

# The DEAD — of — Winter<sup>o</sup>

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## “WINTER” SURVIVAL GUIDE:

**JUST BECAUSE I FEEL (WORRIED) TODAY DOESN'T MEAN IT HAS TO STAY THAT WAY.**

**JOSHUA 1:3-5, 9** Wherever you set foot, you will be on land I have given you—<sup>4</sup> from the Negev wilderness in the south to the Lebanon mountains in the north, from the Euphrates River in the east to the Mediterranean Sea in the west, including all the land of the Hittites.<sup>5</sup> No one will be able to stand against you as long as you live. For I will be with you as I was with Moses. I will not fail you or abandon you.<sup>9</sup> This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”

**GOD PROMISES YOU \_\_\_\_\_, \_\_\_\_\_ AND \_\_\_\_\_ VICTORY.**

**VICTORY IS REMEMBERING THAT GOD IS \_\_\_\_\_ YOU AND \_\_\_\_\_ YOU IN EVERY CIRCUMSTANCE, REAL OR IMAGINED.**

### WARRIOR VS. WORRIER

1. The difference between worry and \_\_\_\_\_ is \_\_\_\_\_ you are talking to.
2. Fight in faith by flipping from “What if...” to “\_\_\_\_\_.”
3. You can “\_\_\_\_\_” because you aren’t doing it alone.
4. Learn to stay \_\_\_\_\_.

### CALM TECHNIQUE

- Count to 10 – inhale on number, exhale \_\_\_\_\_
- Acknowledge God’s presence
- List your fears
- Meditate on this: God is with me and for me. I am not alone.

**MATTHEW 6:27** Can all your worries add a single moment to your life?

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ADDITIONAL REFERENCES: Joshua 1:6, 1:8; Isaiah 41:10; Psalm 112:7; Matthew 26:39, Matthew 26:42



# FREE CHAPTER

Excited to be part of the launch of Barb’s book, **Winning The Worry Battle** and so happy she is sharing a FREE chapter with us.

Go to [CedarCreek.tv/book](http://CedarCreek.tv/book) to download your copy today. Thanks Barb for helping us Survive the Dead of Winter!

FILL-INS: PERSONAL, PROVISIONAL, SPIRITUAL, WITH, FOR, WORSHIP, WHO, ‘GOD, IF...’, ‘DO IT SCARED...’, CALM, MISSISSIPPI