# WHAT'S KEPING YOUUP AT NIGHT?

A 7-DAY SCRIPTURE + REFLECTION JOURNEY

Adapted From

WINNING THE WAR ON WORRY

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# **ABOUT THIS STUDY**

God is greater than fear and all its cousins—depression, anxiety, panic, and worry. Because of this, we can immediately start the process of resizing worry and replacing it with trust.

If worry has become a constant part of your daily life, it's time to change the narrative and take back your mind through the power of Jesus. This 7-Day Scripture and Reflection journey is designed to give you practical tools rooted in the truth of Scripture to help you win the war on worry in your mind.

Each day, you'll start with a reading of Scripture, along with a few brief words of encouragement, and close with a reflection question. Let's start now by identifying what is keeping you up at night.

What are the thoughts that circulate in your mind when you're trying to fall asleep? Finances? Relationships? Career? Write down these thoughts here, and we'll revisit them over the next week as we learn to replace them with Biblical truths.

I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?...Therefore do not worry about tomorrow, for tomorrow will worry about itself.

MATTHEW 6:25-26, 34

The root of worry is fear. And fear doesn't come from God. Thus, at the heart of worry is the Enemy. And Scripture is clear – the devil is a liar. Keep calling out the lies that worry is speaking and keep surrendering those lies to God, replacing them with the truths of His Word.

From the worries you wrote down previously - what is the lie the Enemy wants you to believe? How can you use the verses from Matthew to replace those lies with truth?



I am God, and there is no other; I am God, and there is none like me. I make known the end from the beginning, from ancient times, what is still to come. I say, 'My purpose will stand, and I will do all that I please.'

**ISAIAH 46:9-10** 

Worry always starts with a harmless seed planted in our minds. If left unchecked, that initial seed can morph into a more powerful negative thought, and worry can take root in our hearts. And at the core of worry is our need to be in control. Surrender your need to be in charge. Trust that His heart for you is good. Believe God is good at being in control.

Where do you desire control within your worries? What truth can you take from the verse today to help you surrender control to God?



# **EMBRACING CONCERN, REJECTING WORRY**

'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'

### **MATTHEW 25:23**

Planning isn't a bad thing. In fact, being a good steward with our time and resources is one of the ways we can glorify God in this world. But if we spend too much time hanging around the what ifs, the toxicity of worry begins to poison our hearts and minds. God puts things into your hands according to your ability and His power to work in and through you. If He's entrusted it to you, you can carry it.

Of the things you listed that you are worried about, how can you shift your mindset from worry to stewardship? How can you see that God has entrusted you to carry the thing you worry about most?



# INVITING GOD INTO YOUR WORRY

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### **PHILIPPIANS 4:6-7**

In order to win the war on worry, we have to know our Enemy, whose sole purpose is to take us down and steal our joy (John 10:10). But we also need to know ourselves; and most importantly, we need to know our God. If we don't know God, we won't be able or willing to invite Him into our worry. Our first move of attack should always be to surrender our concerns to God in prayer.

Have you invited God into your worry? Spend today reflecting on the verse and

praying that God would move into your worry and provide the ultimate peace and comfort.



# THE POWER OF PERFECT LOVE

Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you understand, as all God's people should, how wide, how long, how high, and how deep his love is for you.

### **EPHESIANS 3:17-18 NLT**

The counteragent for worry isn't control. It's faith rooted in love. When we invite God into our worry, we begin to realize that more than any solution, He wants to give us a Savior. He wants to invite us into an intimate, personal relationship with His Son. Why? Because God knows what we truly need.

How can you leverage your relationship with Christ to better surrender your

worry? What solutions do you feel Him leading you toward?

# **PUTTING A DAGGER IN THE HEART OF WORRY**

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

### **2 CORINTHIANS 10:4-5**

You have the power through Christ to identify and bind the power of every lie that comes into your mind. You can take captive every thought! When you commit to this and put it into practice, you begin tearing down the house that worry built, brick by brick and thought by thought.

In a side-by-side column format, write down your worries and on the opposite

side, identify a corresponding Scripture to help bind up that worry and release it to God.

## WHO NEEDS TO BE AWAKE ALL NIGHT?

I have set the Lord continually before me; because He is at my right hand, I will not be shaken. Therefore my heart is glad and my glory rejoices; my flesh also will dwell securely. (Psalm 16:8-9 NASB 1995)

In peace I will lie down and sleep, for you along Lord, make me dwell in safety.

**PSALM 4:8** 

Worry, in full force, can affect every area of our lives – our relationships, our work, our families, our motivations. It can even affect our sleep. Our God is a God of peace. He is always awake and zeroed in on your every need. He leads us toward rest when we fix our gaze upon Him.

As you reflect on the Scriptures from this week, what verse(s) can serve as an anchor point in your mind when you feel worry creep in? Write them down on notecards and place them anywhere you need to be reminded of God's sovereignty over your worry.