



## WINNING YOUR WORRY BATTLE

### DISCUSSION QUESTIONS

What did you learn about God that encouraged you today?

What kind of worrier are you? Silent Sufferer, Busy Body, Control Freak or Mother Hen.

Read Joshua 1:9. Where can you apply this to your life today?

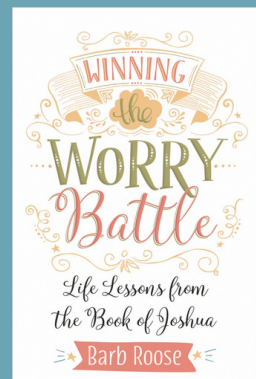
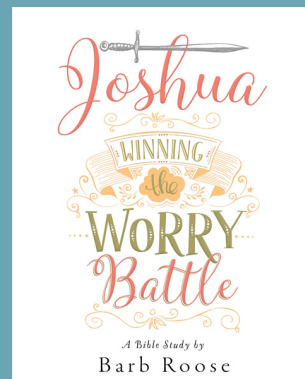
Why do we beat ourselves up or judge others for struggling with anxiety? How do you feel knowing that Jesus also felt the intensity of stress like we do?

What is one thought you need to remember or action step that you need to take as a result of what you're heard today?

40% off Joshua Bible Study or Winning the Worry Battle Book!  
Use "MOPS2020" ONLY at [barbroose.com/shop](http://barbroose.com/shop). Expires Friday 10/23/2020

**Joshua: Winning the Worry Battle** is a six-week study on the book of Joshua that explores powerful Biblical principles and learn practical tools that really work so that you can end your stressed out days and sleepless nights. Leader guide and teaching DVD available with digital and streaming options. Find out more at [barbroose.com/groupleaders](http://barbroose.com/groupleaders).

The **Winning the Worry Battle** book offers stories about how God gave Barb victory over her worry battle as well as lessons from the book of Joshua. Apply fresh new tools that you can win your worry battle, too!





# BARBROOSE

*Living Beautifully Strong and Courageous*



Barb Broose is a speaker and author who is passionate about teaching women to live beautifully strong and courageous so that they experience God's great adventure of faith and purpose for their lives.

She is the author of multiple Bible studies including *Surrendered: Letting Go and Living Like Jesus*, *Joshua: Winning the Worry Battle* and several books like *Surrendered: 40 Days to Help You Let Go and Live Like Jesus*.

Barb lives in NW Ohio and is proud mother of three adult daughters. Whenever possible, Barb prefers to eat dessert first.

Visit Barb's online home at [barbroose.com](http://barbroose.com) and check out Barb's blog, books & Bible studies, (g)race project, Confidence Course for Divorced Women, 21 Days of Prayer Challenge and more. Barb's books and Bible studies are available at your favorite online retailers.



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