

Worry Homework - Sample Assignments

1. Make a written list of everything that you are worried about. Bring it with you to our next meeting and we'll determine what things are your responsibilities and what things are simply areas of concern.
2. Read one chapter of Elyse Fitzpatrick's book, *Overcoming Fear, Worry, and Anxiety*, and write out your answers to the questions at the end of the chapter. Bring your answers with you to our next meeting to discuss. (Continue this week by week, working through the book)
3. For every area that is one of your responsibilities make a list of what you can begin to do to solve that problem. Write steps to be taken.
4. Do not pray as you are falling asleep because there is the danger that the praying can turn into worrying about the issue. Instead make a list of verses that you have memorized and choose one each night that you want to spend time meditating on. Select verses that speak of God's sovereign control, His abundant provision, His protection, etc.
5. During the day keep a note card in your pocket and whenever your mind drifts to begin to worry about something, write it down on the card and bring it with you to our next meeting. Together we will determine whether or not it falls in your circle of responsibility or just an area of concern.
6. Fight each day to focus your thinking and spend the bulk of your energy on solving today's problems that are truly your responsibility.
7. Read Jay Adam's pamphlet "What to Do When You Worry all the Time?" and underline the 10 most important sentences to you. Bring it with you to our next meeting for discussion.
8. Memorize Matt. 6:33-34 and write it on a 3x5 card to keep posted somewhere that is visible throughout the day - on your bathroom mirror, computer, kitchen cabinet, etc.
9. Memorize Phil. 4:6-9 and do a word study on each of the words listed as areas to 'think' on.



**I WANT
SOMETHING
TOO MUCH**

JAMES 4:1-2

1

**I AM NOT
GOD / JUDGE**

GENESIS 50:19
ROMANS 12:17-21

2



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VERY GRACIOUS
TO ME**

EPHESIANS 4:31-32
MATTHEW 18:21-35

3

**GOD IS IN
CONTROL**

GENESIS 50:20
ROMANS 8:28
1 CORINTHIANS 10:13

4

**REMEMBER
WHO I AM
IN CHRIST**

ROMANS 6:11
2 CORINTHIANS 5:17

5

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Anger “Hot Button” List

Adapted from Lou Priolo, *Complete Husband*, p.115-116

Name _____ Date _____

It is our responsibility to not become bitter and angry towards other people. Let's see if we can identify exactly what it is that provokes you to anger.

1. Place a check next to the items below that push your “hot button.” As you look at these items, ask yourself what it is that you want most from other people around you, and what it is that provokes an angry response in you when you don't get it.

- | | |
|--|--|
| <input type="checkbox"/> To be more respectful to me | <input type="checkbox"/> To not challenge my decisions |
| <input type="checkbox"/> To support my decisions more | <input type="checkbox"/> To spend less time on the phone |
| <input type="checkbox"/> To not be so bossy with me | <input type="checkbox"/> To not be so worldly |
| <input type="checkbox"/> To be more trusting of me | <input type="checkbox"/> To be more involved in church |
| <input type="checkbox"/> To not be a people-pleaser | <input type="checkbox"/> To not disagree with me in the presence of others |
| <input type="checkbox"/> To be more discreet | <input type="checkbox"/> To not expect me to read their mind |
| <input type="checkbox"/> To be more affectionate | <input type="checkbox"/> To not be so serious |
| <input type="checkbox"/> To better control their temper | <input type="checkbox"/> To better control their tongue |
| <input type="checkbox"/> To be less perfectionistic | <input type="checkbox"/> To not be anxious |
| <input type="checkbox"/> To take better care of their appearance | <input type="checkbox"/> To not forget important things that I tell them |
| <input type="checkbox"/> To be more attentive to me | <input type="checkbox"/> To not have unrealistic expectations |
| <input type="checkbox"/> To be more of a giver/less of a taker | <input type="checkbox"/> To be more godly |
| <input type="checkbox"/> To be more patient with me | <input type="checkbox"/> To be less critical |
| <input type="checkbox"/> To be more self-disciplined | <input type="checkbox"/> To be more forgiving |
| <input type="checkbox"/> To be more gracious | <input type="checkbox"/> To understand the pressures of my job |
| <input type="checkbox"/> To ask for my opinion more | <input type="checkbox"/> To try harder to please me |
| <input type="checkbox"/> To better prioritize their spiritual life | <input type="checkbox"/> To follow my instructions more carefully |
| <input type="checkbox"/> To be more punctual | <input type="checkbox"/> To be less career-oriented |
| <input type="checkbox"/> To not have to have the last word | <input type="checkbox"/> To not waste so much time |
| <input type="checkbox"/> To be more grateful | <input type="checkbox"/> To take more interest in my friends or leisure activities |
| <input type="checkbox"/> To not be so moody or temperamental | <input type="checkbox"/> To be closer to me than anyone else |
| <input type="checkbox"/> To verbally express more love for me | <input type="checkbox"/> To admit when they're wrong |

2. Now that you've identified your 'hot buttons' (your idolatrous desires) you must work on **dethroning your idols**. You must prayerfully and actively replace those inordinate desires with desires that are in accordance with pleasing and glorifying God, rather than pleasing and glorifying yourself. You must learn to change the way you think about your desires and the extent to which you think the people around you must meet them.

Rather than thinking, “This person is a... (insert your favorite word) for not giving me what I want,” you must learn to think, “Having a person in my life who doesn't...(insert your inordinate desire), is not the worst thing in the world. I must learn to love the Lord and to love them more than I love my . . . (insert your inordinate desire).”

Giving Hope

II Corinthians 4:7-8: But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

II Corinthians 4:16-18: Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

Romans 5:2b-5: And we {[2] Or let us} rejoice in the hope of the glory of God. 3 Not only so, but we {[3] Or let us} also rejoice in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. 5 And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

II Corinthians 1:3-7: Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.

I Peter 1:6-7: In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith--of greater worth than gold, which perishes even though refined by fire--may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.

Deut 31:7-8: Then Moses summoned Joshua and said to him in the presence of all Israel, "Be strong and courageous, for you must go with this people into the land that the LORD swore to their forefathers to give them, and you must divide it among them as their inheritance. 8 The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Psalms 46:1-3: God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging. Selah

The Quickening power of God in our lives

Psalm 71:20: Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.

Psalm 119:25: I am laid low in the dust; preserve my life according to your word.

Psalm 119:37: Turn my eyes away from worthless things; preserve my life according to your word.

Psalm 119:107: I have suffered much; preserve my life, O LORD, according to your word.

Psalm 119:156: Your compassion is great, O LORD; preserve my life according to your laws.

Psalm 143:11: For your name's sake, O LORD, preserve my life; in your righteousness, bring me out of trouble.

Counselor's Checklist

1. Determine whether evangelism is indicated.
2. Sort out responsibilities.
3. Gather concrete data.
4. Stress *what* rather than *why* for data.
5. Distinguish presentation, performance, and preconditioning problems.
6. Talk not only about problems, but also about God's solutions.
7. Check motivation (*ultimately* it must be loving obedience not only because God says so).
8. Insist on obedience to God regardless of how one *feels*.
9. Check out agendas.
10. Give concrete homework at every session which includes Scripture reading and prayer.
11. Check on homework.
12. Would a medical checkup be advisable?
13. Don't forget to give hope!

Anger Journal

1. What circumstances led to my becoming angry?
(What happened that provoked me to anger?)

2. What did I say/do when I became angry?
(How did I respond to the circumstances?)

3. What is the biblical evaluation of what I said/did when I became angry? (How does the Bible classify what I said/did when I became angry?)

4. What should I have said/done when I became angry?
(How could I have responded biblically when I became angry?)

Heart Journal

1. What happened to provoke me to anger?
(What were the circumstances that led to my becoming angry?)

2. What did I say to myself (in my heart) when I became angry?
(What did I want, desire, long for when I became angry?)

3. What does the Bible say about what I said to myself when I became angry? (What does the Bible say about what I wanted?)

4. What should I have said to myself when I became angry?
(What should I have wanted more than my own selfish and idolatrous desire?)

Depression Homework Assignment Samples:

1. Go to your doctor and get a complete physical to see if there are any organic issues that are driving the depression (i.e. low blood sugar, thyroid, etc.)
2. Make a list of your God-given responsibilities (as a mother, wife, employee, etc.) Note areas where you are consistently failing to fulfill your responsibilities. Prioritize the areas and set a goal to begin working on the #1 item that week. Don't attack everything at once.
3. Establish routine in your life. Write up a schedule for the day and stick to it regardless of how you feel. Get up at the same time each day, and go to bed at the same time, etc. Don't sleep in late and then stay up late surfing the net and watching television. When you get up in the morning make the bed as a statement that you are starting your day and are not going to be getting back in bed later on. Dress and put make up on each day. Don't slouch around unkempt throughout the day.
4. Use a heart journal to record the day and time that you struggle most with 'feeling' depressed. Brainstorm to determine what you were thinking or saying to yourself at that moment. Then craft a new biblical thought that would replace the despairing one(s).
5. Read your Bible every day – even if just for 10 minutes. Start with the book of Psalms and read with a purpose – looking for God and His characteristics. Use a notebook to record any characteristics that you see about God each day in your reading. Take a moment to meditate on how that characteristic of God should shape your day. In light of that characteristic what should you think today? Bring your notebook with you to our next meeting.
6. Start memorizing 2 Cor. 4:8-9, 16-18 which says, “We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed... Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.” Print it on 3x5 card and post it on your bathroom mirror to read over while getting ready for the day. Post it on your computer or somewhere visible at work. Post it on the dashboard of your car to think about as you drive to work or as you are running errands.
7. Select some areas in which you can serve. Help in the church office. Help in the nursery. Take a meal to a shut in or sick person. Get out of your home each week and serve others.
8. Purchase a box of nice cards and everyday write a note of encouragement to someone who has benefited your life. It could be someone presently (pastor, mother, friend, neighbor) or someone from the past (former teacher, etc.). Thank them for how they impacted your life.
9. Make of list of 50 things for which you can be thankful. Be specific. Don't list large general categories. Then go over the list each morning as you read your Bible.
10. Take notes on the Sunday sermon – and act on them. Look for ways that week to apply what was taught.
11. Fill your home with uplifting music that points to God or the cross or grace. Eliminate ungodly and depressing music that glorifies despair and anger.
12. Select a few people to ask to pray for you and invite them to speak truth to you. Ask them to pray for more than just the alleviation of depression. Ask them to pray some of the glorious scriptural prayers like Eph. 1:18ff and Eph. 3:13ff.
13. Read Ed Welch's booklet “The Way Up When You are Down” and underline the 10 most important sentences to you. Bring it with you to our next meeting for discussion.
14. Select three of Welch's practical suggestions from p. 21-23 and put them into practice this week.

Fear Homework Assignment Samples:

1. Read Jay Adam's pamphlet, "What To Do When Fear Overcomes You?" Underline the 10 most important sentences to you, and bring it with to our next meeting for discussion.
2. Read one chapter of Elyse Fitzpatrick's book, *Overcoming Fear, Worry, and Anxiety*, and write out your answers to the questions at the end of the chapter. Bring your answers with you to our next meeting to discuss. (Continue this week by week, working through the book)
3. Keep a "Fear" journal and record times that you are fearful or feel that you are suffering a 'panic attack.' Jot down the date, time, circumstances, and what you were thinking or saying to yourself about the circumstances.
4. Memorize Psa. 34:4 "I sought the Lord, and He heard me, and delivered me from all my fears" and Psa. 56:3-4 "Whenever I am afraid, I will trust in You. In God (I will praise His Word), in God I have put my trust; I will not fear. What can flesh do to me? Also, write them on a 3x5 card to keep posted somewhere that is visible throughout the day - on your bathroom mirror, computer, kitchen cabinet, etc.
5. Read the booklet by Jerry Bridges, "You Can Trust God" and answer the questions in the back. Bring it with you for discussion to our next meeting.
6. Read your Bible every day – even if just for 10 minutes. Start with the book of Psalms and read with a purpose – looking for God and His characteristics. Use a notebook to record any characteristics that you see about God each day in your reading. Take a moment to meditate on how that characteristic of God should shape your day. In light of that characteristic what should you think today? Bring your notebook with you to our next meeting.
7. Read Phil. 4:8-9 and then make a "Blessing" list to combat fearful / untrue thoughts. Review this list each morning along with your Bible reading.
8. Fight to form the habit of talking to yourself rather than listening to yourself. Speak Scripture to yourself rather than listening to your own voice of fear and fear producing thoughts.
9. Read Martha Peace's book, "Excellent Wife," chapter 19, p. 215-226 on fear. Then complete the study guide questions on p. 81-83.
10. Read a little every day from Elisabeth Elliot's book, "Keep a Quiet Heart."
11. Memorize I John 4:18 and make a list of loving deeds that you can do for those around you. Choose to love by giving for the needs of another rather than drawing back in fear. Set a goal to do two of the loving deeds on your list this week. Do not allow feelings of fear to keep you from doing it (i.e. Fear of driving your son to soccer, fear of eating out in a restaurant with your spouse).

OPERATION: STRONGHOLD

_____ battle plan for fighting against _____

"They will fight against you but will not overcome you, for I am with you and will rescue you," declares the LORD.///Jeremiah 1:19

<p>STRONGHOLD TARGET NAME Identify the opposition specifically.</p>	
<p>SATAN'S BATTLE TACTICS What does he want you to believe about the target?</p>	
<p>NEW CREATION IMPLICATIONS What does your relationship with God mean for this target?</p>	
<p>SCRIPTURE COORDINATES Locate one Bible verse that focuses in on the target and/or the heart issue behind it.</p>	
<p>PREPLANNED ESCAPE ROUTE When you face this stronghold today, what truth about God's character will be your battle cry?</p>	

_____ You are fighting a battle you cannot lose. _____

Solutions to Fear

Passage	Type of Fear	Biblical Solution
I John 4:18-19: There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.	Fear of others	Demonstrate love
Proverb 3:21-26: My son, preserve sound judgment and discernment, do not let them out of your sight; they will be life for you, an ornament to grace your neck. Then you will go on your way in safety, and your foot will not stumble; when you lie down, you will not be afraid; when you lie down, your sleep will be sweet. Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the LORD will be your confidence and will keep your foot from being snared.	Fear of events	Correct biblical thinking
Psalms 112:7-8: He will have no fear of bad news; his heart is steadfast, trusting in the LORD. His heart is secure; he will have no fear;	Fear of bad news	Heartfelt trust
Psalms 34:4-5; 9: I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. Fear the LORD, you his saints, for those who fear him lack nothing.	All fears	Fear God
Psalms 46:1-2; 7; 10-11: God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear... The LORD Almighty is with us; the God of Jacob is our fortress. Selah "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The LORD Almighty is with us; the God of Jacob is our fortress. Selah	Natural disaster	Recognize God's sovereignty
Psalms 119:39: Take away the disgrace I dread, for your laws are good	Fear of what others think	Specific prayer
Psalms 119: 134: Redeem me from the oppression of men that I may obey your precepts. Isaiah 51:12-13: I, even I, am he who comforts you. Who are you that you fear mortal men, the sons of men, who are but grass, that you forget the Lord your Maker, who stretched out the heavens and laid the foundations of the earth	Fear of oppression	Specific prayer and recognize God's providence
Isaiah 35:3-4: Strengthen the feeble hands, steady the knees that give way; say to those with fearful hearts, Be strong, do not fear, your God will come, he will come with vengeance; with divine retribution he will come to save you.	Fear of weakness	Rely on God's strength

D. The temptation to depression or despair (especially if they have been trying to overcome fear on their own and have not succeeded. A temptation to doubt their salvation may also be present.)

E. A tremendous sense of being trapped. (As if a heavy weight is resting upon them.)

5. Common causes for being overcome by fear:

(Important note: Not every item may apply.)

A. Chronic fatigue, inadequate rest or exercise

B. Illness – even asthmatic allergies

C. Unresolved personal problems may be a significant contributor.

D. A sudden or gradual increase in one's personal stress. (I.e. the person may not take physical illness or lack of sleep seriously until his reserve of energy is depleted.)

E. The perception of a threat to one's sense of well-being or security. (This is often unrecognized and not admitted by the individual.)

F. New situations – change (especially if the person has not grown up dealing with unanticipated problems).

G. Doubt about the ability of the problem to be solved. See Jeremiah 17:5-9 2 Thess. 2:10-11 & 13 (What we do with truth is vital in salvation *and* sanctification.)

H. Weak theology (There are often several misconceptions but almost always at least one major theological misconception.)

I. Spiritual immaturity

J. Unconfessed sin. (Be sure to check for this because unconfessed sin produces guilt.)

(Often they are sins which are hardly identifiable as sin, but they must be discovered and repented of – including putting on the righteous love of the opposite action, thought or attitude of that sin. Be sure to check for pride and self-love! -Pr. 3:5-7 Being wise in own eyes.)

K. There are three frames of mind which are self-blinding: fear, anger and pride. These will keep you from discerning the sin that you are stumbling over. (We have trouble seeing the sin in our own eye.)

L. A spirit of impatience is a very significant contributory cause for panic or fear attacks.