

OVERCOMING FEAR, WORRY,
AND ANXIETY

Retreat/ Group Companion WORKBOOK



OVERCOMING FEAR, WORRY, AND ANXIETY

Retreat/ Group Companion **WORKBOOK**

RICHARD T. CASE







OVERCOMING FEAR, WORRY, AND ANXIETY: RETREAT/COMPANION WORKBOOK

ABIDE MINISTRIES

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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.

² 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.

LESSON 1: CAUSES—NATURAL AND SPIRITUAL

Read Matthew 6:24:

²⁴ “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.^[a]”

Read Matthew 6:25–32:

Do Not Be Anxious

²⁵ “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? ²⁶ 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? ²⁷ And which of you by being anxious can add a single hour to his span of life?^[a] ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ 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? ³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.”

LESSON 1: CAUSES—NATURAL AND SPIRITUAL

Read Luke 10:38–41:

Martha and Mary

³⁸ Now as they went on their way, Jesus^[a] entered a village. And a woman named Martha welcomed him into her house. ³⁹ And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ⁴⁰ 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." ⁴¹ But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things,

Read Jeremiah 17:5–6:

⁵ Thus says the LORD:

"Cursed is the man who trusts in man
and makes flesh his strength,^[a]
whose heart turns away from the LORD.

⁶ 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.

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. ² 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. ³ 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. ⁴ And there came out from the camp of the Philistines a champion named Goliath of Gath, whose height was six^[a] cubits^[b] and a span. ⁵ 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^[c] of bronze. ⁶ And he had bronze armor on his legs, and a javelin of bronze slung between his shoulders. ⁷ 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. ⁸ 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. ⁹ 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." ¹⁰ And the Philistine said, "I defy the ranks of Israel this day. Give me a man, that we may fight together." ¹¹ When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.

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,^[a] came against Jehoshaphat for battle. ² Some men came and told Jehoshaphat, “A great multitude is coming against you from Edom,^[b] from beyond the sea; and, behold, they are in Hazazon-tamar” (that is, Engedi). ³ Then Jehoshaphat was afraid and set his face to seek the Lord, and proclaimed a fast throughout all Judah.

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;^[a]
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;^[b]
² to proclaim the year of the LORD'S favor,
and the day of vengeance of our God;
to comfort all who mourn;
³ to grant to those who mourn in Zion—
to give them a beautiful headdress instead of ashes,
the oil of gladness instead of mourning,

LESSON 1: CAUSES—NATURAL AND SPIRITUAL

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.^[c]

⁴They shall build up the ancient ruins;
they shall raise up the former devastations;
they shall repair the ruined cities,
the devastations of many generations.

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.

² 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.

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^[a] of David.

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

² Attend to me, and answer me;
I am restless in my complaint and I moan,

³ 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.

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

⁵ Fear and trembling come upon me,
and horror overwhelms me.

⁶ And I say, “Oh, that I had wings like a dove!
I would fly away and be at rest;

⁷ yes, I would wander far away;
I would lodge in the wilderness; *Selah*

⁸ I would hurry to find a shelter
from the raging wind and tempest.”

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

¹⁰ Day and night they go around it
on its walls,

and iniquity and trouble are within it;
¹¹ ruin is in its midst;

oppression and fraud
do not depart from its marketplace.

¹² For it is not an enemy who taunts me—
then I could bear it;

LESSON 1: CAUSES—NATURAL AND SPIRITUAL

it is not an adversary who deals insolently with me—
then I could hide from him.

¹³ But it is you, a man, my equal,
my companion, my familiar friend.

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

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

Read Ephesians 4:26–27; 30–31:

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

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

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:

¹³ 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. ¹⁴ For we know that the law is spiritual, but I am of the flesh, sold under sin. ¹⁵ For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶ Now if I do what I do not want, I agree with the law, that it is good. ¹⁷ So now it is no longer I who do it, but sin that dwells within me. ¹⁸ 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. ¹⁹ For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰ Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

²¹ So I find it to be a law that when I want to do right, evil lies close at hand. ²² For I delight in the law of God, in my inner being, ²³ 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. ²⁴ Wretched man that I am! Who will deliver me from this body of death?

LESSON 1: CAUSES—NATURAL AND SPIRITUAL

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:

⁵For 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. ⁶For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷ 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. ⁸ Those who are in the flesh cannot please God.

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:

⁴ Such is the confidence that we have through Christ toward God. ⁵ Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God, ⁶ 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.

LESSON 1: CAUSES—NATURAL AND SPIRITUAL

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;

² 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.

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.

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

LESSON 1:

CAUSES—NATURAL AND SPIRITUAL

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:

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

LESSON 1:

CAUSES—NATURAL AND SPIRITUAL

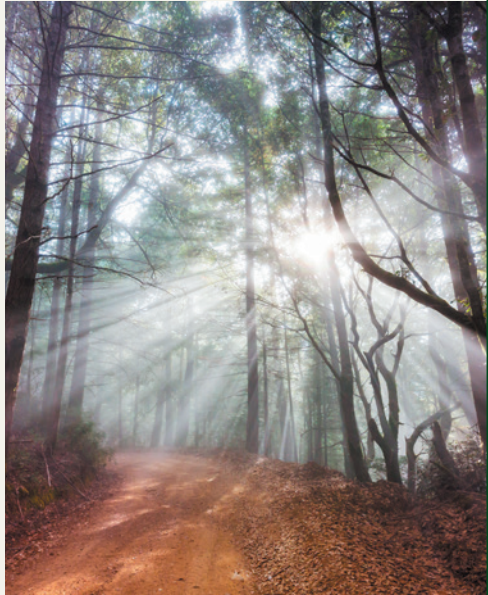
Read Ephesians 6:10–13:

The Whole Armor of God

¹⁰ Finally, be strong in the Lord and in the strength of his might. ¹¹ Put on the whole armor of God, that you may be able to stand against the schemes of the devil. ¹² 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. ¹³ 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.



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:

⁹ Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. ¹⁰ 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. ¹¹ To him be the dominion forever and ever. Amen.

"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."

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.

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

³ For he will deliver you from the snare of the fowler
and from the deadly pestilence.

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

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

⁶ nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.

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.

² Open the gates,

that the righteous nation that keeps faith may enter in.

³ You keep him in perfect peace

whose mind is stayed on you,

because he trusts in you.

⁴ Trust in the LORD forever,

for the LORD GOD is an everlasting rock.

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 ^[a] Praise the LORD!

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

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

³ Full of splendor and majesty is his work,
and his righteousness endures forever.

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

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

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

⁷ The works of his hands are faithful and just;
all his precepts are trustworthy;

⁸ they are established forever and ever,
to be performed with faithfulness and uprightness.

⁹ He sent redemption to his people;
he has commanded his covenant forever.

Holy and awesome is his name!

¹⁰ 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

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:

³ Let not steadfast love and faithfulness forsake you;
bind them around your neck;
write them on the tablet of your heart.
⁴ So you will find favor and good success^[a]
in the sight of God and man.

LESSON 2:

KNOW THAT GOD WILL RESOLVE ALL

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

¹⁷ Incline your ear, and hear the words of the wise,
and apply your heart to my knowledge,

¹⁸ for it will be pleasant if you keep them within you,
if all of them are ready on your lips.

¹⁹ That your trust may be in the LORD,
I have made them known to you today, even to you.

²⁰ Have I not written for you thirty sayings
of counsel and knowledge,

²¹ to make you know what is right and true,
that you may give a true answer to those who sent you?

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

³¹ What then shall we say to these things? If God is for us, who can be^[a] against us? ³² 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?

Read Luke 1:37:

³⁷ For nothing will be impossible with God.”

LESSON 2: KNOW THAT GOD WILL RESOLVE ALL

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:

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

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:

⁷ “Blessed is the man who trusts in the LORD,
whose trust is the LORD.

⁸ 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.”

LESSON 2:

KNOW THAT GOD WILL RESOLVE ALL

Read Psalm 25:1–6:

Teach Me Your Paths

^[a]Of David.

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

² O my God, in you I trust;
let me not be put to shame;
let not my enemies exult over me.

³ Indeed, none who wait for you shall be put to shame;
they shall be ashamed who are wantonly treacherous.

⁴ Make me to know your ways, O LORD;
teach me your paths.

⁵ Lead me in your truth and teach me,
for you are the God of my salvation;
for you I wait all the day long.

⁶ Remember your mercy, O LORD, and your steadfast love,
for they have been from of old.

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:

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

LESSON 2:

KNOW THAT GOD WILL RESOLVE ALL

Read Deuteronomy 11:18–25:

¹⁸“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. ¹⁹You 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. ²⁰You shall write them on the doorposts of your house and on your gates, ²¹that 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. ²²For 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, ²³then the LORD will drive out all these nations before you, and you will dispossess nations greater and mightier than you. ²⁴Every place on which the sole of your foot treads shall be yours. Your territory shall be from the wilderness to^[a] the Lebanon and from the River, the river Euphrates, to the western sea. ²⁵No 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.

LESSON 2:

KNOW THAT GOD WILL RESOLVE ALL

Read 2 Timothy 1:13–14:

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

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:

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

³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

LESSON 2:

KNOW THAT GOD WILL RESOLVE ALL

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!

² Let Israel say,
“His steadfast love endures forever.”

³ Let the house of Aaron say,
“His steadfast love endures forever.”

⁴ Let those who fear the LORD say,
“His steadfast love endures forever.”

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

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

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

⁸ It is better to take refuge in the Lord
than to trust in man.

⁹ It is better to take refuge in the Lord
than to trust in princes.

LESSON 2:

KNOW THAT GOD WILL RESOLVE ALL

Read Psalm 143:8–12:

⁸ 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.

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

¹⁰ Teach me to do your will,
for you are my God!

Let your good Spirit lead me
on level ground!

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

¹² 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.

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. "

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

¹³ 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.

¹⁴ 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.

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

¹⁶ Is not the food cut off
before our eyes,

joy and gladness
from the house of our God?

¹⁷ The seed shrivels under the clods;^[b]
the storehouses are desolate;
the granaries are torn down
because the grain has dried up.

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

¹⁹ 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.

²⁰ 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

¹² "Yet even now," declares the Lord,
"return to me with all your heart,
with fasting, with weeping, and with mourning;
¹³ 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.

¹⁴ 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?

¹⁵ Blow the trumpet in Zion;
consecrate a fast;
call a solemn assembly;

¹⁶ 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.

¹⁷ 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."^[a]

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

Read Proverbs 11:14:

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

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:

⁶ 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^[a] go free,
and to break every yoke?

⁷ 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?

⁸ Then shall your light break forth like the dawn,

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and your healing shall spring up speedily;
your righteousness shall go before you;
the glory of the LORD shall be your rear guard.
⁹ 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,
¹⁰ 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.
¹¹ 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.
¹² 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.
¹³ "If you turn back your foot from the Sabbath,
from doing your pleasure^[b] 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,^[c] or talking idly;^[d]
¹⁴ then you shall take delight in the LORD,
and I will make you ride on the heights of the earth;^[e]
I will feed you with the heritage of Jacob your father,
for the mouth of the LORD has spoken."

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.

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

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:

¹¹ that by any means possible I may attain the resurrection from the dead.

Straining Toward the Goal

¹² 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. ¹³ 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, ¹⁴ I press on toward the goal for the prize of the upward call of God in Christ Jesus. ¹⁵ Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you.

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

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:

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

Confirm Your Calling and Election

³ His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to^[a] his own glory and excellence,^[b] ⁴ 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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Read Jeremiah 29:10–14:

¹⁰“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. ¹¹For I know the plans I have for you, declares the LORD, plans for welfare^[a] and not for evil, to give you a future and a hope. ¹²Then you will call upon me and come and pray to me, and I will hear you. ¹³You will seek me and find me, when you seek me with all your heart. ¹⁴I 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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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,² 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,³ 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.⁴ 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.⁵ 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.⁶ 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.⁷ And the LORD your God will put all these curses on your foes and enemies who persecuted you.⁸ And you shall again obey the voice of the LORD and keep all his commandments that I command you today.⁹ 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,¹⁰ 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.

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

Read Psalm 36:5–12:

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

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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:

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

⁶ Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security. ⁷ I will restore the fortunes of Judah and the fortunes of Israel, and rebuild them as they were at first. ⁸ 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. ⁹ And this city^[a] 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.

¹⁰ “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 ¹¹ 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!”

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

¹² “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. ¹³ 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

¹⁴ “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.

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

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:

³ the LORD appeared to him^[a] from far away.

I have loved you with an everlasting love;
therefore I have continued my faithfulness to you.

⁴ 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.

⁵ Again you shall plant vineyards
on the mountains of Samaria;
the planters shall plant
and shall enjoy the fruit.

⁶ 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.’”

⁷ 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

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^[a] have peace with God through our Lord Jesus Christ. **2** Through him we have also obtained access by faith^[b] into this grace in which we stand, and we^[c] rejoice^[d] 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.

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:

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

"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."

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:

¹³ 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.

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

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:

¹⁶ 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. ¹⁷ Therefore, if anyone is in Christ, he is a new creation. ^[a] The old has passed away; behold, the new has come. ¹⁸ All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; ¹⁹ that is, in Christ God was reconciling^[b] the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. ²⁰ Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God.

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

Read Ephesians 4:17–23:

The New Life

¹⁷ 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. ¹⁸ 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. ¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰ But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self,^[a] which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds,

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

²¹ “You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ ²² But I say to you that everyone who is angry with his brother^[a] will be liable to judgment; whoever insults^[b] his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell^[c] of fire. ²³ So if you are offering your gift at the altar and there

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

remember that your brother has something against you, ²⁴ leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. ²⁵ 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. ²⁶ Truly, I say to you, you will never get out until you have paid the last penny.^[d]

When others have caused the offense:

Read 2 Corinthians 5:18–21:

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

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

When others are not willing to process through to reconciliation:

Read Romans 12:9–20:

Marks of the True Christian

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

¹⁴ Bless those who persecute you; bless and do not curse them. ¹⁵ Rejoice with those who rejoice, weep with those who weep. ¹⁶ Live in harmony with one another. Do not be haughty, but associate with the lowly.^[b] Never be wise in your own sight. ¹⁷ Repay no one evil for evil, but give thought to do what is honorable in the sight of all. ¹⁸ If possible, so far as it depends on you, live peaceably with all. ¹⁹ Beloved, never avenge yourselves, but leave it^[c] to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” ²⁰ 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.”

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

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. ² 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. ³ Go your way; behold, I am sending you out as lambs in the midst of wolves. ⁴ Carry no moneybag, no knapsack, no sandals, and greet no one on the road. ⁵ Whatever house you enter, first say, ‘Peace be to this house!’ ⁶ And if a son of peace is there, your peace will rest upon him. But if not, it will return to you. ⁷ 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. ⁸ Whenever you enter a town and they receive you, eat what is set before you. ⁹ Heal the sick in it and say to them, ‘The kingdom of God has come near to you.’ ¹⁰ But whenever you enter a town and they do not receive you, go into its streets and say, ¹¹ ‘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.’ ¹² I tell you, it will be more bearable on that day for Sodom than for that town.

Woe to Unrepentant Cities

¹³ “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.

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

²⁰ 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, ²¹ equip you with everything good that you may do his will, working in us^[a] that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.
