



*living waters*

**Abide**™  
MINISTRIES

OVERCOMING FEAR, WORRY,  
AND ANXIETY  
COURSE WORKBOOK

*Also used for  
Retreat/Small Group Leader Guide*

# OVERCOMING FEAR, WORRY, AND ANXIETY

Retreat Leader Guide  
**WORKBOOK**

RICHARD T. CASE



*To my wife, Linda, who has walked with me through life—which because we live in the world, we do experience adversit /difficulties which in the natural are sources for worry, fear, and anxiety. God gave us understanding of the causes (both natural and spiritual) that drive us to experience in everyday life, worry, fear and anxiety. Linda has been faithful when we experience negative emotions about the things of life in seeking God, and then receiving His resolution for all these which then takes us to peace and joy. She stands strong throughout and encourages me and others to stay in God's peace and believe that the resolution will be provided—and she is always right—He does provide! It is an honor to be partners with one who has such a wonderful heart: Though we will experience difficulties, we know that we know it will be overcome and we will enjoy God's promised abundant life. She is truly a woman of faith and I have the privilege of walking together in the life and power of God.*

## Acknowledgments

We wish to thank all of the leaders of our Ministry: **ABIDE MINISTRIES!** These leaders have also learned what it means to overcome worry, fear and anxiety and bear witness to us and others of God's faithfulness in overcoming their difficulties which lead us to worry, fear and anxiety)—and as they have learned the depth of this in the Christian life, they now are all giving this away to others—who then are learning to overcome worry, fear and anxiety, especially in this day and age of so much difficulty and uncertainty:

### These leaders are:

Jake & Mary Beckel  
Joe & Leigh Bogar  
Rich & Janet Cocchiaro  
Larry & Sherry Collet  
Scott & Kristen Cornell  
David & Melissa Dunkel  
Tom & Susanne Ewing  
Rick & Kelly Ferris  
Joel & Christina Gunn  
Scott & Terry Hitchcock  
Rick & Nancy Hoover  
Tad & Monica Jones  
Ed & Becky Kobel  
Don & Rachelle Light  
Chris & Heidi May  
Terry & Josephine Noetzel  
Towanda Norton  
Steve & Carolyn Van Ooteghem  
Preston & Lynda Pitts  
Dan & Kathy Rocconi  
Bob & Keri Rockwell  
John & Michelle Santaferro  
Allyson & Denny Weinberg  
Neal & Kathy Weisenburger

*OVERCOMING FEAR, WORRY, AND ANXIETY*

ABIDE MINISTRIES

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ISBN: 979-8-218-31347-0

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Publisher's Cataloging-in-Publication data

Names:

Title:

Description: .

Identifiers: ISBN | LCCN

Subjects:

Printed in the United States of America 2023 — 1st ed

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# INTRODUCTION



**"...we have to learn not to stay in this state of fear, worry, and anxiety but instead, move to a place of trust and peace in all circumstances."**

**W**elcome to our course: *Overcoming Fear, Worry, and Anxiety*. As we put together this study, our group was reminded of a skit that Bob Newhart did where he was dealing with people who had fear, worry, and anxiety. He basically said: Stop it! That's the end of the course. Not really, but that, in a sense, is where we have to go—we have to learn not to stay in this state of fear, worry, and anxiety but instead, move to a place of trust and peace in all circumstances. With today's life and what's going on in the world, even believers are going to fear what's going to happen next and have anxiety and worry about things both personal and global. God says that this isn't unique to this time or to this age—rather it's historical that life has been, and will continue to be, this way. We're going to explore the causes of it, we'll gain a better understanding of it, and then we will learn how God calls us to overcome it.

**What does this verse say about Jesus' peace for us? What is different about it? In what way? Why then is this so important to us as we consider our tendency to fear, to worry, and to have anxiety?**

**Read John 14:27:**

<sup>27</sup> Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

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# INTRODUCTION

The concept here is that His peace is different than what you're going to experience in the world, which is circumstantial. Sometimes you feel good, sometimes you have trouble. These carry you into fear, worry, and anxiety. Jesus says, *Don't stay in fear, worry, and anxiety—I can give you peace (shalom) in the middle of this.* It's really a choice that we have to make. Don't let your heart get to that place of trouble and stay in that place—but go to peace.

How do we define fear, worry, and anxiety? It is an unknown future with unknowable results. We always want to know the outcome, but we are not sure. The unknown causes us to be fearful. Why? Because we're not in control and we assume it's not going to be good. Why do we make that assumption? Because that's what has happened in the past. The world is trouble and things are not getting better. We also have an enemy who is working to cause us more trouble. Life is going to be difficult, and we cannot get around this. We have decisions regarding all that happens in our life, and generally, these things are not working well. Why? Because we're living in a world with self-centered people who tend to oppose our desired way.

Further, we experience loss and negative consequences. For example, a person was talking about how he was worried and anxious about his investments. Why? The markets had declined, and he lost money. I told him that he might want to reconsider this investment, but he held firm saying that if he keeps it in the market, he'll get it back. But he might not. He's thinking the issue is causing him loss—and he is stuck in fear, worry, and anxiety about further loss. He doesn't know what to do, but is deciding on a course of action that may cause further fear, worry, and anxiety.

We don't necessarily have the power to change things. We don't know the future. We have limited knowledge and limited resources—with a desire to still control the situation. We're doing it in a very partial way. And then, over time, what do we learn? We are not that good at this. Which makes us worry even more. Whether we are trying hard or not, we realize that we just aren't that good at this and things most likely aren't going to turn out well—as experienced in the past. Many times, we actually dig ourselves into further difficulty that continues to get worse.

How often are we going to have troubles that will cause fear, worry, and anxiety? All the time. Why? We're living in the world where it will never be completely safe and where all issues will never be completely resolved. This alone causes worry. As soon as one issue is resolved, a new one pops up—leaving us in a never-ending cycle of fear, worry, and anxiety.







# LESSON 1: CAUSES—NATURAL AND SPIRITUAL



**"God promises that if you follow His will, what are you going to receive? Great blessing—with the whole Earth being blessed by you as well."**

**From the following five sets of verses, what are the natural reasons we live life with fear, worry, and anxiety? What is the impact of these on how we live, and why do we allow them to impact us?**

### **Read Psalm 127:1–2:**

Unless the Lord Builds the House  
A Song of Ascents. Of Solomon.

**127** Unless the Lord builds the house,  
those who build it labor in vain.

Unless the Lord watches over the city,  
the watchman stays awake in vain.

<sup>2</sup> It is in vain that you rise up early  
and go late to rest,  
eating the bread of anxious toil;  
for he gives to his beloved sleep.

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The word *vain* means focusing on your own plan for operating your life. It is vanity—which is of no value. There's no value in what? Working at resolving things on your own, worrying about those things, and fretting. Unless the Lord builds the house, they labor in vain—which is of no value. Is it a bad thing to build a house? No. The key is what? Unless the Lord is building it—if you are doing it on your own—it's not going to be of value. You might be able to do it, but you know better. God says that one of the biggest reasons we have fear, worry, and anxiety is because we think we can do something—but we can't. This is vanity.

# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

## Read Matthew 6:24:

<sup>24</sup> “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.<sup>[a]</sup>”

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God makes it clear that you can't serve Him and money at the same time. Greed is a thing that causes fear, worry, and anxiety. What does that mean? You're trying to serve God, but you're also greedy—letting finance issues dominate your thinking, and believing that money is your answer, your savior. God says, *No, it's Me, every time, all the time. You must serve Me alone.*

What happens when you're greedy? You make your financial desire your first criteria toward any decision. How does this impact you financially, which also includes things like hiring people to do work for you? You choose the cheapest bidder, and what happens? They do a lousy job, and caused you additional trouble. You have to replace them, which ultimately costs way more than if you had selected somebody else. Why? Because you used this financial criterion as your determinant. As opposed to what? Going to the Father and asking what He would have to say. When greed is used as your criteria, you are driven financially about what impact that is going to have on you, and thus experience even more trouble—which carries you to fear, worry, and anxiety.

# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

## Read Matthew 6:25–32:

### Do Not Be Anxious

<sup>25</sup> "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> And which of you by being anxious can add a single hour to his span of life?<sup>[a]</sup> <sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? <sup>31</sup> Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.

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God is talking about fundamentals. You're chasing fundamental life choices, things that are necessary for life. He uses the word, *worry*. You are concerned about a situation. Why would you be worried? You don't have enough resources to fulfill it. Or, your resources in the future may not be what you need. You need to have more, and you are fearful of what may happen. Why would you be chasing it? You need a little bit more—more safety, more work to make it happen. He says: *You're making your own life choices to achieve what you think is important, and you're worrying about it because it's not satisfactory to you yet.*

We're using our logic. And with this logic, there's a lack of contentment. We have a belief that it would be better if we have more. What if something happened? We need to have more just in case. We make our own life choices, and we live in fear, worry, and anxiety as a result.

# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

## Read Luke 10:38–41:

### Martha and Mary

<sup>38</sup> Now as they went on their way, Jesus<sup>[a]</sup> entered a village. And a woman named Martha welcomed him into her house. <sup>39</sup> And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. <sup>40</sup> But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." <sup>41</sup> But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things,

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This is Mary, Martha, and their brother, Lazarus, who live in Bethany. Jesus stopped there frequently in and out of Jerusalem. They knew Him as Messiah. In that moment, if we asked Martha what she was doing, she would have said, *I'm serving God.* I'm serving Jesus. She tells Mary to get up and help her, but Mary refuses, saying she is sitting there dialoguing with Jesus, and this is important right now. So, Martha says, *Jesus, You tell her to get up and help me serve.* Jesus responds, *Martha, Martha, you're distracted and worried about many things.*

The Greek interpretation is that Martha says she is doing it to please Him, but she is actually pleasing herself. She has decided what she wants to do and is distracted by that activity. She means well and believes she is pleasing somebody else, but this goes into much deeper levels. First of all, who did she fail to ask? She did not ask Jesus. She did not ask what He would have her do. If she had, He would have said, *As Mary has chosen the better thing, you, too, should just come and sit with Me. Let's just dialogue. Let's just abide together a little bit. We'll get to that serving later, so do not fret, but seek Me and follow Me first, foremost, and always.*

Following Him will prevent you from worrying and being distracted. Life is not to be lived in what is called *codependency*—where pleasing someone else is your highest priority. You can get distracted by that, and it'll cause you to worry. What are you worried about? Whether or not this other person is going

# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

to be happy enough with you. Will they be happy enough with you? No, they will want you to do more according to their self-centered ideas—which will keep you distracted and worried. This is further problematic as you tend to avoid conflict, so you just work harder at pleasing them so that they're happy, but their self-centeredness drives you away from God and from the peace available to you. Ultimately, you get caught—trapped in this interesting twist.

## Read Jeremiah 17:5–6:

<sup>5</sup> Thus says the LORD:

“Cursed is the man who trusts in man  
and makes flesh his strength,<sup>[a]</sup>  
whose heart turns away from the LORD.

<sup>6</sup> He is like a shrub in the desert,  
and shall not see any good come.

He shall dwell in the parched places of the wilderness,  
in an uninhabited salt land.

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How descriptive is that? Why do we go to fear, worry, and anxiety? We are putting our trust in ourselves. This is one of the key choices we are to make: Who do you trust? If your focus is on your own capability, you're going to wind up in what is described here—a wilderness, a parched desert, an uninhabitable salt land. In other words, you're in a place that's completely void of vital, healthy, spiritual life. Why? Your heart has departed from the Lord. You've chosen your own way, and your heart begins to grow calloused. This leads us back to Matthew 6:24. You cannot serve God and things at the same time. Why? He says because you'll follow the one you choose and then despise the other. Why would you despise the other? Because your heart gets cold. Your heart actually departs from the life and power of God to bring about resolution, which results in you getting yourself into a deeper mess. Why? You're relying on your own talent and your own capabilities, your own resources, but because you are limited and living in a difficult world, it's going to be frustrating.

# LESSON 1:

## CAUSES—NATURAL AND SPIRITUAL

**From the following two sets of verses, when faced with an insurmountable problem, an obstacle that in the natural is not able to be overcome, what is the reason Saul and Jehoshaphat (and us) go to fear, worry, and anxiety? What are we lacking? Why?**

### **Read 1 Samuel 17:1–11:**

David and Goliath

**17** Now the Philistines gathered their armies for battle. And they were gathered at Socoh, which belongs to Judah, and encamped between Socoh and Azekah, in Ephes-dammim. <sup>2</sup> And Saul and the men of Israel were gathered, and encamped in the Valley of Elah, and drew up in line of battle against the Philistines. <sup>3</sup> And the Philistines stood on the mountain on the one side, and Israel stood on the mountain on the other side, with a valley between them. <sup>4</sup> And there came out from the camp of the Philistines a champion named Goliath of Gath, whose height was six<sup>[a]</sup> cubits<sup>[b]</sup> and a span. <sup>5</sup> He had a helmet of bronze on his head, and he was armed with a coat of mail, and the weight of the coat was five thousand shekels<sup>[c]</sup> of bronze. <sup>6</sup> And he had bronze armor on his legs, and a javelin of bronze slung between his shoulders. <sup>7</sup> The shaft of his spear was like a weaver's beam, and his spear's head weighed six hundred shekels of iron. And his shield-bearer went before him. <sup>8</sup> He stood and shouted to the ranks of Israel, "Why have you come out to draw up for battle? Am I not a Philistine, and are you not servants of Saul? Choose a man for yourselves, and let him come down to me. <sup>9</sup> If he is able to fight with me and kill me, then we will be your servants. But if I prevail against him and kill him, then you shall be our servants and serve us." <sup>10</sup> And the Philistine said, "I defy the ranks of Israel this day. Give me a man, that we may fight together." <sup>11</sup> When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.

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# LESSON 1:

## CAUSES—NATURAL AND SPIRITUAL

War, at this point in time, was held when one country told another country they were coming after them. They would meet in a certain place, and they would go to battle. If one country didn't show up at the battlefield, the other would take it over. They would go into their towns and kill the men, their wives, their children and everything else in sight. In order to protect their wives and children, each country would show up with their men, their warriors.

In this case, the Philistines and Israel went to En Gedi to meet for battle. Fundamentally, who won these battles? The one with the most men. They would overwhelm the smaller armies with the greater force. In this situation, Goliath and the Philistine leaders proposed a different solution. They proposed to skip all the killing—since they were likely to conquer the Israelites anyway—and told Israel to bring out their best warrior to fight against their best warrior—Goliath—who was literally a giant. Goliath said, *If you can beat me, we'll surrender. And if we beat you, you surrender.*

What was the response of Saul and his men? Great fear and terror. Why were they afraid? They were afraid of losing. They didn't see a way out of this. They were going to be defeated. They were going to lose something here. They didn't see an answer because there was no way they were going to beat this giant. He was way bigger than any of them. And so, they went to fear and great trepidation because they couldn't see any way that it was going to work out well.

# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

## Read 2 Chronicles 20:1–3:

### Jehoshaphat's Prayer

**20** After this the Moabites and Ammonites, and with them some of the Meunites,<sup>[a]</sup> came against Jehoshaphat for battle. <sup>2</sup> Some men came and told Jehoshaphat, “A great multitude is coming against you from Edom,<sup>[b]</sup> from beyond the sea; and, behold, they are in Hazazon-tamar” (that is, Engedi). <sup>3</sup> Then Jehoshaphat was afraid and set his face to seek the Lord, and proclaimed a fast throughout all Judah.

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Here is another army coming against Israel, and again this force is much greater than Israel's. In all likelihood, in the natural, Israel is going to be defeated. They believed they were never going to be able to overcome this; and Jehoshaphat went to a fear automatically. Why? Because overwhelming things were coming against him—similar to the way we are experiencing today's world—overwhelming things are coming against everybody. Life is more and more difficult in all respects—we must deal with a slow supply chain for ordering and receiving things, we see delays in services, we are plagued by a lack of follow through, a lack of access, and poor customer service, etc. It's getting worse and worse and worse. So, there's automatic fear that life is going to be difficult and awful.

# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

**From the following three sets of verses, what other reasons cause us to go to fear, worry, and anxiety? What is the impact of these, and why do we allow these to impact us?**

**Read Isaiah 61:1–4:**

The Year of the LORD'S Favor

**61** The Spirit of the LORD GOD is upon me,  
because the LORD has anointed me  
to bring good news to the poor;<sup>[a]</sup>  
he has sent me to bind up the brokenhearted,  
to proclaim liberty to the captives,  
and the opening of the prison to those who are bound;<sup>[b]</sup>  
<sup>2</sup> to proclaim the year of the LORD'S favor,  
and the day of vengeance of our God;  
to comfort all who mourn;  
<sup>3</sup> to grant to those who mourn in Zion—  
to give them a beautiful headdress instead of ashes,  
the oil of gladness instead of mourning,  
the garment of praise instead of a faint spirit;  
that they may be called oaks of righteousness,  
the planting of the LORD, that he may be glorified.<sup>[c]</sup>  
<sup>4</sup> They shall build up the ancient ruins;  
they shall raise up the former devastations;  
they shall repair the ruined cities,  
the devastations of many generations.

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# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

We have understood that life circumstances and situations will be difficult. Here, we see that the issues of life can be things that affect our soul—the essence of how we live. We live in broken heartedness. We are bound up, ruined, lost, in mourning and sadness. We live lives that are very, very discouraging—without any expectation that it's ever going to get better. We deal with this inner soul issue that doesn't get better. It has caused us to go to fear, worry, and anxiety—because your conclusion is that this is as good as it's going to be. It's never going to get better.

## Read Psalm 40:1–2:

My Help and My Deliverer

To the choirmaster. A Psalm of David.

**40** I waited patiently for the LORD;

he inclined to me and heard my cry.

<sup>2</sup> He drew me up from the pit of destruction,

out of the miry bog,

and set my feet upon a rock,

making my steps secure.

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God says that He pulled you out of the mud, implying you got stuck in the mud. What does that mean? You're in a double bind. You're stuck, and you can't move when you are in a double bind. So, as you think of the solutions, what do you do? What do you see? Nothing good. You believe that it doesn't matter what you do, since nothing is going to work. If you do the opposite, that isn't going to work either. You are stuck. You don't know which way to go because you don't see any way out. You are stuck in the mud—a double bind.

We get into double binds a lot because there are always situations when something happens, and we don't know what to do about it. We are trying, but everything we think of actually leads us to another problem—which leads to great worry and anxiety.

# LESSON 1:

## CAUSES—NATURAL AND SPIRITUAL

**From the following two sets of verses—in addition to difficult circumstances of the world coming against you—why do conflicts and relationship issues affect you so much? What is the impact of this, and why do we allow this to impact us?**

### **Read Psalm 55:1–15:**

Cast Your Burden on the Lord

To the choirmaster: with stringed instruments. A Maskil<sup>[a]</sup> of David.

**55** Give ear to my prayer, O God,  
and hide not yourself from my plea for mercy!

<sup>2</sup> Attend to me, and answer me;  
I am restless in my complaint and I moan,

<sup>3</sup> because of the noise of the enemy,  
because of the oppression of the wicked.

For they drop trouble upon me,  
and in anger they bear a grudge against me.

<sup>4</sup> My heart is in anguish within me;  
the terrors of death have fallen upon me.

<sup>5</sup> Fear and trembling come upon me,  
and horror overwhelms me.

<sup>6</sup> And I say, "Oh, that I had wings like a dove!  
I would fly away and be at rest;

<sup>7</sup> yes, I would wander far away;  
I would lodge in the wilderness; *Selah*

<sup>8</sup> I would hurry to find a shelter  
from the raging wind and tempest."

<sup>9</sup> Destroy, O Lord, divide their tongues;  
for I see violence and strife in the city.

<sup>10</sup> Day and night they go around it  
on its walls,  
and iniquity and trouble are within it;

<sup>11</sup> ruin is in its midst;  
oppression and fraud  
do not depart from its marketplace.

<sup>12</sup> For it is not an enemy who taunts me—  
then I could bear it;  
it is not an adversary who deals insolently with me—

# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

then I could hide from him.

<sup>13</sup> But it is you, a man, my equal,  
my companion, my familiar friend.

<sup>14</sup> We used to take sweet counsel together;  
within God's house we walked in the throng.

<sup>15</sup> Let death steal over them;  
let them go down to Sheol alive;  
for evil is in their dwelling place and in their heart.

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You are getting attacked, and others are coming against you. They're hurting you. They're opposing you. There's somebody who is doing something against you. He describes it as an enemy, but even worse than that, it's not just somebody who is part of typical conflict. It's who? Somebody who you know, who you have actually had fellowship and a friendship with. And now they're hurting you, which is difficult to fathom. Hurt and relationship conflict are very painful and can cause you a lot of stress, worry, and anxiety. Interestingly enough, out of all the issues listed, this tends to be one of the biggest ones because there is always conflict, particularly with people around us, including fellow believers and Christian leaders and friends.

# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

**Read Ephesians 4:26–27; 30–31:**

<sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup> and give no opportunity to the devil.

<sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

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You are going to get angry. Others have hurt you, and you are angry. That's okay. The problem is what? When it goes to bitterness, wrath, and hostility. If the anger evolves into bitterness, wrath, and hostility, then it is on you. What's the problem? What did you not do? You didn't deal with it. You never resolved it. Unresolved conflict leads to more fear, worry, and anxiety because it gets deeper and deeper and deeper. Now there's bitterness, which gives the devil a foothold to take you down into a darker place because you haven't resolved your issue—though you might have tried on our own. You may withdraw and try to punish them, try to hurt them if you can while protecting yourself. But God says that you're just going to dig yourself deeper into the hole because you haven't learned to resolve it.

To complicate things, as Christians we think that resolving issues requires reconciliation, which implies that we must allow them to get away with hurting us or allow them to continue to hurt us. We hide behind the excuse that we are not good at dealing with conflict. We don't like conflict, so it is easier to avoid it and not deal with it—but then we also stay angry to protect our heart.

# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

Since we have so many difficulties and our tendency is to go to fear, worry, and anxiety, what is our real problem? What is the significance of this, and what then does this mean for us to move to a solution?

### Read Romans 7:13–24:

<sup>13</sup> Did that which is good, then, bring death to me? By no means! It was sin, producing death in me through what is good, in order that sin might be shown to be sin, and through the commandment might become sinful beyond measure. <sup>14</sup> For we know that the law is spiritual, but I am of the flesh, sold under sin. <sup>15</sup> For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup> Now if I do what I do not want, I agree with the law, that it is good. <sup>17</sup> So now it is no longer I who do it, but sin that dwells within me. <sup>18</sup> For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. <sup>19</sup> For I do not do the good I want, but the evil I do not want is what I keep on doing. <sup>20</sup> Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

<sup>21</sup> So I find it to be a law that when I want to do right, evil lies close at hand. <sup>22</sup> For I delight in the law of God, in my inner being, <sup>23</sup> but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. <sup>24</sup> Wretched man that I am! Who will deliver me from this body of death?

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# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

Paul says that if anybody has a heart to follow God, it's him. He has surrendered, and his heart is to follow God, but he has a problem. What is his problem? He struggles with his flesh. The flesh is what? Self-determination, following your own will, trying to fix things on your own. He says it's not because he doesn't want to, and he knows it's not unique to him, but that every person, every believer has this issue.

There's going to be a struggle because of the way that our nature operates as a result of what happened with Adam and Eve. This affects all their offspring and thus all humans living today. We all have a self-will that tends to want to fix things on our own. He said, this is your natural tendency, and Paul said that he can't get around that. As a matter of fact, he says, *Wretched man, am I? Who could save me from this terrible situation?* If the answer was *nobody*, what would Paul have done? Stopped writing and said, *Good luck, see you in heaven?* This, unfortunately, is the way most Christians think. We're going to struggle here. Yes, we're going to fail. We can't get around these issues—but hey, at least we get to go to heaven.

Since your natural tendency is because of fear, worry, and anxiety, you tend to move toward self-will—trying to figure things out on your own, while expecting things to not work out well. The problem with all of us is that is our natural default is not unique to us and our shortcomings, but is a universal problem for all of us.

**When we live in the natural, which is our normal status, what are the consequences of this that cause us to go to fear, worry, and anxiety? Why is this so significant to what the remedy is for us to move to God's promised peace?**

**Read Romans 8:5–8:**

<sup>5</sup> For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. <sup>6</sup> For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. <sup>7</sup> For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. <sup>8</sup> Those who are in the flesh cannot please God.

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# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

Remember that Paul has stated that the carnal—the flesh—is our normal default. If we stay in the carnal (which is easy and typical), there are three things that now occur in our lives:

1. Spiritual death. You've gone back to what happened with Adam and Eve—the Holy Spirit, who is alive, is now, in essence, put to death and of no power. So, you've separated from the power of God.
2. Enmity against God. Not only are you trying to figure this out on your own and going deeper into the consequences of the natural, the world, you're at enmity against who? God, who is now also working against you. Not only are you experiencing the trouble, you have no help. God is making things work in order for you to repent and come back to Him who can and will resolve your trouble.
3. Cannot please God. There's no way to please Him. Because you are either with Him or you're in the flesh, which puts you in a position of not being able to please Him or allow Him to resolve your issues.

Since you stay in that natural state with no help and no power from God, you remain in trouble. This is why most believers stay in fear, worry, and anxiety—and it gets worse as they just keep going deeper and deeper into the carnal.

**Though we may have a heart to not be burdened by fear, worry, and anxiety, and thus try to function according to scripture, what does that lead us to when we are the ones trying so hard? Why?**

### Read 2 Corinthians 3:4–6:

<sup>4</sup> Such is the confidence that we have through Christ toward God. <sup>5</sup> Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God, <sup>6</sup> who has made us sufficient to be ministers of a new covenant, not of the letter but of the Spirit. For the letter kills, but the Spirit gives life.

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# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

You have a heart to follow Him. You even have a heart to minister to others—but normally you do it in your own sufficiency. How do you view the Bible? As law. You're trying to follow this all on your own, in your own sufficiency by following rules. You're reading scripture, but what are you doing with that scripture? Saying, you can't do that. It's too hard for you. You are going to try to do this. You are going to work at it because you have to do this. In doing so, you tend to require everyone else around you to also try to follow these same rules that you have set up. We point out what others should be doing. When you read scripture and pursue this as law, it kills. What is it killing? The power and the leading of God. You've killed it off. You have separated yourself in a place where you can't receive it—all out of a desire to do the right thing by following the law. Since this is something you struggle with, you go deeper into the flesh and fear, worry, and anxiety. You don't feel, happy. You are struggling. Things aren't working. You are in conflict as you try to tell others around you to work harder. Life remains hard and causes you to stay in the place of fear, worry, and anxiety.

**From the following two sets of verses, what separates us from the relationship, the power of God available to us? Why is this so significant regarding our ability to enjoy His peace for us?**

**Read Isaiah 59:1–2:**

Evil and Oppression

**59** Behold, the Lord's hand is not shortened, that it cannot save,  
or his ear dull, that it cannot hear;

<sup>2</sup> but your iniquities have made a separation  
between you and your God,  
and your sins have hidden his face from you  
so that he does not hear.

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# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

Separate yourself because of iniquity. What is the definition of iniquity? Paul defined it as *self*. You have decided on your own what to do. Underneath it all, when you choose self, that's iniquity, and by definition, you separate yourself from God who then cannot hear you. Your prayers are basically worthless because He can't hear you. This is rather simple. Where have you gone? To the flesh, away from God, away from His Kingdom.

You are against God. You cannot please God. You have separated from the life of God. You are not in His Kingdom. He says that in order for Him to fulfill the solutions to your issues, you're going to have to be with Him. When you walk away, He can't do it.

## Read Galatians 5:1–4:

### Christ Has Set Us Free

**5** For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

<sup>2</sup> Look: I, Paul, say to you that if you accept circumcision, Christ will be of no advantage to you. <sup>3</sup> I testify again to every man who accepts circumcision that he is obligated to keep the whole law. <sup>4</sup> You are severed from Christ, you who would be justified<sup>[a]</sup> by the law; you have fallen away from grace.

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When you have decided “you should,” you have, in essence, set your own rules, your own law, and now you're obligated follow them. You have returned to the requirement of having to be perfect. How well do you achieve perfection? You can't. No one can. Since you cannot, you have alienated yourself from God—you are estranged and have severed the relationship. You've cut it off—and in doing so you have fallen from what? Grace.

# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

The word *grace* is God's favor. It's not just being saved for entry to heaven—but it's God's extraordinary favor. You've fallen away from God's ability to give you favor. Why? Because you have decided what you think you should do. Unfortunately, when you do that, you actually sever your relationship with Him, and you fall from the opportunity for Him to give you the grand solution. If you have a problem that you are going to fix on your own, what have you just done? You have removed yourself from the One who can actually solve the problem. You have put yourself on the throne of your life. You have become your God, and you have basically nullified what He's done. And because of this you stay in fear, worry, and anxiety.

**In addition to the difficult circumstances and relationships of life, who else do we have against us? Why is this so important to understand as we desire to move to a place of peace and joy? How does the enemy work against us in this way?**

**Read 1 Peter 5:8:**

<sup>8</sup> Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

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What does a lion do all day? Hunt. What is the lion looking for? Weakness. Once it can pick out the weakness in a herd, it goes after it with the purpose of devouring it. The enemy is prowling around to come after you and try to destroy you. It is not just the world and all of the self-centered people in it trying to drag you down, but you've got a spiritual enemy that has power in the world and is observing you, constantly going after you—causing more trouble that leads to fear, worry, and anxiety.

# LESSON 1: CAUSES—NATURAL AND SPIRITUAL

## Read Ephesians 6:10–13:

### The Whole Armor of God

<sup>10</sup> Finally, be strong in the Lord and in the strength of his might. <sup>11</sup> Put on the whole armor of God, that you may be able to stand against the schemes of the devil. <sup>12</sup> For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. <sup>13</sup> Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.

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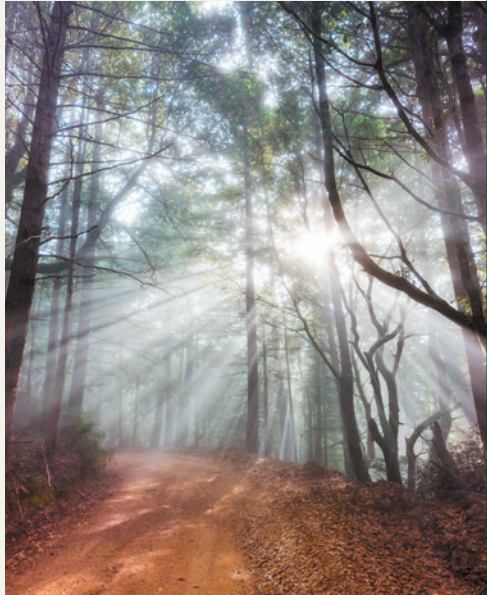
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One of the big issues in life is conflict with people when circumstances aren't going well. We work in the natural to try to resolve these issues on our own—which does not work out too well—because behind this is the fact that you're not dealing with flesh and blood. You're dealing with principalities and powers and thrones that are working against you in the spiritual realm. They are using wiles—the schemes and strategies of the enemy. The enemy is observing you. He's looking for weakness, patterns. When this happens, you go into fear, worry, and anxiety. The enemy is behind the scenes working to move you into the pattern of response that causes you further trouble, particularly taking you to fear, worry, and anxiety.

As we conclude Lesson 1 of this course, we have learned that the world is going to throw troubles at you that causes fear, worry, and anxiety. We are never going to get around that. We're not exempted from that. God doesn't pull us out of the world—rather He sends us into the world. He makes it clear that the reason we stay there and don't resolve the fear, worry, and anxiety—and replace it with His peace is because we try to do it ourselves. We have spiritually separated ourselves from Him, and we have an enemy who is diligently working to keep us away. We've got significant problems that lead us to live in fear, worry, and anxiety. We cannot help it.

# LESSON 2: KNOW THAT GOD WILL RESOLVE ALL



**"If we try to resolve our issues ourselves—in the flesh where Paul says, we've got fundamental problems because of our nature—we actually move away from God."**

As we continue our course in: *Overcoming Fear, Worry, and Anxiety*, we talked in Lesson 1 about the causes of it. The world throws all kinds of stuff at you. It causes conflict, issues, things that are problematic, all kinds of negative circumstances, things that we believe aren't going to work out too well. This causes us to worry, to be fearful and to be anxious about all of it. This is a normal reaction, but there are spiritual elements behind the scenes. If we try to resolve our issues ourselves—in the flesh where Paul says, we've got fundamental problems because of our nature—we actually move away from God. We sever our relationship with Him, we're at enmity against Him, and we cannot please Him. We don't really have an opportunity for Him to resolve anything because we make it worse. We're digging a deeper hole and end up in a place where we believe that this is just the way life is. We have an enemy who's working hard to move us away from God to keep us away from God so that our circumstances overwhelm us, and we continue to be discouraged.

In Lesson 2, we're going to learn to understand how we approach this so that we can overcome fear, worry, and anxiety. The first key is a fundamental understanding to believe that God will resolve it. There are a lot of people who are Christians who believe that God resolves issues for some, but not for them necessarily. This is partly due to the fact that they are still trying to resolve issues themselves. They can't really believe that God will resolve their issues because, based upon their experience, it is difficult to move to a full trust that He will. We have to get to the truth of it—that God absolutely is going to resolve it 100% of the time, all the time.

# LESSON 2:

## KNOW THAT GOD WILL RESOLVE ALL

**From the following three sets of verses, what does God promise us in the middle of our difficult circumstances? What does this practically look like? What does that mean to us? Why?**

**Read 1 Peter 5:9–11:**

<sup>9</sup> Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. <sup>10</sup> And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. <sup>11</sup> To him be the dominion forever and ever. Amen.

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God will restore, confirm, strengthen, and establish you from the things that are causing you fear, worry, and anxiety. Yes, we have an issue, but first of all He says to learn to go to Him because why? He is going to provide, deliver, fulfill a resolution to this issue. This is something we can absolutely count on.



# LESSON 2:

## KNOW THAT GOD WILL RESOLVE ALL

### Read Psalm 91:1–6:

My Refuge and My Fortress

**91** He who dwells in the shelter of the Most High  
will abide in the shadow of the Almighty.

<sup>2</sup> I will say<sup>[a]</sup> to the LORD, “My refuge and my fortress,  
my God, in whom I trust.”

<sup>3</sup> For he will deliver you from the snare of the fowler  
and from the deadly pestilence.

<sup>4</sup> He will cover you with his pinions,  
and under his wings you will find refuge;  
his faithfulness is a shield and buckler.

<sup>5</sup> You will not fear the terror of the night,  
nor the arrow that flies by day,

<sup>6</sup> nor the pestilence that stalks in darkness,  
nor the destruction that wastes at noonday.

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Where do you go when experiencing difficulty? To Him—our refuge, our fortress. He uses the word *abide*, which means to fellowship with, spend time with—talk to Him, dialogue with Him in intimate relationship—all the time. This is really simple. He says He’s got the answer. But, for you to receive that answer, you’ve got to come to Him. Come, dwell, abide under His protection. He is going to resolve this. These things aren’t going to stay difficult and unresolved. This doesn’t mean that you won’t experience it, it means it is not going to keep overwhelming you. He says to come to Him, abide with Him, be in relationship with Him. Let Him deliver the answer as opposed to you trying to do it on your own. He will deliver it all the time, every time.

# LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

## Read Isaiah 26:1–4:

You Keep Him in Perfect Peace

**26** In that day this song will be sung in the land of Judah:

“We have a strong city;

he sets up salvation  
as walls and bulwarks.

<sup>2</sup> Open the gates,

that the righteous nation that keeps faith may enter in.

<sup>3</sup> You keep him in perfect peace

whose mind is stayed on you,  
because he trusts in you.

<sup>4</sup> Trust in the LORD forever,

for the LORD GOD is an everlasting rock.

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As you come to God, He says that if you stay with Him, keep your attention on being with Him. He is going to be with you, and will give you what? Perfect peace. In Hebrew the word peace is shalom. Shalom—peace, peace—perfect and complete. He is going to take care of all your issues; He is going to give you favor and resolution to all your issues. The reason is the perfect peace He is going to give you. Shalom, shalom. He is giving you a double measure of favor. You don't need to worry because He is going to take care of it.

In other words, He is giving perfect, complete peace. When do you need peace? All the time. Because why? Because the stuff that's happening to you causes you not to have peace. It is truly problematic, but He says if you come to Him, He will give you favor. He will resolve it. Abide with Him, knowing that He is going to resolve it. Cast your cares upon Him. He will deliver resolution to you. Not only will He resolve it, but what's going to happen to you. You're going to be in peace. It will be resolved. You will see it resolved. And now you can be in peace. You don't have to go to fear, worry, or anxiety. Why? Because He is going to deliver it to you. This is what He wants us to keep understanding. Trust Him for He is going to fulfill this in your personal life.

# LESSON 2:

## KNOW THAT GOD WILL RESOLVE ALL

**For all our difficult circumstances that we will encounter in this world, what is God's perspective? What is His view of all of them? What does He promise? What does that mean for us? Why is this so important as we process from fear, worry, and anxiety to peace and joy?**

### **Read Psalm 111:1-10:**

Great Are the LORD'S Works

**111** <sup>[a]</sup> Praise the LORD!

I will give thanks to the Lord with my whole heart,  
in the company of the upright, in the congregation.

<sup>2</sup> Great are the works of the LORD,  
studied by all who delight in them.

<sup>3</sup> Full of splendor and majesty is his work,  
and his righteousness endures forever.

<sup>4</sup> He has caused his wondrous works to be remembered;  
the LORD is gracious and merciful.

<sup>5</sup> He provides food for those who fear him;  
he remembers his covenant forever.

<sup>6</sup> He has shown his people the power of his works,  
in giving them the inheritance of the nations.

<sup>7</sup> The works of his hands are faithful and just;  
all his precepts are trustworthy;

<sup>8</sup> they are established forever and ever,  
to be performed with faithfulness and uprightness.

<sup>9</sup> He sent redemption to his people;  
he has commanded his covenant forever.

Holy and awesome is his name!

<sup>10</sup> The fear of the LORD is the beginning of wisdom;  
all those who practice it have a good understanding.  
His praise endures forever!

# LESSON 2:

## KNOW THAT GOD WILL RESOLVE ALL

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Remember, approach the situation asking if you have a problem. If you do, are there circumstances that are difficult? Yes. Following God is not an exemption from all of the difficulties of this life. It is not that you will never experience this—in the world, this is normal—it happens all the time. He says you need to stand on truth by remembering the Covenant—forever. Remember this fully because that's the way He views His children all the time—through the Covenant.

What is the Covenant? God is going to bless you to make you a blessing in order to overcome this problem. He will turn it into what? A blessing. He is going to bless you in it. As He blesses you, it'll be a flow through. He is going to ask you to give it away—remember that permanently, all the time.

He continues by saying that not only does He remember it, but He will command it—also forever. Now, think about that. God says, *I command it*. What does that mean? It will be done. God has the supremacy and the power to overcome all of our difficult circumstances. This is not a general statement. In the previous lesson, we learned that if you walk away, you've disqualified yourself from the commandment. It is not general or universal—as many believe that God should just eliminate all of life's difficulties just because we are a child of God. Rather, we are all going to be and continue to be part of the difficult, troubled world that is controlled by the enemy.

However, in the middle of that, God says He can deliver the Covenant to you personally because it's not a general thing. It is for each of us as individuals, and He will command it. Stay with Him because it's going to be true all the time. He also said that this is the beginning of wisdom. In every situation, we are to go to Him and ask what He is going to do about this. We should also ask what we should do about this as well.

What is the fear of the Lord? What do you believe when you fear the Lord? You believe He is going to deliver the Covenant to you. That's the beginning. When you have a problem, your first thought is to be what? He's going to solve it. You know He's going to solve it because He promises Covenant. From your perspective, you have a problem. It's unpleasant. You don't see a solution. However, God says He is going to deliver the Covenant. He says to start with that truth as you approach your issue, because fearing the Lord is the beginning of wisdom. Believe that.

# LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

When problems arise, and it seems like things are never going to work out, or you are unlucky, or you convince yourself that God must want you to suffer, He says, *No, no. My plan, absolutely, 100% is Covenant. I'm going to bless you to make you a blessing.*

Do you have a heart to follow God? It is not universal and not all the children of God do. Those who do not have disqualified themselves. However, if you are with Him and have a heart to follow Him, He will fully resolve the issues and will command His Covenant for you.

In verse 10, He notes that all of us would practice this—all the time. Practice thinking and expecting Covenant. Do not default to self and try to figure this out on your own. Your starting point is always to believe Covenant. Yes, you have a problem, but remember the Covenant. God will deliver His resolution. Don't doubt it, but practice it. Give it a shot. Yes, based upon your experience, you struggle with this and will not find it easy to fulfill. But then, you get your first shot and then the second one. It doesn't come automatically, but can be learned through practice. It is also true that we should practice learning this with our community and inner circle.

**What are we to believe, receive, and count on regarding God's perspective for us (Covenant loyalty)? What does this mean to how we process our issues? Why?**

### Read Proverbs 3:3–4:

<sup>3</sup> Let not steadfast love and faithfulness forsake you;  
bind them around your neck;  
write them on the tablet of your heart.

<sup>4</sup> So you will find favor and good success<sup>[a]</sup>  
in the sight of God and man.

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# LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

In Hebrew and Greek, the words tend to mean more than what we typically understand in English. When we think of mercy, what do we think of? When we think of grace, what do we think? Our view of grace is to be let off the hook. Forgiveness. But that's not what the Hebrew says. The Hebrew interpretation means not letting God's loyalty to the Covenant depart from you. You stay there as a beginning point, and this leads to what? Trust in the Lord, and He will direct your steps. Don't let your commitment to the Covenant ever depart from your thinking. Always start there. And then, go to truth. Think and believe Covenant loyalty and truth to be the prime characteristics of your life so that you learn that you are to be with Him. Then, reinforce with each other that God will deliver the Covenant because he's loyal to that. It is true and absolute.

**Since God is faithful (loyal) to the Covenant, what does He promise to do for us in these difficult circumstances? What is our responsibility? How does that work? Why?**

### **Read Proverbs 22:17–21:**

Words of the Wise

- <sup>17</sup> Incline your ear, and hear the words of the wise,  
and apply your heart to my knowledge,  
<sup>18</sup> for it will be pleasant if you keep them within you,  
if all of them are ready on your lips.  
<sup>19</sup> That your trust may be in the LORD,  
I have made them known to you today, even to you.  
<sup>20</sup> Have I not written for you thirty sayings  
of counsel and knowledge,  
<sup>21</sup> to make you know what is right and true,  
that you may give a true answer to those who sent you?

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## LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

Most of the church doesn't live this way, as we do not seem to know much about Covenant blessings. It hasn't really been taught that much. The thought of many is that since this is Old Testament—Abraham's Covenant only pertained to Israel. It is historical. We are reading the Old Testament as history. The Old Testament doesn't apply anymore, especially since Jesus said, there's a new Covenant. All you need to do is just follow the New Testament. However, Paul said all of scripture is God breathed and inspired. All of scripture is God's word and is true and profitable to give us the power to live the promised abundant life—Covenant.

God says, *Listen, pay attention. I'm going to speak. And what I speak has to get into your heart. It's got to get into your soul—you receive it and are living it out because it moves you to believing and then following. I'm going to give you counsel and wisdom and resolution to the issues of life—you'll know it and experience it.*

What does it mean when it is *on your lips*? You've internalized it, you've processed it, you've journaled it, you've memorized it. You now understand it, believe it, and live it—as you can speak it out to others.

He says: *I'm going to lead you to counsel and understanding—the direction you're supposed to go.* What do you do with this issue? It is going to be resolved. But, in order for it to be resolved, He says you are going to have to follow Him. How? By following His instruction—step by step by step. His instructions will be unique to you and your situation. Why is it unique to you? Because it is your issue. It's not a universal thing. It is your problem. He knows this and is going to resolve it in a way that is specific to you. His answer and His instruction and His application will be unique to you. Trust Him because He will lead you specifically into your unique solution.

# LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

**From the following two sets of verses—as we face difficulties and are processing God’s commitment to overcoming these for us, what can we be sure of? What does this mean? Why is this so important for us to have settled?**

**Read Romans 8:31–32:**

God's Everlasting Love

<sup>31</sup> What then shall we say to these things? If God is for us, who can be<sup>[a]</sup> against us? <sup>32</sup> He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

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There is something God wants you to understand: He is always for you and not against you. God's not working against you—to bait and switch you or to trick you or to cause you difficulty. Instead, He says, *No, I'm for you, not against you.* As a matter of fact, He says, *If I'm for you, who can be against you?* What's the answer to that? This is a little bit of a trick question. Nothing can be against you, except you. Why? Because you walk away. The only one who can thwart what He is going to do is you—when you walk away, and you try to do it on your own. This ultimately causes yourself even more trouble. He has a plan because He is for you.

What does it mean that He is for you? He is going to deliver the Covenant. Why is He going to do this? Because He is for you. You are His son, His daughter. He is going to deliver all of His promises. However, in order for this to happen, where do you have to be? With Him. He is for you. Believe it and stay with Him so He can demonstrate that uniquely to you.



# LESSON 2:

## KNOW THAT GOD WILL RESOLVE ALL

**Read Luke 1:37:**

<sup>37</sup> For nothing will be impossible with God."

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Nothing will be impossible with God. Yes, we have a problem. We have a sticky wicket, we have a double bind, we've got loss, conflict, things that aren't working. What does He have to say about these? Nothing's impossible. Nothing is too tough for Him. Nothing is impossible for Him to get you to resolution. But be careful that you don't conclude your own resolution.

**In light of living in a difficult world, what has God planned for us? What exactly does that look like for us? What is to be our response? Why is this so significant for us?**

**Read Ephesians 2:10:**

<sup>10</sup> For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

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# LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

He says, *You are My workmanship*. What does that mean? You are a work in progress. God is working to give you the promised Covenant life—prepared good works that are going to be beneficial to you. Who prepared them? God. What's the definition of *good*? Complete, exceptional, supernatural favor. Whose works are they? They're His, and He defines them. It is why He's got the solution. If He has a new, powerful answer for you, are you willing to go with Him? He has already prepared it, and all He is asking you to do is what? Walk into it. Don't try to figure it out yourself. He is for you. Nothing is impossible for Him because He has the answer, and He already has it prepared. He already knows His good work for you. Start to trust that.

**From the following two sets of verses, how are we “to walk into His good works”? What does this mean practically? Why is this so significant to us?**

**Read Jeremiah 17:7–8:**

<sup>7</sup> “Blessed is the man who trusts in the LORD,  
whose trust is the LORD.

<sup>8</sup> He is like a tree planted by water,  
that sends out its roots by the stream,  
and does not fear when heat comes,  
for its leaves remain green,  
and is not anxious in the year of drought,  
for it does not cease to bear fruit.”

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# LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

Blessed are you who do what? Trust in God. Blessed are those whose trust is the Lord. Why? Because He is going to give you the answer. You'll be like a tree who is rooted in Him. When famine comes, you'll still be fine. You won't be what? Anxious. Because you're not worried. It's not that He will be removing the trouble, it's that He is going to give you the ability to get through it and still be fruitful. You will still have your green leaves. This trouble is not going to destroy you. It's coming, but He will take care of it as you learn to trust Him. Why trust Him? Because He will resolve your issues. It is His Covenant. Get to that point where you believe it.

## Read Psalm 25:1–6:

Teach Me Your Paths

<sup>[a]</sup> Of David.

**25** To you, O LORD, I lift up my soul.

<sup>2</sup> O my God, in you I trust;

let me not be put to shame;

let not my enemies exult over me.

<sup>3</sup> Indeed, none who wait for you shall be put to shame;

they shall be ashamed who are wantonly treacherous.

<sup>4</sup> Make me to know your ways, O LORD;

teach me your paths.

<sup>5</sup> Lead me in your truth and teach me,

for you are the God of my salvation;

for you I wait all the day long.

<sup>6</sup> Remember your mercy, O LORD, and your steadfast love,

for they have been from of old.

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## LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

Yes, you have trouble, but He says to learn to do what? Trust in Him. If you trust in Him, you'll allow Him to lead you to the solution. He will teach you His way, and it'll be a way for you to build trust. When you have a problem, which is going to happen, you would immediately go and say what? God, what do You have to say about this problem? You can't wait to see what He has to say. With this mindset, what's your view of the problem? It's going to be resolved. See the difference?

When you trust God, there is no question of maybe, perhaps, or probably not. In the flesh, we live in a state where we are not convinced that God's going to resolve it; and we attempt to do it ourselves. We come to the conclusion that God is not going to provide resolution, and we walk away. When we do this, He can't deliver it. Why? Because we don't trust Him, we are not with Him, walking with Him so He can resolve this for us. He wants us to understand that trust is built by what? Experiencing it. Walk with Him to learn to experience the truth of this, to trust Him.

Think of the disciples. When Jesus first met them, what did He say? Come and do what? Follow Him. Did they know anything? No. Did they believe in the supernatural? No. It took three years of being with Him to learn that they could trust Him and that He resolves all things—the Covenant life. He didn't just preach theology. He demonstrated the life of Jesus in them and with them so that three years later they would say they trusted and believed in it. Did they at first trust it? Did they know anything about it? No, but they were willing to stay with Him to experience it and learn to trust Him.

As you are working through this course, one of the big issues is not knowing about this, not having experience with that, not knowing many people who have experienced that. This all might be true, but stay with Him, as the disciples did and put it into practice. Let God persuade you that it's true. The more you trust in Him, as soon as a problem arises, you will go directly to Him. This will become easier and easier and easier. This does not mean that the problems will become easier, the solutions might even get more complex, but God says He will resolve it. You just need to learn to go to Him to experience Him resolving these.

# LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

**From the following three sets of verses—as we learn to trust Him, what is necessary for us to learn this, to stay in the place to receive His Covenant promises, and work through our own doubts and struggles? What does this mean for us?**

**Read Deuteronomy 10:20–22:**

<sup>20</sup> You shall fear the LORD your God. You shall serve him and hold fast to him, and by his name you shall swear. <sup>21</sup> He is your praise. He is your God, who has done for you these great and terrifying things that your eyes have seen. <sup>22</sup> Your fathers went down to Egypt seventy persons, and now the LORD your God has made you as numerous as the stars of heaven.

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Remember the fear of the Lord is to trust God that the Covenant is true, His words are true, and He will command the Covenant—resolution, blessings for us personally. He says to hold fast to Him. The Hebrew for *hold fast* is: cling to Him. What does that mean? Whatever promise He has spoken to you about this issue, hold fast to Him and what He has promised. Don't waver. Don't go looking for other solutions. Hold fast to God. He says, *Stay with Me. Stay with Me. If you're going to build trust, it's really important that you stay with Me. I can't deliver it if you keep walking away, so stay with Me. I will persuade you that you can trust Me, and all your issues will be resolved.*

# LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

## Read Deuteronomy 11:18–25:

<sup>18</sup>“You shall therefore lay up these words of mine in your heart and in your soul, and you shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. <sup>19</sup>You shall teach them to your children, talking of them when you are sitting in your house, and when you are walking by the way, and when you lie down, and when you rise. <sup>20</sup>You shall write them on the doorposts of your house and on your gates, <sup>21</sup>that your days and the days of your children may be multiplied in the land that the LORD swore to your fathers to give them, as long as the heavens are above the earth. <sup>22</sup>For if you will be careful to do all this commandment that I command you to do, loving the LORD your God, walking in all his ways, and holding fast to him, <sup>23</sup>then the LORD will drive out all these nations before you, and you will dispossess nations greater and mightier than you. <sup>24</sup>Every place on which the sole of your foot treads shall be yours. Your territory shall be from the wilderness to<sup>[a]</sup> the Lebanon and from the River, the river Euphrates, to the western sea. <sup>25</sup>No one shall be able to stand against you. The LORD your God will lay the fear of you and the dread of you on all the land that you shall tread, as he promised you.

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Does this Covenant still apply today? Yes, He is going to bless you to make you a blessing. These promises will be delivered to you because He is greater than your circumstances. He is going to take care of it, He promises you that. Your role, as you are living with your friends, your spouse, your kids, your inner circle is to do what? Keep this truth in His word for you at all times and keep processing. Continue asking God what He has to say about this. Ask Him what He would have you learn from this. Ask what His instruction are. Ask Him how you to process this together.

# LESSON 2:

## KNOW THAT GOD WILL RESOLVE ALL

He says to make that the essence of your life. Don't go off and try to figure it out. Keep helping each other stay in the word. If you love Him, you'll demonstrate your love by doing what? Holding fast. Staying with Him. He will resolve this greater problem that you have that you can't resolve. He promises He will do it. You just have to stay with Him. Stay with Him. Stay with Him.

Think of the Promised Land. How long did it take Joshua and Caleb to actually conquer the Promised Land? First, they wandered around for 40 years because their fellow Israelites wouldn't go. They wandered around but never even went in. Then to the next generation, to Joshua and Caleb, God asked them: *How about you? Do you want to go?* They want to go, and so they cross the Jordan River.

How long did it take for God to fulfill His promise that He would conquer the land that they would possess entirely? Five years. Was it resolved immediately? No, but they got it resolved. He didn't tell them how or when it was going to happen. He just said, *Let's go. Stay with Me. Trust Me.*

In the end, they did exactly that. In Joshua 24, Joshua rejoices, saying, *Hallelujah. We got it fulfilled.* But he knew there was more trouble on the horizon. Joshua chose to cling to God because He knows what to do next. *Trouble is coming, he says, and you can choose who you want to serve, but as for me and my house, we will serve the Lord.* Joshua chose to follow Him, cling to Him, hold fast to Him knowing that they had been given the Promised Land. It took five years, but that's not the end of it. There is always more, there is always, now what? But because he clung to Him, Joshua knew that the next things in life would be resolved, and he would fully experience the Covenant.

### Read 2 Timothy 1:13–14:

<sup>13</sup> Follow the pattern of the sound<sup>[a]</sup> words that you have heard from me, in the faith and love that are in Christ Jesus. <sup>14</sup> By the Holy Spirit who dwells within us, guard the good deposit entrusted to you.

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# LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

He says, *Hold fast, stay with Me*. I'm speaking to you. You're learning through your abiding and His application of truth to your circumstances. Keep holding on to that and keep growing it. Build your library off truth that He is giving you. Your circumstances aren't going to get easier, but He is going to show you through the process that you can trust Him—that He will resolve this and command the Covenant to your life.

**From the following three sets of verses—instead of worrying, what are we called to do? What does that mean? Why is this so significant for how we approach our issues?**

**Read Matthew 6:33–34:**

<sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you.

<sup>34</sup> "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

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Instead of worrying, what should you do? Seek the Kingdom. Seek God and His righteousness, which is the reason you can be in that Kingdom. You are not righteous, but He gives you His righteousness when you enter the Kingdom. If you seek that, what's going to happen? All things will be delivered. If you've got a problem, an issue, a conflict, something that has come against you, what is the thing you need? Resolution. He said that if you pursue the resolution by yourself, He can't give it to you. But, if you seek Him, He will give it to you.



# LESSON 2:

## KNOW THAT GOD WILL RESOLVE ALL

What does this look like? It is asking the Father what He has to say about this problem. It is seeking Him and expecting what? An answer. He promised that to you. He says not to worry. Do not worry, because if you are worrying, you're not seeking Him. Instead, you're taking it back. Stay with Him. Seek Him. He will give you the answer.

### Read Psalm 118:1-9:

His Steadfast Love Endures Forever

**118** Oh give thanks to the LORD, for he is good;  
for his steadfast love endures forever!

<sup>2</sup> Let Israel say,

“His steadfast love endures forever.”

<sup>3</sup> Let the house of Aaron say,

“His steadfast love endures forever.”

<sup>4</sup> Let those who fear the LORD say,

“His steadfast love endures forever.”

<sup>5</sup> Out of my distress I called on the LORD;  
the LORD answered me and set me free.

<sup>6</sup> The LORD is on my side; I will not fear.  
What can man do to me?

<sup>7</sup> The LORD is on my side as my helper;  
I shall look in triumph on those who hate me.

<sup>8</sup> It is better to take refuge in the Lord  
than to trust in man.

<sup>9</sup> It is better to take refuge in the Lord  
than to trust in princes.

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# LESSON 2:

## KNOW THAT GOD WILL RESOLVE ALL

It's better to seek the Lord than anybody else, particularly who? You, particularly you. Instead of you trying to figure out the resolution to your problem, it is so much better to seek Him. Why is it better? Because He has the answers. He knows the answer right now. His job is to get it to you, but in order for you to receive it, you have to be with Him. If you walk away, it makes Him sad. He is not going to chase you down, but He will be there, ready for you as soon as you're ready to come back.

### Read Psalm 143:8–12:

<sup>8</sup> Let me hear in the morning of your steadfast love,  
for in you I trust.

Make me know the way I should go,  
for to you I lift up my soul.

<sup>9</sup> Deliver me from my enemies, O LORD!  
I have fled to you for refuge.<sup>[a]</sup>

<sup>10</sup> Teach me to do your will,  
for you are my God!

Let your good Spirit lead me  
on level ground!

<sup>11</sup> For your name's sake, O LORD, preserve my life!  
In your righteousness bring my soul out of trouble!

<sup>12</sup> And in your steadfast love you will cut off my enemies,  
and you will destroy all the adversaries of my soul,  
for I am your servant.

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## LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

Remember to cling to Him and ask Him to allow you to hear how He is going to deliver the Covenant. Allow you to know the way in which you shall go, so you can follow Him into the solution. Ask Him to protect you from the enemy because you know he's going to come against you. Ask Him to protect you and teach you His will. His spirit is good, and He is going to lead you to goodness—He is going to take care of the problem.

Have a heart to hear and follow and be willing to be made willing. You will start hearing, and you will stay with Him. This is a process that is incomplete, but He knows the way, the steps, the process—which is step by step by step, We aren't going to go to fear or worry, and we won't be anxious. We'll go the other direction, which is to God. He has the answer, the Covenant. He is going to bless you to make you a blessing. If you believed this, what would you do every time? Go to God. You can trust it, the Covenant loyalty, there's nothing too difficult for God.

As we finish this lesson, it's really important to understand that, yes, we're going to have trouble. God says, *If you want a resolution and freedom from worry, come with Me—cling to Me, stay with Me, and seek Me.* Why? Because He has the answer, and He guarantees that He will resolve it because He is loyal to the Covenant. He is going to bless you to make you a blessing. Don't get discouraged, don't quit, but rather stay and cling to God. He will fulfill His promise.



# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE



**"If we stay with Him, He will give us the answer. He knows the answer and can guarantee resolution because of His loyalty and His commitment to the Covenant. "**

**A**s we continue in our course: *Overcoming Fear, Worry, and Anxiety*, we've talked about the causes and how the world is going to throw trouble at you all the time—negative circumstances, loss, problems, conflict, things that just aren't working. It's happening all the time. Underneath that is the spiritual element that we actually contribute to because we're not walking with God in His Kingdom. Our natural default is to try to solve these issues ourselves, but God says that we can't and what we are actually doing is working against His opportunity to give you solution.

In addition, we have an enemy who's working to keep us away from God. We learned last lesson that the way to move is to go toward God—always—because of His Covenant loyalty. He is going to bless us to make us a blessing. If we stay with Him, He will give us the answer. He knows the answer and can guarantee resolution because of His loyalty and His commitment to the Covenant. We can count on Him resolving these for you.

We also learned in the previous lesson that all that is required is staying with Him—praying that you are willing to be made willing and staying with Him so that you can receive His answers.

In this lesson, we're going to get into how this all works, and what practical things can we do as we move toward understanding it.

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

From the following two sets of verses—as we are seeking God to provide His solutions, His answers to our difficult circumstances, what are we called to do (our role)? What does this mean? Why is this so important to our process of moving away from fear, worry, and anxiety?

## Read Joel 1:13–20; 2:12–17:

A Call to Repentance

<sup>13</sup> Put on sackcloth and lament, O priests;  
wail, O ministers of the altar.

Go in, pass the night in sackcloth,  
O ministers of my God!

Because grain offering and drink offering  
are withheld from the house of your God.

<sup>14</sup> Consecrate a fast;  
call a solemn assembly.

Gather the elders  
and all the inhabitants of the land  
to the house of the LORD your God,  
and cry out to the LORD.

<sup>15</sup> Alas for the day!  
For the day of the LORD is near,  
and as destruction from the Almighty<sup>[a]</sup> it comes.

<sup>16</sup> Is not the food cut off  
before our eyes,  
joy and gladness  
from the house of our God?

<sup>17</sup> The seed shrivels under the clods,<sup>[b]</sup>  
the storehouses are desolate;  
the granaries are torn down  
because the grain has dried up.

<sup>18</sup> How the beasts groan!  
The herds of cattle are perplexed  
because there is no pasture for them;  
even the flocks of sheep suffer.<sup>[c]</sup>

<sup>19</sup> To you, O LORD, I call.  
For fire has devoured

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

the pastures of the wilderness,  
and flame has burned  
all the trees of the field.

<sup>20</sup> Even the beasts of the field pant for you  
because the water brooks are dried up,  
and fire has devoured  
the pastures of the wilderness.

Return to the LORD

<sup>12</sup> "Yet even now," declares the Lord,  
"return to me with all your heart,  
with fasting, with weeping, and with mourning;  
<sup>13</sup> and rend your hearts and not your garments."

Return to the LORD your God,  
for he is gracious and merciful,  
slow to anger, and abounding in steadfast love;  
and he relents over disaster.

<sup>14</sup> Who knows whether he will not turn and relent,  
and leave a blessing behind him,  
a grain offering and a drink offering  
for the LORD your God?

<sup>15</sup> Blow the trumpet in Zion;  
consecrate a fast;  
call a solemn assembly;

<sup>16</sup> gather the people.  
Consecrate the congregation;  
assemble the elders;  
gather the children,  
even nursing infants.

Let the bridegroom leave his room,  
and the bride her chamber.

<sup>17</sup> Between the vestibule and the altar  
let the priests, the ministers of the LORD, weep  
and say, "Spare your people, O LORD,  
and make not your heritage a reproach,  
a byword among the nations.<sup>[a]</sup>

Why should they say among the peoples,  
'Where is their God?'"

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

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This is really an amazing thing. What is their view of their circumstances? This is not good—there's nothing good. Even the animals are suffering. In other words, everything about my life is awful. It's in a really bad spot—things are severe. God says two things.

1. Stand on My steadfast love. Remember what that means. The Hebrew for *steadfast love* is Covenant loyalty. Stand on the Covenant. Make sure you start with a perspective of the Covenant.
2. Call a sacred assembly. Yes, you're in trouble, but if you call a sacred assembly, what then are you not doing? Trying to figure this out by yourself. You're not doing it alone. God knows you're struggling with this, so call a sacred assembly—get people together around you and seek Him. Come together and let Him resolve this. When you're in a pickle or when you're in a circumstance, call together your inner circle—your community that stands with you—to seek God's resolution. Repent and go see God instead of trying to figure things out on your own. A sacred assembly is going to God, who is sacred, and assembling to hear what He has to say. Call a sacred assembly and go to God together. He has the answers and together you will hear and respond.



# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

## Read Proverbs 11:14:

<sup>14</sup>Where there is no guidance, a people falls,  
but in an abundance of counselors there is safety.

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When there are no counselors, it says what? You're going to fail because you're going to try to figure this out yourself. But, in the multitude of counselors, there is safety. *Safety* means He is going to protect you and get you to the answer.

Now think about how simple this is. If you are going to invite a godly counselor into your circle, what kind of a counselor do you need? Someone who knows the Word and is going to assist in leading you to the Word, to God. This counselor will encourage you to stay in communion, in intimate relationship with God—seeking His will. This person will also go with you to discover God's instructions, the resolution of this problem. If you're asking someone to be your godly counselor, the worst thing they can do is what? Tell you what to do based on their own experience. There are two things a godly counselor should do:

1. Remind you of the Covenant. God will deliver. God will resolve this problem.
2. Be with you as you go to God together. You get His answer together. Together, you call a sacred assembly and pray and fast and seek what God has to say as He promises to answer you.

In Lesson 2, we learned that we have got to cling to God. Your godly counselor will help you stay there. They will not allow you to drift. They will stay with you until what? You get the answer. That's why this is called a sacred assembly. It gives you strength—having faith and encouragement to follow God and hear what He has to say. Though you may not have experienced this before, God will provide resolution because nothing is too difficult for God.

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

**As we are also instructed to call a fast, what are the elements of fasting and receiving God's promises? How are we to carry this out practically? What does He promise if we call this fast? Why?**

## **Read Isaiah 58:6–14:**

<sup>6</sup>“Is not this the fast that I choose:  
to loose the bonds of wickedness,  
to undo the straps of the yoke,  
to let the oppressed<sup>[a]</sup> go free,  
and to break every yoke?  
<sup>7</sup> Is it not to share your bread with the hungry  
and bring the homeless poor into your house;  
when you see the naked, to cover him,  
and not to hide yourself from your own flesh?  
<sup>8</sup> Then shall your light break forth like the dawn,  
and your healing shall spring up speedily;  
your righteousness shall go before you;  
the glory of the LORD shall be your rear guard.  
<sup>9</sup> Then you shall call, and the LORD will answer;  
you shall cry, and he will say, ‘Here I am.’  
If you take away the yoke from your midst,  
the pointing of the finger, and speaking wickedness,  
<sup>10</sup> if you pour yourself out for the hungry  
and satisfy the desire of the afflicted,  
then shall your light rise in the darkness  
and your gloom be as the noonday.  
<sup>11</sup> And the LORD will guide you continually  
and satisfy your desire in scorched places  
and make your bones strong;  
and you shall be like a watered garden,  
like a spring of water,  
whose waters do not fail.  
<sup>12</sup> And your ancient ruins shall be rebuilt;  
you shall raise up the foundations of many generations;  
you shall be called the repairer of the breach,  
the restorer of streets to dwell in.

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

<sup>13</sup> "If you turn back your foot from the Sabbath,  
from doing your pleasure<sup>[b]</sup> on my holy day,  
and call the Sabbath a delight  
and the holy day of the LORD honorable;  
if you honor it, not going your own ways,  
or seeking your own pleasure,<sup>[c]</sup> or talking idly;<sup>[d]</sup>  
<sup>14</sup> then you shall take delight in the LORD,  
and I will make you ride on the heights of the earth;<sup>[e]</sup>  
I will feed you with the heritage of Jacob your father,  
for the mouth of the LORD has spoken."

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God says, if you delight in Him, He is going to resolve it, and you'll recognize that He has delivered to you the solution to your problem. Trust that you are headed there. As part of the delight, make sure that you don't overwork it. This is why He mentions Sabbath—take a break and relax with Him—refrain from working at it and trying to resolve it yourself.

He also says to call a fast. Typically, when we think of fasting, what do we tend to think? We should abstain from eating food. But, it's really way deeper than that. When you go into a fast, you're turning away from your normal routine, and you're instead turning to God. You are spending extra time pursuing God. This will also include your sacred assembly as you are going to God together. Take a break and stop working at it yourself. You could skip a meal, stop watching TV, stop your normal activity, and use that time to spend with Him.

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

Fasting is concentration. It is just stopping what you normally do and focusing—especially if you have a problem and need some input or some answers. He will open up your eyes. He will show you the light. He will show you the way. Your darkness will become clear, and everything will make sense to you.

He promises to break your yoke—the thing that's burdening you. He further says that in order for Him to break the yoke, He needs you to stop focusing on it. He wants to take the yolk from out of your midst. Usually, when you have a problem, what do you do? You focus on the problem—the yoke. But He wants you to relax about it, stop spending so much time talking about the problem. Instead, come and hear what He has to say about the solution. Spend your energy walking into the solution, instead of focusing on the problem.

He then says to stop speaking evil. How do you speak wickedness and evil? By talking about the things that annoy, frustrate, distract, and discourage you. You talk about the problem as if it will never get resolved. In addition, stop pointing the finger. Whenever there's a problem, what do you try to do? Blame. Who's to blame? This includes yourself, as well as others. If you're in law particularly, you're likely thinking, you didn't do this well enough or you didn't do what God asked you to do, and therefore, you deserve it. You are pointing the finger at others and yourself. But God says not to worry about it—even when somebody else is causing the problem. He knows all about this and can fix every bit of it. Don't concern yourself with whose fault it is. It happened, but move forward, and let Him take you to the solution.

The fast is to break that pattern. You need people around you in the sacred assembly to keep you from drifting to a place where you are wallowing in your own self-pity. Together, go see God. Don't stay there. Go together to seek God who will provide the answer.

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

**If we seek God to lead us to His solution, what is critical for us to understand? What does this mean regarding how we approach this difficult circumstance? Why is this so important then to receiving God's answer?**

**Read Romans 8:1–2:**

Life in the Spirit

**8** There is therefore now no condemnation for those who are in Christ Jesus.

<sup>[a]</sup> <sup>2</sup> For the law of the Spirit of life has set you<sup>[b]</sup> free in Christ Jesus from the law of sin and death.

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Therefore, now there is no, what? Condemnation—from any source when you're walking with Him. What's His view of all this—particularly when you or even others caused the problem? No condemnation. He has released you. Release yourself. Let yourself go—even if you've caused the problem. It's okay because He can resolve it. He needs your energy to be spent toward the solution, not toward what you did wrong.

Oftentimes, when problems are not resolved as one would wish, who do they blame? God. They believe God did it since He is supposed to be in control, taking care of them. But God says, *Yes, but you have to be with Me. You walked away, and you either caused the problem to worsen or you did not come to Me to receive resolution. It wasn't Me. I'm not bringing the trouble.* He says this over and over again. The world has plenty of what? Trouble, and you're going to experience it. He is not taking you out of the world. You're going to have trouble, but He didn't cause it, and even though He did not cause it, He can solve it. If you have a heart to go, let's go.

If you come to the realization that the problem was caused by you, this might lead you to feelings of guilt. Guilt and condemnation. Can you let that go? Can you release it? God made it clear that it doesn't matter. He can just resolve it. There's no condemnation with Him.

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

**As we understand we are to release our guilt, the burden of our prior actions, and lack of processing with God, what does Paul tell us he has learned that is so important to living the abundant life and not going to fear, worry, and anxiety? How is this to be carried out? What then will it mean for us and why?**

## **Read Philippians 3:11–15:**

<sup>11</sup> that by any means possible I may attain the resurrection from the dead.

### Straining Toward the Goal

<sup>12</sup> Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. <sup>13</sup> Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup> I press on toward the goal for the prize of the upward call of God in Christ Jesus. <sup>15</sup> Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you.

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Paul says one thing He has learned—of all the things He has learned—this is probably one of the most important things. *To live out the life of God, he says: I leave behind the past—the things that have happened, both success and failure. And I press on to the high calling of Christ.*

God is calling you to His feast. He is calling you to the solution—to press on to that. You've got to let it go. This is really simple. Let the problem go so that you can focus on the solution. It happened. Can you change that? No. You can't go backwards and change it. Why bother spending any energy going back? There's no point in spending any time questioning if you had done things differently—What if? How come? You are suffering the consequences of it. God said that even though all of that is true, He needs you to do what? Let it go. It is moot. It doesn't matter. It has taken over your heart because you're living in regret or guilt or shame, and all that is burden and clutter. Because of this, you're not hearing the truth.

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Conversely, in the case of success, you're stuck in the glory of it. You could reminisce about the past and those glorious days and what a wonderful person you are, but that becomes an idol in and of itself. You don't build up credits, which is where a lot of believers go. They look at all that they have done. They have enjoyed peace, and they have enjoyed solutions, so now, they believe they can coast. They don't need to let things go and press on. They can just coast on the credits they built up. But, God says, *As soon as you coast, you've walked away from Me, and now I can't deliver it*—which is why a lot of people fall.

**From the following two sets of verses—if we move forward into His solutions, what does He promise us regarding Him providing these solutions? What does that mean to us and why?**

**Read 2 Peter 1:2–4:**

<sup>2</sup> May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord.

**Confirm Your Calling and Election**

<sup>3</sup> His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to<sup>[a]</sup> his own glory and excellence,<sup>[b]</sup><sup>4</sup> by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.

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God says, *If you come to Me, I'm going to give you everything of My nature. And you'll partake in the supernatural work that I'm about to do.* The first principle is to stand on the Covenant: God's going to do supernatural things to resolve your problem. He guarantees that. It is true for everybody—you can count on it.

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## Read Jeremiah 29:10–14:

<sup>10</sup> “For thus says the LORD: When seventy years are completed for Babylon, I will visit you, and I will fulfill to you my promise and bring you back to this place. <sup>11</sup> For I know the plans I have for you, declares the LORD, plans for welfare<sup>[a]</sup> and not for evil, to give you a future and a hope. <sup>12</sup> Then you will call upon me and come and pray to me, and I will hear you. <sup>13</sup> You will seek me and find me, when you seek me with all your heart. <sup>14</sup> I will be found by you, declares the LORD, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, declares the LORD, and I will bring you back to the place from which I sent you into exile.

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God says, *I know the thoughts I have for you.* The Hebrew word *thoughts* is plans. He knows the plans. Plans for what? How does He describe them? For good. And to give you *hope*. The word hope is not wish—rather it is certainty that God's going to resolve this issue. You know that the plans are for good. He gives you the strength of conviction that it's going to happen. Why? Because His plans are for whom? For you. What kind of plans are these? Plans that are unique to you. It's not general. It isn't just principle. He has specific steps that He is going to deliver to you. What will your role be? To walk into it. The first principle is that God knows that He is supernaturally going to resolve this with a resolution that is specifically geared toward you. He will do it.



# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

From the following two sets of verses—while we have encountered loss and failure, what does God promise us anyway? What is important to receive these promises? What does that mean as we face these losses and failures? Why?

## Read Deuteronomy 30:1–10:

### Repentance and Forgiveness

**30** “And when all these things come upon you, the blessing and the curse, which I have set before you, and you call them to mind among all the nations where the LORD your God has driven you,<sup>2</sup> and return to the LORD your God, you and your children, and obey his voice in all that I command you today, with all your heart and with all your soul,<sup>3</sup> then the LORD your God will restore your fortunes and have mercy on you, and he will gather you again from all the peoples where the LORD your God has scattered you.<sup>4</sup> If your outcasts are in the uttermost parts of heaven, from there the LORD your God will gather you, and from there he will take you.<sup>5</sup> And the LORD your God will bring you into the land that your fathers possessed, that you may possess it. And he will make you more prosperous and numerous than your fathers.<sup>6</sup> And the LORD your God will circumcise your heart and the heart of your offspring, so that you will love the LORD your God with all your heart and with all your soul, that you may live.<sup>7</sup> And the LORD your God will put all these curses on your foes and enemies who persecuted you.<sup>8</sup> And you shall again obey the voice of the LORD and keep all his commandments that I command you today.<sup>9</sup> The LORD your God will make you abundantly prosperous in all the work of your hand, in the fruit of your womb and in the fruit of your cattle and in the fruit of your ground. For the LORD will again take delight in prospering you, as he took delight in your fathers,<sup>10</sup> when you obey the voice of the LORD your God, to keep his commandments and his statutes that are written in this Book of the Law, when you turn to the LORD your God with all your heart and with all your soul.

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You have trouble. You have problems—and you have been trying to solve these yourself. But He says that if you return to Him—instead of trying to figure

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

things out yourself—He is going to go resolve the problems—particularly when you call a sacred assembly and have people around you to help you do that. He will give you the answer. He will restore what you lost even when you walked away and contributed to the loss. Not only will He restore it, but He is going to make it what? Super abundant, and He is going to delight in it.

God gets very specific. It's circumstantial. He doesn't say it's spiritual and to accept it and put up with it. He says He will actually resolve it circumstantially. You can trust this—He will do it supernaturally, and it'll be more spectacular than where you were before the problem arose, which is amazing. He is telling you that the things you have lost can be made more spectacular. How is this possible? Nothing is too difficult for Him.

## Read Psalm 36:5–12:

- <sup>5</sup>Your steadfast love, O LORD, extends to the heavens,  
your faithfulness to the clouds.
- <sup>6</sup>Your righteousness is like the mountains of God;  
your judgments are like the great deep;  
man and beast you save, O LORD.
- <sup>7</sup>How precious is your steadfast love, O God!  
The children of mankind take refuge in the shadow of your wings.
- <sup>8</sup>They feast on the abundance of your house,  
and you give them drink from the river of your delights.
- <sup>9</sup>For with you is the fountain of life;  
in your light do we see light.
- <sup>10</sup>Oh, continue your steadfast love to those who know you,  
and your righteousness to the upright of heart!
- <sup>11</sup>Let not the foot of arrogance come upon me,  
nor the hand of the wicked drive me away.
- <sup>12</sup>There the evildoers lie fallen;  
they are thrust down, unable to rise.

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# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

God remembers loving kindness—steadfast loyalty—loyalty to the Covenant. In His steadfast loyalty to the Covenant, He is going to deliver to you. In His light, you will what? You'll see it. Why? He has the answer, and He will show this to you. He will do it for you, all you have to do is be with Him—you'll see what He sees. When you see what He sees, you start to get hopeful and excited.

Yes, there is a problem. Yes, there is trouble. But you will see what He is showing you, you'll be with Him, and you'll see His truth, His answer. And when you see His answer, you'll get excited about what He is about to do. That is the beauty of God. That's the nature of God. That's the Gospel. Now, move forward—into His resolution.

**To receive these promises, what are we called to do? What does God then promise? What does this mean, and why is this so important to fulfilling our calling?**

## **Read Jeremiah 33:3; 6–14:**

<sup>3</sup> Call to me and I will answer you, and will tell you great and hidden things that you have not known.

<sup>6</sup> Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security. <sup>7</sup> I will restore the fortunes of Judah and the fortunes of Israel, and rebuild them as they were at first. <sup>8</sup> I will cleanse them from all the guilt of their sin against me, and I will forgive all the guilt of their sin and rebellion against me. <sup>9</sup> And this city<sup>[a]</sup> shall be to me a name of joy, a praise and a glory before all the nations of the earth who shall hear of all the good that I do for them. They shall fear and tremble because of all the good and all the prosperity I provide for it.

<sup>10</sup> "Thus says the LORD: In this place of which you say, 'It is a waste without man or beast,' in the cities of Judah and the streets of Jerusalem that are desolate, without man or inhabitant or beast, there shall be heard again <sup>11</sup> the voice of mirth and the voice of gladness, the voice of the bridegroom and the voice of the bride, the voices of those who sing, as they bring thank offerings to the house of the LORD:

"Give thanks to the LORD of hosts,  
for the LORD is good,  
for his steadfast love endures forever!"

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

For I will restore the fortunes of the land as at first, says the LORD.

<sup>12</sup>“Thus says the LORD of hosts: In this place that is waste, without man or beast, and in all of its cities, there shall again be habitations of shepherds resting their flocks. <sup>13</sup> In the cities of the hill country, in the cities of the Shephelah, and in the cities of the Negeb, in the land of Benjamin, the places about Jerusalem, and in the cities of Judah, flocks shall again pass under the hands of the one who counts them, says the Lord.

The LORD'S Eternal Covenant with David

<sup>14</sup>“Behold, the days are coming, declares the LORD, when I will fulfill the promise I made to the house of Israel and the house of Judah.

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You've got a difficult circumstance. What do you need to know? The great and mighty things that He's got in store for you. You need what He has. They are great, and they are unique, and they are exciting—it's like opening up a big Christmas present. If you call Him, He will show you a great many things you don't know. He will give it to you, and He will deliver you from this problem by showing you the answer.

He further says that He is going to heal you. He is going to show you the abundance of peace and truth. He is going to restore you. Everybody around you is going to wonder what happened to you and want what you have, too. They'll look at the goodness of God. Why? Because what happened to you happened supernaturally. It was not because of something you did. People will take notice. They know the trouble you were in, but God resolved it—He restored what was lost.

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

This is His promise to all of us. Let Him restore you. He will show you goodness. The days are coming when, in His timing, your solutions will be done. He will perform this good thing, so, when you're looking at the solution, it's not so much what you need to do, but instead it is what He is going to do. You just need to be with Him, so that you can follow Him into what He's planning—which is where the instruction comes in. He will show you the way. Take this step. Go this way. Be on this path. You've got to be at the right place at the right time with the right people for Him to deliver His plan, but He will guide you every step of the way. Then He will do a great work and solve your issues.

**As God restores us, what is our reaction to be? What does that mean? Why is this so significant to us?**

## **Read Jeremiah 31:3–7:**

<sup>3</sup> the LORD appeared to him<sup>[a]</sup> from far away.

I have loved you with an everlasting love;

therefore I have continued my faithfulness to you.

<sup>4</sup> Again I will build you, and you shall be built,

O virgin Israel!

Again you shall adorn yourself with tambourines

and shall go forth in the dance of the merrymakers.

<sup>5</sup> Again you shall plant vineyards

on the mountains of Samaria;

the planters shall plant

and shall enjoy the fruit.

<sup>6</sup> For there shall be a day when watchmen will call

in the hill country of Ephraim:

'Arise, and let us go up to Zion,

to the LORD our God.'

<sup>7</sup> For thus says the LORD:

"Sing aloud with gladness for Jacob,

and raise shouts for the chief of the nations;

proclaim, give praise, and say,

'O LORD, save your people,

the remnant of Israel.'

# LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

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God is going to do this restoration. When He does, what should your reaction be? Dancing with tambourines. Why would you do that? You have joy. You are celebrating. Hallelujah! Are you talking about the problem anymore? No. You're celebrating—dancing with tambourines. You're completely free of fear, worry, and anxiety. It's been resolved. It is fantastic. The Lord has appeared to you and told you that He has loved you with an everlasting love. With loving kindness, He has drawn you. Remember, loving kindness means Covenant loyalty. He is drawing you to the answer—not every once in a while, but all the time. His nature is loving kindness—loyalty to the Covenant. This is something you can plan on. The solution is coming, the solution is going to happen.

**What is the process (the cycle) that we are asked to follow in order to receive God's peace (shalom)? How does this practically work for us? Why is this so important for us?**

### **Read Romans 5:1–5:**

#### Peace with God Through Faith

**5** Therefore, since we have been justified by faith, we<sup>[a]</sup> have peace with God through our Lord Jesus Christ. **2** Through him we have also obtained access by faith<sup>[b]</sup> into this grace in which we stand, and we<sup>[c]</sup> rejoice<sup>[d]</sup> in hope of the glory of God. **3** Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, **4** and endurance produces character, and character produces hope, **5** and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

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## LESSON 3: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE

God asks, *Who is inside of you?* The Holy Spirit. *Who has the answers?* The Holy Spirit. *Whose job is it to get you the answers?* The Holy Spirit. You can trust it.

Because of this, He is giving you shalom—favor, peace, His nature. This can only happen because of what He has done—not what you do. Go to Him, and you'll learn this in the middle of the sorrow that you are experiencing. This is what He called suffering—because you are uncomfortable, you've got a circumstance that's real. It's against you. It's not working. It's problematic. You're not seeing the answer. But, in order to learn this, you will need to stay in perseverance—not putting up with the problem—rather staying with Him until you get the answer.

Perseverance is seeking His answer and staying with it until you get the answer—and can celebrate, and again, dance with tambourines. When you do that, you are led to hope. Hope is the certainty that He is going to resolve it. It's not you hoping or wishing something will happen. Instead, it is the certainty that He will resolve it.

In the middle of your suffering, you can stay in shalom because He has given you access—the place of being with Him where He assures you He will provide resolution. Go to Him and ask Him how He is going to resolve this. He will show you. He will resolve it. He will do as He has said. And you will be led to that place where you will celebrate—the place of shalom—peace—where you will remain throughout the process. You will continue to go through the cycle—shalom, access, glory in tribulation, persevere to stay with Him, hope (certainty that He will resolve the tribulation), and back to shalom. Every time you realize you're in the middle of a trial or suffering, enter into the cycle and receive shalom, access, and hope—knowing that God will resolve this.

As we finish this lesson, we learned that we can trust that God will resolve our issues as we stay in process with Him. It's real. It's going to happen. He will do it. You'll build confidence and invite your inner circle to a sacred assembly to help you stay in process. You will get stronger and stronger and stronger in every situation—and thus instead of going to fear, worry, and anxiety, you go to God and trust that He will provide resolution—all the time, every time.





## LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)



**"Seek first the Kingdom, hear His instruction, and stay with it, stay with it, stay with it. Be persistent. He is going to give you peace immediately, and then He will give you a resolution."**

As we go into Lesson 4, our final lesson of this course: *Overcoming Fear, Worry, and Anxiety*, we've learned that the world is full of trouble. It's going to cause negative circumstances. Things are going to be difficult, and we often can't see any solution other than it not ending well. This includes conflict with other people, which we'll address this lesson. We have struggles, and we go to fear, worry, and anxiety trying to resolve it. That's what God says is the problem—you're trying to resolve it. You're trying to do it in the flesh. You're not going to come to a solution because you can't figure this out on your own. He has the answer. In addition, you have an enemy working against you. So, the way to approach struggle, conflict, trouble is to seek Him. Cling to Him and stand on the Covenant. He will deliver the Covenant and resolve your issues.

You can trust Him. If you did, you would stay with Him because that's where He can deliver the Covenant—in the Kingdom. In the last lesson we learned that it is important to call a sacred assembly. Don't try to figure things out yourself. Join with other believers who have a heart to seek Him and His will. Together seek His help, seek the real answers that only He can provide because He knows the answers, and you can stand on the Covenant. Seek first the Kingdom, hear His instruction, and stay with it, stay with it, stay with it. Be persistent. He is going to give you peace immediately, and then He will give you a resolution.

As we finish the course, this final lesson will go into greater detail about this aspect of peace. Typically, when you're in trouble, what do you hope that you will get? Peace. When it is all said and done and your situation is resolved, you hope to have peace. Until then, what do you tend to do? Go to fear, worry, and anxiety—What if? What if? What if? You don't know how to find resolution. You don't see a way for things to work out.

God says that you are going to have trouble, and your immediate response is fear. It's okay. You also worry—wondering what's going to happen. That's okay, too. But if you learn to come to Him, the one thing you'll get right away will be shalom—a sense of peace. This does not mean your issue has already been resolved. But you will have peace knowing He's going to resolve it. You have confidence He's going to lead you into it. So, if you really knew that it's absolutely going to get resolved and that it is going to be good, would you be at peace? Yes.

# LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

**As we seek peace, where must we be? Why? What can we then expect?**

**Read Romans 14:17:**

<sup>17</sup> For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.

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First, the Kingdom of God is righteousness. Why is it righteousness? Because, He is righteousness, and He's living in you. The only reason you can be with Him, in His Kingdom, is because of His righteousness, which is given to you. When you cross over into His Kingdom, the reason you can come isn't because of what you are or what you're doing, but rather that you have a heart to come, and you believe Him and what He has done to give you His righteousness. As you do, His righteousness covers you automatically.

Does that mean you have to be perfect in that Kingdom? No. Does that mean that you have to go fix everything and then come to the Kingdom? No. Just come to His Kingdom and live in His righteousness. This is where you will experience peace—shalom. You will have a sense of confidence. Issues are going to get resolved, and you feel okay about it now. Is it resolved now? No. Is there trouble? Yes. Are you going to have to process that trouble with God in His Kingdom? Yes.

Resolution will not be found by passively praying for God to resolve it and to let you know when it is done. Instead, He says that you have to walk with Him. A perfect example of this is with Joshua and the Promised Land.

In the book of Joshua, the first verses say that God is going to deliver the Promised Land. Every place that they set their feet, they are going to receive it. No one will be able to stand against them. Joshua could have easily said, *That is fantastic. Go ahead. When You get all that done, let me know.*

## LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

But, is that what God said? No. He said to go with Him. Go to battle against the giant enemy and take the land. Go with Him. In Deuteronomy, He says He will give it to you step by step by step. You can't occupy the whole thing at once. You have to take it piece by piece by piece. To do this, you're going to have to walk with Him into the Promised Land. How many years did it take? Five years. Joshua did not sit back so God could take care of everything, solving all the issues, rather he walked with God through it, following His instructions step by step by step.

Joshua defeated Jericho by doing what God told him to do, which was to march around the city for seven days, and blow the trumpets on the final day. Just as God said, the walls collapsed, and Joshua conquered them.

Would this same approach work for every city that was to be conquered? No, those instructions were given by God for that city only, and it never was given again. Be careful not to take technique and assume that is always God's will. Rather, listen to Him.

After they conquered Jericho, the next city they encountered, Ai, was much smaller. They assessed the situation and said, *No problem. We've got this one. We're going to go defeat them. We don't even need to send the whole army.* What happened? They failed and got roundly defeated.

This is interesting. How many years did they wander around the desert? Forty. What did Joshua believe for 40 years? That he and Caleb were going to the Promised Land. He and Caleb were the only ones who believed it. But upon his first defeat, what did he do? He tore his clothes and went to sorrow, asking, *God, Why did You let this happen? Let's go back. We should have stayed in Egypt. We have big trouble. This isn't going to work. We should have stayed in Egypt. We should have never come here. We should have never started this.*

Joshua, for 40 years, believed victory was to be given, but now at this first level of defeat, he goes to resignation and hopelessness. And what does God say to him? *Get up. You know the truth here. Joshua, do you understand what mistake you made? You forgot to ask Me the next step. It's not about just the Promised Land. I'm going to give you the solution to fulfill the promise, but you've got to be faithful each step of the way. Also, had you asked Me, I would have told you something else. You have sin in the camp. I told you not to take the possessions of those you defeat, but some of your people disobeyed.* Joshua was unaware that this had happened and asked God what he should do. God told him they would not proceed until he took care of this. Joshua understood, took care of the problem, and they were able to continue.

Think about this on a personal level. You're walking into God's resolution, and He says that before you can go any farther, He has got to deal with your heart a bit. You might have unforgiveness or unbelief, or you've reacted poorly in deep anger. This needs to be resolved. There's something here He needs to help you with.

# LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

In addition, when you're helping other people get their issues resolved by standing with them in process, God might reveal an issue that needs to be addressed. They might have something in their heart, or they may have a stubbornness that He is calling for you to help them see before He can provide resolution. This is why you can't do anything automatically. Does God heal? Sure, but you can't just give God your wish list and tell Him to provide healing. Instead, you need to ask what He has to say about this situation. Let Him lead you into it.

God tells Joshua to take care of the sin. Joshua does and then God tells him that he can go to Ai where God will provide the defeat of that city. Further, He tells Joshua that he should follow Him into every city and not go back to thinking that he could do anything on his own. If he does, he could stop the resolution and thwart His will.

Can you see how important this is? God is going to resolve it, but it's not absent of you following Him into that step-by-step process. It is going with Him into the resolution. It is staying with Him in the Kingdom where there is righteousness, peace, and joy. You know this. You have this right now. But when you walk out of the Kingdom, you also know you've lost it. Thankfully, the remedy is simple—come back where you will be welcomed with open arms. There is no condemnation, just moving forward into His resolution.

**What are we to pray for? What can we then expect? How will this change our life so that we no longer go to fear, worry, and anxiety?**

**Read Romans 15:13:**

<sup>13</sup> May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

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# LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

What do you ask God to do? Give you His peace. His peace—not the world’s type of peace when the problem is solved. No, we ask for Him to give you His peace now. Why? Because His peace also gives you hope. Hope is defined as certainty that there will be resolution. He is going to give you certainty. It’s going to be resolved. You can be at peace. Can you enjoy your day in the middle of that trouble? Can you enjoy this week in the middle of that trouble? Has the trouble been resolved already? No, it’s still there, and the enemy is going to try to make it worse. But God says not to worry. He will get you through it. It’s going to be sticky, and it could be complicated, but He will give you the confidence that He will resolve it—so you can receive His peace now.

**From the following two sets of verses—on what basis are we to live the confident, abundant life? What does this mean practically? Why is this so significant?**

**Read 2 Corinthians 5:16–20:**

<sup>16</sup> From now on, therefore, we regard no one according to the flesh. Even though we once regarded Christ according to the flesh, we regard him thus no longer. <sup>17</sup> Therefore, if anyone is in Christ, he is a new creation. <sup>[a]</sup> The old has passed away; behold, the new has come. <sup>18</sup> All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; <sup>19</sup> that is, in Christ God was reconciling<sup>[b]</sup> the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. <sup>20</sup> Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God.

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# LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

Because you are in Christ, you are what? A new creation. You have a new identity, new fundamentals in Him. It is the core of who you are now. He has created you anew to walk with Him—to receive His nature and to live life with Him. Because you're the physical representative of the invisible God, and you're a new creation, how are you to function? You are to go with Him, and He'll resolve it. What is the old way? Trying to figure it out on your own. Which way does He say is better? It is to go with Him because you are a new creation, and He has given you the privilege of being a new creation.

## Read Ephesians 4:17–23:

### The New Life

<sup>17</sup> Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. <sup>18</sup> They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. <sup>19</sup> They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. <sup>20</sup> But that is not the way you learned Christ!— <sup>21</sup> assuming that you have heard about him and were taught in him, as the truth is in Jesus, <sup>22</sup> to put off your old self,<sup>[a]</sup> which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup> and to be renewed in the spirit of your minds,

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Here is another statement on the new creation: the new man versus the old man. God says that the difference is that your old man goes to hardness of heart. A hardness of heart tells God that you are going to do it your way. Most Christians would not say they have a hard heart, but if you are trying to figure out your own way, then yes, by definition, you have a hardness of heart. Who is your hardness of heart toward? God. The new man goes with God, the Creator, and the life that he

## LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

has is because God is now in him, the new creation. Why would you not go with Him? He has given you the opportunity to always live in shalom. Do you have a heart issue? Is your heart ready to seek Him and follow Him? Or are you going to hardness of heart—off on your own? Don't live in the old man. Live in the new man. The old man is going to lead you away from Him into corruption. The new man is going to lead you to Him and to resolution with joy and peace.

As we look at the biggest issue, which is relationship with others, why do you have such conflict with other people? Because you believe that you are right and they are wrong, and those who are in relationship with you think the same thing: They are right and you are wrong. Your role is to convince each other of the other being wrong and you being right. If you aren't able to convince them and they won't see things your way, what are you going to do? Come after them without regard of whether or not it hurts them. Why don't you care? Because you are right. You are going to reject them, you are going to oppress them, you are going to try to manipulate them. You are going to try to control them. In our parlance, this is called co-dependency. There are situations that you've learned with parents, friends, and leaders that you can manipulate to a point where you are going to punish them. You are going to make it so it's worse for them not to capitulate. The end result is people hurting you all the time.

The world is full of what self-centered people. That's their nature. Even other believers, where it hurts the most. You think that other believers should not treat you that way, and you believe that you generally don't treat people that way. You can't imagine why they do and figure it must be you, so you better capitulate or they will really hurt you, and you can't handle it. This continues to surprise you, but you need to understand that self-centered believers are living in the carnal, in the flesh. In doing so, they put to death the spirit, they are at enmity against God, and they cannot please God. It's not about whether they're Christian or not, rather how they handle this aspect of conflict.

The issue is not having conflict, but rather what you do with it. You don't pray to God to make it go away or have them see things your way. This is going to happen all the time, even with people who are next to you who have a good heart. Unfortunately, though, most of the world just doesn't care, and it's getting worse and worse and worse. The world is not getting better but more difficult because self-centeredness is the nature of all mankind, and the world is becoming more self-centered. Let's look at how we are to handle this so that conflict does not carry us into fear, worry, and anxiety.

# LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

**From the following four sets of verses—given that we have conflicts and relationships that are experiencing hurt, injustice, and difficulty—how are we to handle this so we do not stay stuck in fear, worry, and anxiety? What do these mean practically, and why is it so important for how we live in peace and joy?**

**When you have caused the offense:**

**Read Matthew 5:21–26:**

**Anger**

<sup>21</sup> “You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ <sup>22</sup> But I say to you that everyone who is angry with his brother[a] will be liable to judgment; whoever insults<sup>[b]</sup> his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell<sup>[c]</sup> of fire. <sup>23</sup> So if you are offering your gift at the altar and there remember that your brother has something against you, <sup>24</sup> leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. <sup>25</sup> Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. <sup>26</sup> Truly, I say to you, you will never get out until you have paid the last penny.<sup>[d]</sup>

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# LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

Christ equates anger with murder. You're killing that relationship. We know that we can be angry and not sin, so anger itself is not the problem, but unresolved anger kills a relationship. When you are at the altar, have a heart to follow Him, want to worship Him, and He reminds you that you are the one who caused this, that you did something, said something, overreacted, or didn't respond, what are you supposed to do? Leave the place where you believe you are being spiritual, leave your gift, and go be reconciled. There are two things to do:

1. Forgive yourself. Let it go. Yes, you did it, but let it go and get back in the relationship with Him.
2. Go to whomever you offended and apologize for offending them. Ask if you could process the issue so that you resolve it together—making it right for them. The burden is on you. You caused it. They might be angry because of what you did, but get that worked out with a heart to have all anger released and restore the relationship in God.

## When others have caused the offense:

### Read 2 Corinthians 5:18–21:

<sup>18</sup> All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; <sup>19</sup> that is, in Christ God was reconciling<sup>[a]</sup> the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. <sup>20</sup> Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. <sup>21</sup> For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

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## LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

Another has offended you. In this situation, your role is to become an ambassador. What is an ambassador? A representative of Christ, of His grace. You're going on His behalf now. You're the recipient off the offense, but interestingly enough, God says that He is the true recipient of the problem because He is in you. You are His representative because you're walking with Him and you are His child. So really, when they offend you, they're offending Him.

Because of His nature, He is sending you back out into this conflict as an ambassador. An ambassador gets his marching orders from whom? From the King. You don't decide whether you are going to fight, or compromise, or negotiate. You follow what the King says. He gives you the message He wants you to offer to them.

When someone has offended Christ, what does He do toward an unbeliever? What does He do toward believers who aren't walking with Him? He invites them to process the truth. He invites them to learn to believe and let Him show them the truth so that they, too, can be with Him. He invites you to that. It is not God's will that any should perish. So, He's going to invite everybody, including those who have offended you.

What is He going to invite them to? He invites them to recognize it, to repent and to have a heart to reconcile, based upon the truth. He invites them to come to a resolution of the truth. If you are willing to process it, then come to an understanding of the truth, and stay with the process of working through the truth until you get the situation solved. He is inviting you, and He asks you not to view this according to the flesh, but to think of it differently. Yes, you're the recipient of the hurt, but you are also the opportunity for them to get restored back to God.

As an ambassador, you are going to offer them the opportunity to process the truth—with grace, honor, and respect. Does that guarantee they're going to agree to this invitation? No. Even though He's inviting everybody, does everybody repent? No. How come? They choose not to. Why not? They don't go to the truth, or are not willing to go to the truth. But God says that if you seek Him at all, if you make a move toward Him at all, if you have a heart to know truth, He will get you the truth, and you'll see it.

Instead, though, you are refusing like the Israelites did. God told the Israelites after they crossed the Red Sea that He was going to give them the Promised Land. He promised this to them, His children. But what did they say? They were not willing to go. They were not willing to even let Him persuade them that what He said was true. God did not force them to go, because to be reconciled, it is necessary to process the truth. To get to the truth, to get to the Promised Land, you're going to have to follow Him so He can deliver the victory, the resolution to you. If you're not going, He can't deliver it to you. In this case the Israelites all died outside of His will, and they never got to the Promised Land.

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An unbeliever stands condemned. If they don't receive the truth, what happens to them? They're separated from God eternally—in hell. Can God live with not being reconciled? Yes. What can't He do? He can't alter the truth. He wants you to be with Him, but He won't compromise or alter the truth. Either you receive it, or you don't. If you don't receive it, He won't force you.

## When others are not willing to process through to reconciliation:

### Read Romans 12:9–20:

#### Marks of the True Christian

<sup>9</sup> Let love be genuine. Abhor what is evil; hold fast to what is good. <sup>10</sup> Love one another with brotherly affection. Outdo one another in showing honor. <sup>11</sup> Do not be slothful in zeal, be fervent in spirit,<sup>[a]</sup> serve the Lord. <sup>12</sup> Rejoice in hope, be patient in tribulation, be constant in prayer. <sup>13</sup> Contribute to the needs of the saints and seek to show hospitality.

<sup>14</sup> Bless those who persecute you; bless and do not curse them. <sup>15</sup> Rejoice with those who rejoice, weep with those who weep. <sup>16</sup> Live in harmony with one another. Do not be haughty, but associate with the lowly.<sup>[b]</sup> Never be wise in your own sight. <sup>17</sup> Repay no one evil for evil, but give thought to do what is honorable in the sight of all. <sup>18</sup> If possible, so far as it depends on you, live peaceably with all. <sup>19</sup> Beloved, never avenge yourselves, but leave it<sup>[c]</sup> to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."<sup>20</sup> To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head."

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## LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

Someone has hurt you, is fighting you, is opposing you, and they're not willing to process the truth with you. How do you handle it? He said you are to live peaceably—with everybody. Now think of the two simple things we just learned. If you're the one who stimulated the hurt or the offense, what are you supposed to do? Go and apologize. Accept responsibility. Ask if you can process together to get this restored. That's living peaceably since this is on you.

If they've caused the hurt, the offense, what do you do? Serve as an ambassador with a heart to forgive them. In 2 Corinthians, it describes how they reconcile with God by reconciling with you. If they are not reconciled with you, they're not reconciled with God. If they are not willing to reconcile with you, who are they not reconciled with? God. This is why God says you are called to this understanding, so you do not take on burden that is not yours. As an ambassador, what are do you do? Help get to reconciliation by processing truth.

As far as you are concerned, you either apologize and say you're sorry and get it reconciled or you approach them with forgiveness in your heart offering to process this hurt, this offense, against you with honor and respect. Ask them if they would like to process this and go to truth together. Be willing to process without any residual anger, without any hostility. If they say no, or agree but fail to follow through or continue to cast blame, God says to get out of the way. Why does He say this? Because wrath is His. Don't try to take vengeance because vengeance is His. Justice will be served because His justice is absolute.

If you find yourself on the other side of that where someone says you've offended them, and they are asking if you would like to process it, what would God have you do? He would have you agree and say that you are willing to process this with them. Why? Because if you don't, you'll be on the receiving end of His wrath.

What is the reason that vengeance is God's and not yours? It goes back to the Covenant in Genesis 12. He is going to bless you to bless to make you a blessing. He is going to bless those who bless you, and He is going to curse those who curse you. It doesn't say He is going to curse those who disagree with you. It says He is going to curse those who curse you. What does it mean then that people curse you, and thus stand cursed? It means they have an unwillingness to go to the truth. If you're going to be stubborn without a willingness to process with honor or respect, you walk into the curse automatically, and vengeance is His. He is going to establish justice.

The hurt that they did, the unfairness they did is not just, it is not right. But there is no need to worry. He is going to correct it. We likely want to see the correction when? Right now. However, God says most of the time you won't even know it, because, even though it is real, it's not visible to you. You can be assured that it is going to happen, because this does not change the truth of it.

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God also says that you are to bless those who curse you. Wait a minute. Didn't He just say to get out of the way and let His wrath come—because they're cursed? How can you bless them? You can pray for them to repent. Why? Because coming back to God with a heart to follow Him every time and all the time is the cure for being cursed.

When we talked about adversity, which we either caused or deepen because we are going our own way, He says that as soon as you repent, what will He do? He will fix it. The curse that you caused—He will stop it. He will fix it, restore it, make it beautiful. All you have to do is return to God—repent. The Kingdom of God is just a step away. We know there is no condemnation for those who are in Christ Jesus, but there's also no reconciliation with God apart from Christ Jesus. It's black and white. Reconciliation is being willing to process truth to come to a resolution. What does the other party have to do? What is necessary if they harmed you or if they hurt you? They have to restore that. They have to take responsibility and apologize. They have to restore it, make this right, and work to not do this again. Together you will work to get to a satisfactory resolution.

Who will determine whether or not the resolution is satisfactory? You will. God calls you to not have a heart to be hard and argue that the resolution is not quite good enough. You will see if the other party's heart is good and genuine, and you will work at it together until things are good. Not to compromise on the truth, but work toward God's answer, which is rooted in kindness and generosity. You're the ambassador, helping them get a better life than what they would have because they're cursed without it.

If they are unwilling and there is no resolution, you are told to get out of the way. Getting out of the way means not compromising, not trying to rescue, not enabling, not allowing them to keep doing it. His wrath is coming. If you're standing next to them, guess what? You are in the way, thwarting His will. They needed to get to the pigsty, but you actually kept them from getting there. All you did is make it more miserable for them because their heart believes things are fine. But things are not fine. Move away because vengeance is His. The only remedy is repentance and processing the truth. Let's look at this further.

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**What is our approach to inviting others to reconcile, especially those who likely will not welcome the invitation?**

**Read Luke 10:1–13:**

Jesus Sends Out the Seventy-Two

**10** After this the Lord appointed seventy-two[a] others and sent them on ahead of him, two by two, into every town and place where he himself was about to go. <sup>2</sup> And he said to them, “The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest. <sup>3</sup> Go your way; behold, I am sending you out as lambs in the midst of wolves. <sup>4</sup> Carry no moneybag, no knapsack, no sandals, and greet no one on the road. <sup>5</sup> Whatever house you enter, first say, ‘Peace be to this house!’ <sup>6</sup> And if a son of peace is there, your peace will rest upon him. But if not, it will return to you. <sup>7</sup> And remain in the same house, eating and drinking what they provide, for the laborer deserves his wages. Do not go from house to house. <sup>8</sup> Whenever you enter a town and they receive you, eat what is set before you. <sup>9</sup> Heal the sick in it and say to them, ‘The kingdom of God has come near to you.’ <sup>10</sup> But whenever you enter a town and they do not receive you, go into its streets and say, <sup>11</sup> ‘Even the dust of your town that clings to our feet we wipe off against you. Nevertheless, know this, that the kingdom of God has come near.’ <sup>12</sup> I tell you, it will be more bearable on that day for Sodom than for that town.

Woe to Unrepentant Cities

<sup>13</sup> “Woe to you, Chorazin! Woe to you, Bethsaida! For if the mighty works done in you had been done in Tyre and Sidon, they would have repented long ago, sitting in sackcloth and ashes.

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## LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

After these things, the 70 were sent out. Why did the 70 go out? What had happened prior to that? Jesus had sent His 12 disciples to go to various places and do miraculous, supernatural stuff with His authority—to demonstrate the life of God, the Covenant. They did. They came back, and they rejoiced. *You won't believe all the fantastic stuff we experienced.* People around them heard about it and asked if they could go, too. They also wanted to experience this. Jesus agreed to send them out, but warned them that He was sending out as a lamb amongst wolves—into dangerous territory. He told them it was not that easy, that people would try to consume them. But He also told them to not fret because He was going to give the wisdom to know how to do this. They were to go and offer their peace, shalom.

If you are in a position to offer peace, on what basis can you offer it? You are able to offer it because you have it, which means you are in the Kingdom. You either have it or you don't. If you have it, you are in the Kingdom. If you're not in the Kingdom, you don't have it. You can't offer what you don't even have. That's usually why there is so much weakness in ministry. They're offering something they don't have. They're talking about it, but they're not offering it out of their own life. Rather, God says that when you're restored—living the Covenant and living in shalom—you can offer that to anybody. He will guarantee it'll happen. What are you actually offering? Relationship with God. You are offering the experience of the supernatural life of God—the Covenant—where God promises to bless you to make you a blessing. Even though someone has hurt you or offended you, you still offer to process this together so you can both live the life that God is offering you. Be willing.

Yes, you're mad, and they deserve your anger, and rightfully so, you want them to make right what is unjust. But God says that if you have His heart, you want them to repent. You are His messenger. So, offer them the opportunity to go and pursue what it means to walk with God. Offer them the peace that is absolute, and victory and blessing will happen to them.

If they receive it, what should you do? Stay with them. Don't leave them. Don't tell them about it and then walk away. Is this an easy thing? No. Do they understand it? No. As far as they're concerned, they're trying to defend why they offended you. Our role is simply to offer what we have, what we know, what we experience. Offer to walk through it together, to help them understand. Do they have a heart to seek God? Then go to God together so He can show them. You can get there if they are willing.

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If they say no and are not willing to process truth or instead cleverly work to spin the truth to manipulate and convince you that it's your fault, God says to do what? Dust off your feet. Take your peace back. Forget it, move on—free from any burden caused by their stubbornness. You gave them a chance. They were offered the Kingdom of God. They were given the chance to find freedom from their burdens and not experience the difficulty—the curse—they are going to experience, but they refused. However, if they ever change their mind, they can let you know.

You have been living in freedom from the burden. You have been living in forgiveness, always willing to process the truth. You have a heart to seek God's will, and have a heart for them to repent and reverse the curse. If they ever come to you, ready to process to truth, welcome them with open arms. Paul made it clear to forget the past, let it go, and move on to the high calling of Christ Jesus. He will set justice straight.

While we can live without reconciliation, there is one relationship that you are to keep working toward reconciliation. This is the relationship between you and your spouse. Why is this different? Because the two of you are one. You don't have that option of not reconciling. You've got to keep working at it, working at it, working at it. For everyone else—parent, sibling, daughter, son—if they choose not to process it, you are called to let it go. This could even be with a church and others who, like family, you are still going to be around or need to spend time with. You will still see them at church or on holidays or other gatherings, but you have done your part to get to reconciliation and because of their unwillingness, you are to let it go.

You can't force them to participate, and God does not want you to surrender to their unhealthy demands. Don't let them hurt you anymore by asking God what He has to say about this to protect you and give you freedom. He promises He will give you wisdom and will protect you. He is going to give you boundaries. He will establish how you should proceed, how you should handle it, what you are to do. He will give you the ability to still be honorable and respectful, but not be affected by them anymore. He will show you how. Spend time with God and let Him guide you. They are going to push your buttons, but you will learn how to respond and not get hurt. Trust God for the answer.

*Dusting off your feet* means not spending any more time fretting, or worrying, or obsessing—even if it is at church, at work, or with family.



# LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

**As we conclude this course with these final verses, what does God clearly state is the reason why we can absolutely live a life of peace and joy versus a life of fear, worry, and anxiety? With all we have learned, how do we choose to live this life? Thus, what can we expect? Why?**

## **Read Hebrews 13:20–21:**

### Benediction

<sup>20</sup> Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, <sup>21</sup> equip you with everything good that you may do his will, working in us<sup>[a]</sup> that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.

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This entire lesson is summarized in this beautiful statement. May God give you the Covenant. May you live in the Covenant, and may He give you the shalom to live in the Covenant. May He do every good work in you so that you're never trapped, you're never obsessed, you're never without solution, you're never caught in a relationship for which you don't have resolution. May the God of the universe who cares about you have you live so that you don't fear, worry, and live in anxiety.

God will make you complete. He will complete everything and resolve everything 100% of the time. All the time. Trust Him, trust Him, trust Him.

As we complete this course, how do we overcome fear, worry, and anxiety? It's simple. Go to Him and stand on the Covenant—which you know is true. Seek Him to bring resolution, to guide you into the place where He can bring resolution, including sticky relationship issues. Everything can and will get resolved. All you have to do is go with Him. If you do, you won't have fear, worry, or anxiety. For the rest of your life, you can be free of these dominating emotions and live a life of freedom.

## LESSON 4: OUR ROLE IN WALKING WITH GOD TO OVERCOME AND GO TO PEACE (CON'T)

Does this mean that all your problems are immediately solved every day? No. Are you going to be absent from problems? No. But God can resolve them all—step by step, piece by piece. Call a sacred assembly to get people around you to assist in the process of hearing, receiving, and experiencing God’s resolution—His will. Until resolution is reached, be persistent, knowing that you will receive His best and most abundant answer. The more you practice this, what happens? You are living in the Kingdom—in the Covenant—radiating God’s love, which will lead others to want what you have. Because of this, more and more people will learn this process and the number of people in God’s Kingdom will multiply. May it be so, Amen.



