinful action we take based on our underlying worry in efforts to shift the cosmos, out of fear of what might be.
 - To prosper, be purified, forgiven, and refreshed. There are blessings folded in the heart and mission of confession and repentance.
 - When we confess aloud our shortcomings, a flow of accountability follows, as we often feel an immediate sense of liability to ourselves and to God.
 - When it comes to winning over worry, we've got to release the reins and plow into our stubborn spirit the truth of who has control over where we've been, where we are, and what's coming our way. It's him. It's him. It's him.

1. Reread the statements above. Circle a few that resonate with you. Explain *why* for one (or choose your own from the reading). If you're studying with a group, prepare to share!

2. Where do you fall on a praying nonstop scale? (1 none, 10 nonstop) ___ How about the frequency of giving God your first fruits? (1 never, 10 daily) ___ List practices you could incorporate to help you talk to him more. What do you think would change if you did them?

3. How have you seen God answer some specific prayers? What prayers are you still waiting on answers for? How about this... Can you think of a time God answered with something different from your request, but that *later* proved to be a blessing? Share that too.

4. How do you try to control in the face of worry? List as many ways as you can think of that you attempt control in your everyday life.

5. Do you understand that you are not truly in control of your circumstances, outcomes, people (all the things!)? State here who IS in control (circle and underline it one or even ten times for emphasis) and explain how you know this.

6. Are you ready to surrender to God's will and his better way? I want you to look up one of my favorite songs that I quoted in Chapter Five. Carrie Underwood's angelic rendition of "I Surrender All." Get ready to play it, find a space alone, close your eyes, visualize the worry that is most on your mind or is filling your heart with struggle this week, and sing to your soul the chorus with Carrie. Now *surrender it all... to Jesus.*

Week Four: Unleash Your Armor and Peace

- Read Chapters Six and Seven of *Win Over Worry*.
- Statements to remember:
 - Belief in the truth is your greatest weapon against worry.
 - I always have help because “God is all-powerful.” And I am infinitely worthy because “God’s love is perfect.”
 - Flip your fear around and insert your own advice. It can serve as a mighty weapon against worry.
 - The majority of the time, the worst-case scenarios we dread *never* take place.
 - God won’t be gone for a split second. He will be working around the clock, even when you don’t see it, to work out all your troubles. *For your good.*
 - We can’t manipulate God’s mind.
 - No tragedy, no sorrow, no disappointment, and no mountain will *ever* be too big for God to run through, lift up, climb over, swallow up and conquer.
 - The residue of anxiety from habitual worry slowly erodes all peace from all places that could be, should be, beautiful and life-giving.
 - We find *peace* when we find God.
 - Consistency is the key. The key to fighting back against anxiety, worry, fear, and the storms of life and replacing them permanently with peace.
 - The more worry, the more the boat of life is rocking, the more stillness and silence we need.
 - Peace is found in the intentional *pause*, not in the hurry.
 - Think of, speak of, and revel in all of God’s rich, Spirit-filled, flavorful fruit, and his tender, nourishing peace will be with you.
 - Sustained peace that breaks down your rooted fear stems from the Lord *alone*.

1. Reread the statements above. Circle a few that resonate with you. Explain *why* for one (or choose your own from the reading). If you’re studying with a group, prepare to share!

2. What armor do you put on to filter out worry as you face your day? Look up and write down some verses you can lean on to help fight the rooted fear of helplessness and worthlessness.

3. Make note of a worry or struggle that has presented itself today, this week, or in this season of life. Imagine a friend came to you with this exact concern. Share the truth-filled advice you would give her.

4. What worst-case scenarios do you fear or dread most frequently? What would change if you truly accepted the truth of God's presence, power, and perfect love in the midst of this scenario?

5. In what area of your life could you use more *peace*? How do you personally most often find *true* peace? And what could you do right now to infuse more of it over your situation?

6. Write down what particular storms of life you find it most difficult to have peace in. How might your life look different if you truly trusted God's faithfulness, love, and power through your worries, fears, and struggles? Describe and share!

Week Five: Unleash Your Joy and Purpose

- Read Chapters Eight and Nine of *Win Over Worry*.
- Statements to remember:
 - Worry *steals* joy.
 - If you keep on listening to your screaming worry, you (or someone you love) may very well miss out on some stunning surprises God has waiting for you.
 - Anticipating what might happen suffocates the enjoyment right out of moments, out of life, and leaves us hanging on to nothing but dread and disappointment.
 - If our worry thoughts are mostly false, wouldn't it make genius sense to choose to assume the best or a better-case scenario and gain the joy back?
 - We can find *joy* in all things when we find *God* in all things.
 - Offering gratitude to God is our shield in promoting and protecting joy.
 - Joy can only manifest in a life that's infected with brokenness and disappointment when we learn to *trust* God.
 - What if on the other side of worry, and all this what-if nonsense, there is purpose? And what if I told you it's true.
 - God wants us to choose audacious obedience over worry-filled avoidance.
 - And it's in reveling in his glory and mighty presence, and immersing our being in his luxurious love, that we encounter his nudges and whispers and callings.
 - As we *seek* God more, God *speaks* more, and louder.
 - God has a purpose for you as a Christian, and he will work out your life in order to ensure that purpose, which is actually his.
 - When we stay *close* to him, he has the power to change the wildest wishes of our hearts.
 - God has so much in store for you too. Immeasurably more. On the other side of your *what-ifs* and *worries* and *fears*.

1. Reread the statements above. Circle a few that resonate with you. Explain *why* for one (or choose your own from the reading). If you're studying with a group, prepare to share!

2. Consider some joys you may have *missed* in moments because of worry. Imagine what experiences you would enjoy with worry removed from the equation. Share both.

3. List any areas of your life lacking joy because of worry or fear. Pick one of them and list ten things you're thankful for, regarding the situation, to focus on. Thank God for each.

4. Share what it would look like for you to see and trust God in what's tough right now, and to truly find joy in the midst of your struggles and fears.

5. List some worries and *what-ifs* that may have held you back, and from what. On the flipside, describe a time you chose *obedience* over the what-ifs, and it turned to blessing. Describe how you saw purpose and significance unfold.

6. Do you find it difficult to discern God's callings and purpose for you? Below, brainstorm ways you could lean in closer to him to discern his way and will over your own. How might these practices affect your worries and thought life? Next, share what you might say "yes" or "no" to if you were *confident* you were following his path. (Keep in mind if you're truly following the Lord, these "yes" and "no's" you're feeling may be worth pursuing *with him!*)

Week Six: Unleash Your Identity and Fullness of Life

- Read Chapter Ten of *Win Over Worry*.
- Statements to remember:
 - The world is riddled with fuel for our worry. But being aware of our triggers will fire up our fight.
 - Sometimes we need to feel the pain. We need to feel the reality of the struggle. Because that's where God can help.
 - You are the most cherished treasure in your Father's house. And he is a good, good Father.
 - When you take God *with you* through your brokenness and fear, you encounter him in the sweetest spiritual, most intimate way.
 - My protection, my identity, the seal of unconditional love wrapped snug around my whole being, came with an "as is" guarantee.
 - We pick up our shield of faith when we cry out to the Lord in fear. And he catches us.
 - Holding up this shield [of faith], boldly wearing the badge of a God-trusting warrior, is a continual choice and a continual battle.
 - You can fight the relentless lies of the enemy. You can battle back against worry, and fear, and anxious thoughts. And not just with the tools beside you, but with Christ in you.
 - I will keep running into the storms of life the Lord leads me to. Knowing he will lead me through.
 - You were not born a *worrier*. You were purposefully tailor-made and breathed into this world a *warrior*. Because you have God *in* you and *for* you.

1. Reread the statements above. Circle a few that resonate with you. Explain *why* for one (or choose your own from the reading). If you're studying with a group, prepare to share!

2. Write down the most helpful takeaway from what you've learned throughout the book and study. Note and celebrate the progress you've made with your *win* over any specific worries. And lastly, jot down triggers you can be aware of to prepare for your future fight with rooted fear.

3. Do you believe you are sealed with God's love and protection not because of what *you* do, but because of your belief in who *he* is? Below, expand on this truth, and describe your true identity in God.

4. What worries do you still need to let go of and let God get closer to? What's holding you back from letting go completely?

5. If you are hopeful and ready to take flight into a new chapter of life as a God-trusting warrior, share how you might do this. What could this look like in the near future?

6. Finish with a *prayer* of gratitude to the Overcomer. Include a commitment to choose *him* to help you continue to *win over worry*. To choose *him* to help you conquer all your fearful thoughts and the lies of the enemy. To choose *him* to help you soar into the blessed life of abundance he has in store for you. *Him* who wins over all things.

**So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous
right hand.**

Isaiah 41:10

