

Measured Warrior Field Manual Worksheet

Enemy Weapon: Worry — The Battle for Trust

Name:

Date:

Opening Reflection

Worry often begins with something real—a problem, an uncertainty, a responsibility, or a fear about what might happen. But legitimate concern can become worry when our minds remain fixed on the problem rather than trusting God with the outcome.

Peter discovered this on the Sea of Galilee. He stepped out of the boat in faith and actually walked on water toward Jesus. But when his attention shifted from Christ to the wind and waves, fear took control and he began to sink.

The storm did not suddenly become greater. **Peter's focus changed.**

The same battle takes place within us. The question is not whether storms will come, but where we will fix our eyes when they do.

Before You Begin

What worries are occupying your thoughts right now?

What do those worries reveal about what you are having difficulty trusting God with?

Study 1: Understanding Worry

Read: Matthew 6:25–34; Proverbs 3:5–6; Psalm 56:3–4

Jesus does not tell us to ignore responsibilities or refuse to plan for tomorrow. Instead, He warns us against allowing tomorrow's uncertainties to control today's thoughts.

Worry tries to carry tomorrow's burdens with today's strength.

Study Questions

1. According to Matthew 6:25–34, what things does Jesus tell us not to worry about?

2. What examples from creation does Jesus use to demonstrate the Father's care?

3. What does Matthew 6:27 teach about the usefulness of worry?

4. How is wise planning different from worry?

5. What circumstances most often cause you to move from legitimate concern into worry?

Warrior Reflection

What burden are you carrying today that God is asking you to trust Him with?

Study 2: The Enemy's Strategy

Read: Genesis 3:1–5; Philippians 4:6–8; 1 Peter 5:7–9

One of the enemy's oldest strategies is to cause us to question God's character.

Does God really know what you need?

Can God really handle this?

What if things don't work out?

What if God doesn't answer?

Worry magnifies uncertainty while minimizing God's faithfulness.

The enemy wants the warrior staring at the problem instead of trusting the Commander.

Study Questions

1. How did the serpent cause Eve to question God's words and intentions in Genesis 3?

2. How can worry similarly cause us to question God's goodness or provision?

3. According to Philippians 4:6–7, what should replace anxiety?

4. Why do you think thanksgiving is important when battling worry?

5. According to Philippians 4:8, what kinds of things should occupy the warrior's thoughts?

Identify the Enemy's Voice

Write one recurring "**What if...**" thought that produces worry in your life.

What if...

Now answer it with a statement of trust:

Even if...

Study 3: Biblical Battle — Peter Walks on Water

Read: Matthew 14:22–33

The disciples were fighting a storm when Jesus approached them walking on the water.

Peter responded with extraordinary faith.

Jesus said:

"Come."

Peter stepped out.

For a moment, Peter did something humanly impossible. He walked on water toward Christ.

Then something changed.

Peter saw the wind.

Fear replaced trust.

He began to sink.

The storm was always there. **What changed was Peter's focus.**

Study Questions

1. What was happening around the disciples before Jesus appeared?

2. What gave Peter enough confidence to step out of the boat?

3. According to Matthew 14:30, what happened immediately before Peter began sinking?

4. What did Peter do when he realized he was sinking?

5. How did Jesus respond to Peter's cry for help?

6. What does Jesus' question—"Why did you doubt?"—teach you about the relationship between focus, fear, and trust?

Battlefield Reflection

What are the "**wind and waves**" currently competing for your attention?

What would keeping your eyes on Jesus look like in this situation?

Study 4: The Warrior's Habit — Redirect the Mind

Read: Isaiah 26:3–4; Romans 12:2; Colossians 3:1–2

Measured Warriors do not wait until worry attacks to learn how to trust God. Trust is developed through training.

When worry enters the mind, the warrior learns to:

Recognize it.

What am I worrying about?

Identify it.

What am I afraid might happen?

Surrender it.

Have I given this concern to God?

Replace it.

What does God's Word say?

Act in faith.

What is the next thing God is asking me to do?

Study Questions

1. According to Isaiah 26:3, what produces steadfast peace?

2. What does Romans 12:2 teach about transforming the mind?

3. Why is controlling what occupies our thoughts important in the battle against worry?

Warrior Training Exercise

My worry:

What I fear might happen:

What God's Word says:

What I will surrender to God:

My next faithful action:

Study 5: Following Christ's Example

Read: Matthew 26:36–46; Luke 22:39–46

Jesus faced extraordinary anguish in Gethsemane. He knew what awaited Him: betrayal, rejection, suffering, and crucifixion.

Jesus did not deny the reality of His suffering.

He took His anguish directly to His Father.

And He prayed:

"Yet not as I will, but as You will."

Christ demonstrates that trust does not require knowing that circumstances will turn out the way we want.

Trust means surrendering the outcome to the Father.

Study Questions

1. What did Jesus do when His soul was overwhelmed with sorrow?

2. What does Jesus' prayer reveal about honest communication with God?

3. What does "Your will be done" teach us about trust?

4. How can Christ's example change the way you respond to uncertainty?

Warrior Action Plan

Identify one worry that you will intentionally surrender to God this week.

The worry I am carrying:

What I can control:

What I cannot control:

What I am surrendering to God:

One action I can faithfully take:

My declaration of trust:

Lord, I cannot control _____,

but I trust You because _____.

Measured Warrior Sword Drill

Sword of the Spirit — Memory Verses

The warrior does not fight anxious thoughts with positive thinking alone. He answers them with truth.

Matthew 6:34

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Philippians 4:6–7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

1 Peter 5:7

"Cast all your anxiety on Him because He cares for you."

Isaiah 26:3

"You will keep in perfect peace those whose minds are steadfast, because they trust in You."

Psalms 56:3

"When I am afraid, I put my trust in You."

Proverbs 3:5–6

"Trust in the Lord with all your heart and lean not on your own understanding."

Sword Drill

Choose one verse to memorize this week.

My verse:

Write it from memory:

When worry attacks, I will remind myself:

Formation Question

Where have I been focusing more on the wind and waves than on Jesus, and what would it look like for me to step forward in trust instead of retreating into worry?

Closing Prayer

Dear Heavenly Father,

You know every burden I carry and every uncertainty that causes me to worry. You know the thoughts that keep returning to my mind and the circumstances I wish I could control.

Forgive me when I allow the wind and waves around me to become greater in my mind than Your presence with me.

Teach me to keep my eyes fixed on Jesus.

When worry tells me to fear tomorrow, remind me of Your faithfulness today. When I am tempted to carry burdens that belong to You, teach me to surrender them. When I cannot see the path ahead, give me the courage to take the next step in faith.

Train my mind to recognize worry, reject the enemy's lies, and replace them with the truth of Your Word. Help me remember that You are sovereign over what I cannot control, present in every storm, and faithful in every circumstance.

Make me a Measured Warrior who does not require calm seas in order to trust You.

When the wind rises, may my eyes remain on Jesus.

When fear whispers, may Your Word answer.

When I begin to sink, remind me to cry out, "**Lord, save me!**"

And when tomorrow is uncertain, give me the faith to say:

My eyes are on You. I trust You. Your will be done.

In the mighty name of Jesus,

Amen.