

CHAPTER 1

The Problem Of Worry

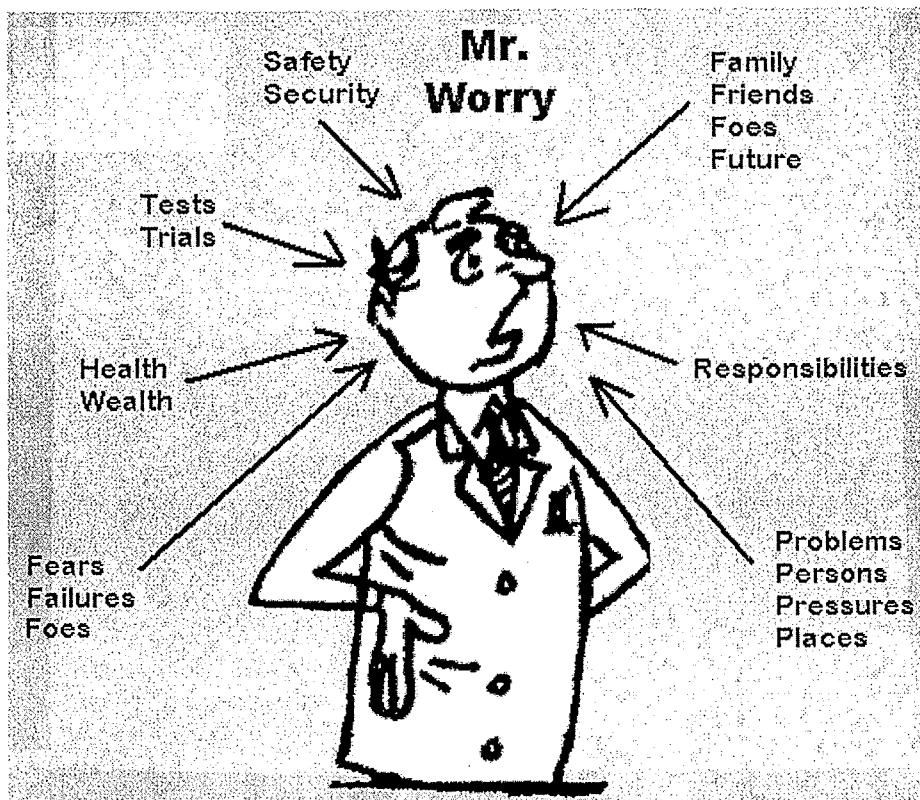
Said the robin to the sparrow, "I should really like to know
Why these anxious human beings rush about and worry so."

Said the sparrow to the robin, "Friend, I think that it must be
That they have no Heavenly Father, such as cares for you and me."

--by Elizabeth Cheney (Matthew 6:26)

The word "worry" (Greek--*merimna*) means "anxiety, care, that which divides, distracts the mind and which draws a troubled person's mind in different directions." Sometimes the word is used of a healthy and helpful *concern* and *care* (1 Corinthians 7:32,34; 12:25; 2 Cor. 11:28; Phil. 2:20), but it is also used of an unhealthy and harmful *concern* and *care*, which we call "WORRY."

CARES AND CONCERNS WHICH DIVIDE AND DISTRACT THE MIND



People worry about ANYTHING and EVERYTHING. Look up the following verses and write down some of the things people worry about:

1. Matthew 6:31 _____
(Exodus 15:24; 16:3) _____
2. Matthew 6:34 _____
3. Matthew 10:19 _____
4. Luke 10:41 _____

There are at least **six** reasons why we should never worry:

- 1) Worry is disobedience.**
- 2) Worry is unbelief.**
- 3) Worry is a form of atheism.**
- 4) Worry can lead to physical problems.**
- 5) Worry is illogical (senseless).**
- 6) Worry can do no good.**

Let's take time to consider each of these:

1) Worry is Disobedience.

In Philippians 4:6, the Lord says, "Be C_____ (full of cares and anxieties) for _____" which means "WORRY ABOUT NOTHING" or "DO NOT WORRY ABOUT ONE THING" or "STOP WORRYING ABOUT EVERYTHING." Therefore, whenever we worry about ANYTHING, we are DISOBEYING God's command here in Philippians 4:6! When God tells us not to worry, He means it! God sees worry as **SINFUL DISOBEDIENCE**. Is that how we see it?

2) Worry is Unbelief.

The Lord Jesus gave some important instructions about "WORRY" in Matthew 6:25-34. In this passage, what verse clearly indicates that worry is UNBELIEF? Verse _____. The person who is troubled with worries and cares is really saying, "**I DO NOT BELIEVE** that God loves me and cares for me and is able to take care of my problems!" Worry and trust cannot live together in the same house. As long as trust abides, worry can never enter. When worry comes in, trust has already left! Worry starts where faith ends.

3) Worry is a Form of Atheism.

The atheist says, "T_____ I_____ N_____ G_____" (Psalm 14:1). The person who worries is really saying, "**THERE IS NO GOD** who can handle my problems and take care of my life and my future." The one who worries, as well as the atheist, is a F_____ (Psalm 14:1).

4) Worry Can Lead to Physical Problems.

Stomach ulcers and other physical problems can often result from needless worry and anxiety. Not only is worry **spiritually** unhealthy, but it is also **physically** unhealthy. Worry can never help us, but it can harm us.

5) Worry is Illogical (Senseless).

Worry makes no sense. In Matthew 6:25-26, the Lord Jesus illustrated how ILLOGICAL worry really is. Let's look first at verse 25:

T _____ N _____ T _____ (do not be anxious, do not be worried) for your LIFE, what ye shall eat, or what ye shall drink; nor yet for your BODY, what ye shall put on (Matthew 6:25a).

The Lord Jesus then asked, "Is not the LIFE _____ *meat* (food, nourishment)?" What is the answer to this question? _____ "Is not the BODY more than *raiment* (clothing)?" What is the answer? _____

Which is greater (more important), the LIFE that God has given to you or the FOOD that God has given to you? _____ Would you rather have your LIFE or would you rather have a HAMBURGER? _____ Can you survive without a hamburger? _____ Can you survive without your life? _____ IF GOD HAS GIVEN YOU LIFE (which is the greater gift), WILL HE NOT ALSO GIVE YOU THE FOOD AND DRINK THAT SUPPORT LIFE (which are the lesser gifts)? If God gave you the greater, will not He give you the lesser? _____ The worried person is really saying, "The God who gave me LIFE is unable to give me FOOD and DRINK." Does that make sense? _____

Which is greater, the BODY that God has given to you or the CLOTHES that God has given to you? _____ Would you rather have your BODY or would you rather have a SUIT or a DRESS? _____ Can you survive without a suit or a dress? _____ Can you survive without your body? _____ IF GOD HAS GIVEN YOU A BODY (which is the greater gift), WILL HE NOT ALSO GIVE YOU CLOTHES THAT COVER THE BODY (which are the lesser gifts)? _____ If God gave you the greater, will He not also give you the lesser? _____ The worried person is really saying, "The God who gave me my BODY is unable to give me CLOTHES to cover it." Does that make sense? _____

Illustrations: Suppose a father gave his child an expensive battery operated toy as a birthday present. Do you think this father would also supply batteries to go with it? _____ Suppose a father goes to all the trouble of constructing a basketball court (with hoops and everything) in the backyard for his son. Do you think he would also supply a basketball to go with it? _____ When Mom cooks supper, does she also supply all the plates, glasses and silverware to go with it? _____ Likewise, if God has given us a LIFE and a BODY, will He also supply all of our NEEDS (Philippians 4:19)? _____

Now consider verse 26 (Matthew 6): "Behold the _____ of the _____: for they sow not, neither do they reap, nor gather into barns; yet your _____." Again Jesus asked a question: "Are ye not *much better* than they?" What is the answer? _____ Which are more important and valuable to God, birds or men (Matthew 10:31)? _____ If GOD FEEDS AND CARES FOR BIRDS (which are of lesser value), WILL HE NOT FEED AND CARE FOR MEN (which are of greater value)? _____ If a mother feeds and cares for the family cat, will she not do the same for the family children? _____ If a father takes good care of the family car (feeds it with gas, keeps it clean and polished), will he not do the same and much more for his children? _____ The worried person is really saying, "The birds are of more value to God than me!" Does that make sense? _____

6) Worry Can Do No Good.

Worry has never been able to help anyone. Worry has never accomplished anything. Worry has never solved even one problem. Worry can look at problems but it can never solve problems. Worry is useless and unprofitable. Worry does absolutely no good. The Lord Jesus said it this way, "Which of you _____ (by being anxious, by worrying) can add one cubit unto his stature?" (Matthew 6:27). What is the answer to this question? _____

The word translated "stature" is used in two different ways. It often means "age" (John 9:21,23; Hebrews 11:11), but it can also mean "stature" (how tall a person is)--(see Luke 19:3). Let's think about which meaning best fits in Matthew 6:27 ("stature" or "age").

1. **If the word means "stature" (as translated in our King James Bible), then the Lord Jesus was saying that a person can never add one cubit (half a yard or 18 inches) to his stature or height.**
2. **If the word means "age," then the Lord Jesus was saying that a person can never add one cubit to his *age* (life span). The verse might then be paraphrased, "Who among you is able, by means of worrying, to lengthen the pathway of his life by even one cubit?"**

Which meaning best fits in this verse? Does it mean the height of a person's body or the length of a person's life? The answer is found in a parallel passage, Luke 12:25-26: "And which of you with taking thought can add to his *stature* (or *age*) one cubit? If ye then be not able to do that thing which is _____ why take ye thought for the rest?" Thus, Christ says that adding one cubit is doing what is LEAST (something very small and insignificant). IS IT A SMALL AND INSIGNIFICANT ACCOMPLISHMENT FOR A PERSON TO GROW 18 INCHES? _____ Can adding half a yard to one's height be called "LEAST"? _____ Would anyone really want to be a cubit taller, except possibly a dwarf or a child? _____ Would a grown man want to grow into a GOLIATH? _____

Do most people worry about how tall they will be or about how long they will live (compare 2 Kings 20:1-3)? _____ Do people usually worry about their LIFE or their HEIGHT (Matthew 6:25)? _____ Therefore the meaning that would make the most sense is that "stature" refers to living longer, not growing taller.

A cubit, which is normally used as a measurement of *length*, can also be used as a measurement of *time*. Sometimes when a person has a birthday, he will say, "Well, I have reached another milestone." The Psalmist speaks in similar terms in Psalm 39:4-5:

**"LORD, make me to know mine end, and the
_____ of my days....Behold, thou hast made my
days as an _____."**

***LIFE IS SHORT!
DEATH IS SURE!
SIN THE CAUSE!
CHRIST THE CURE!***

To *lengthen* a person's life by a small amount is an insignificant thing, yet worry can never do this! If anything, worry SHORTENS life! A man might "worry himself to death" but he cannot

worry himself to a longer, span of life. The *length* of our time on earth is in God's hands. Our days will not be increased by worrying. Anxiety will never result in a longer, richer and fuller life.

WORRY CAN DO NO GOOD!!!

1) What Should I Do Today, WORRY or WORK?

"Do not worry, therefore, about tomorrow: for tomorrow will worry about itself. Each day has enough *evil* (trouble, problems) of its own" (Matthew 6:34; translated from the Greek).

Worry is concern and anxiety over the future. We worry about what **might** happen tomorrow. Do we **know** what will really happen tomorrow (James 4:14; Proverbs 27:1)? _____ Who **does** know what will take place tomorrow (Isaiah 46:9-10; compare Mark 13:23; John 14:29; 16:3-4.)? _____ We do not know what the future holds, but we know WHO holds the future!

Please complete the following matching problem, as you consider two important days: 1) **TODAY** (this present moment which I can grasp and lay hold of) 2) **TOMORROW** (that future moment which lies ahead and out of reach):

- | | | |
|-----------|---|-------------|
| 1. _____ | The day of salvation (2 Corinthians 6:2) | |
| 2. _____ | The time to listen to God (Hebrews 4:7) | A. TODAY |
| 3. _____ | The time to seek God (Isaiah 55:6) | B. TOMORROW |
| 4. _____ | The day most people worry about (Matthew 6:34) | |
| 5. _____ | The day many people foolishly waste (Proverbs 6:6-11) | |
| 6. _____ | The day in which we can work (1 Corinthians 15:58) | |
| 7. _____ | The day for which we can only wait (Acts 1:4) | |
| 8. _____ | The day of present opportunity (Ephesians 5:16) | |
| 9. _____ | The day of future uncertainty (Proverbs 27:1) | |
| 10. _____ | The day which may never arrive (Luke 12:19-20) | |

According to James 4:13-17, it is wrong and sinful to (circle the correct answer):

- Make plans for the future.
- Leave God out of my plans.

It is never wrong *to plan for tomorrow today* (see Proverbs 6:6-8; Genesis 41:33-37) but it is always wrong *to worry for tomorrow today* (Matthew 6:34).

Today's cares are ENOUGH! How foolish to ADD tomorrow's cares to those of today! Tackle today's troubles, and let tomorrow take care of itself. The Lord does *not* give us strength to face *tomorrow's problems today*. He gives us strength to face *today's problems today* (2 Corinthians 12:9-10; Philippians 4:13; Colossians 1:11). The burden of tomorrow's cares added to the load of today's trouble is too much for any man to bear. According to Matthew 6:34 we must put all of our strength and energy and resources into solving today's problems. If we WORK on tackling today's troubles then we will not have time to WORRY about tomorrow's troubles.

Suppose as a lumberman, your assignment is to cut down an entire forest. Instead of **WORRYING** about whether you will ever be able to complete the job, you begin **WORKING** on it. Pour all your strength and energy and effort into the work, and you will be amazed to see several tall trees fall down each day. Soon you will realize that the forest was not as big as you first thought it was. Before too long not a tree will remain standing.

The legend is told of one lumberman who worked in this way, giving his all to the job each day. Finally after weeks of hard work he reported back to his boss, "I finally finished cutting down the SAHARA FOREST." In fact, he did so well that they had to rename it! Remember, the man who removed the mountain had to start by carrying away small stones!

On the other hand, if the lumberman were to look at the entire forest, and if he were to begin to be anxious about how the job would ever get done, then he would be putting most of his energy and effort into **WORRYING**, instead of **WORKING**! How sad! Worry accomplishes nothing! Worry is unable to cut down even one tree! As the days advance, nothing is being done, the forest continues to stand, and the WORRY WORSENS! The Lord Jesus said we must not worry about tomorrow (whether the forest will be cut down)! We must **trust** God as we **tackle** today's troubles! We must be so busy **working** on today's problems that we have no time to *worry* about tomorrow!

With these things in mind, how would you begin to solve these problems?

1. Your English teacher requires you to read a 250 page book and then to report on it in two weeks.
2. Your history teacher assigns you a 20 page paper.
3. Your Mother is rushed to the hospital and must remain there for two weeks. You are responsible to do most of the shopping, cooking, cleaning and washing for the entire family.
4. You have been given a part in a Sunday School Play, and you must memorize three pages of material.
5. Football season will be here in three months (after the summer months) and you are concerned about whether or not you will make the team.

(The class may think of other problems and how to tackle them by **WORK** rather than by **WORRY**.)

2) Casting My Cares on the Christ Who Cares

"Casting all your _____ (worry, anxiety) upon Him; for He _____ for you" (1 Peter 5:7).

1. What must I do with my care and worry (1 Pet. 5:7)?

_____ The word "casting" means "to **throw** something upon something else." In Luke 19:35 the people threw their _____ upon the _____. In 1 Peter 5:7 the believer is to throw his _____ upon _____.

2. How much of my care and worry should I throw upon the Lord (1 Pet. 5:7)?

Imagine if you could hire one of your friends to do **all** of your worrying for you! It would be wonderful if he could handle **all** of your cares. Whenever a problem or difficulty should arise, all you would need to do is tell him about it, and he would worry about it for you! You would not have to worry about it at all! That would be his business. You would then be free to live as if you did not have a care or worry in the world! You have thrown **all** your care on another person. You do not even need to worry about how much money you should pay your friend for doing all your worrying for you. That is **his** worry! (Jay E. Adams, *You Can Stop Worrying*, p.3).

The Lord will not do your worrying for you, because GOD NEVER WORRIES about anything! Yet the Lord tells you to throw all your care upon Him. If you give your cares to the Lord and leave them with Him, then you will be **free from worry**! Let God **carry** your **cares**:

" _____ thy _____ upon the _____, and He shall _____ thee" (Psalm 55:22).

The burden of your cares is too great for you to bear! The worry and care will **crush** you unless you throw it **all** upon the Lord!

3. Why should you decide to throw your care and worry upon the Lord (1 Pet. 5:7)? _____

God cares about you! God is concerned about you. It matters to God about you. It is a concern to Him about you. He ever cares and He never stops caring about you. HE CARETH FOR YOU!

Does God care for **birds** (Matt. 6:26)? _____
 Does God care for **lilies** (Matt. 6:28)? _____
 Does God care for **sheep** (Matt. 12:11-12)? _____
 Does God care for **oxen** (1 Corinthians 9:9-10)? _____
 Does God care for **sparrows** ((Matt. 10:29-31)? _____

IN LIGHT OF THE ABOVE . . .

Matthew 6:26: "Are you not much better than they?" _____
 Matthew 12:12: "How much then is a man better than these?" _____
 Matthew 10:31: "Are you not of more value than they?" _____

Therefore,

DOES GOD CARE FOR YOU ?

Which would cause you the most concern and which would you care about the most? Losing a quarter or losing a twenty-dollar bill? _____ Which is of more value? _____ If a person is concerned about losing a quarter, will he not be ***much more*** concerned about losing something of greater value? _____ How does this principle apply to Matthew 10:29,31?

God's Loving Care

Example 1-Animals die all the time and we usually think nothing of it. Often we see dead animals by the side of the road, and we pay little attention to them. We do not place a great value and importance upon sparrows, but ***THE CREATOR DOES!*** Matthew 10:29 says that not one sparrow will ever _____ on the _____ without the knowledge and consent (permission) and concern of God the Father. Sparrows are important to God! He created them! Who is ***much more*** important to the Lord (Matthew 10:31)? _____ If God watches over sparrows, will He not much more take care of your living and dying? _____

Example 2-"But the very _____ of your _____ are _____" (Matthew 10:30). On the average, the human head has about 140,000 hairs. If you do not believe this, count them for yourself! The Lord knows ***exactly*** how many hairs there are on your head! If you were to lose one hair (and several fall off each day), you would think nothing of it! But is God mindful of that hair? _____ Who is more concerned about that hair, you or God? _____ Who is more concerned about the PERSON who lost the hair, you or God? _____ Does God care about you more than you care about yourself? _____ If one of your hairs is important to God, are not you as a PERSON much more important to Him? _____ If God cares about the hairs that you have, do you think He cares about the problems that you have? _____ If He is concerned about your HAIRS, is He not much more concerned about your CARES? Then, why worry?

If we would only ***believe*** that GOD CARES, then we would be free from worry. Believers often worry because they foolishly think the Lord does ***not*** care. Did the worried disciples think the Lord cared for them (Mark 4:38)? _____ What was their real problem (Mark 4:40)? _____ Was Martha anxious and worried (Luke 10:41)? _____ Did she believe the Lord cared (Luke 10:40)? _____ If you were a sheep under a hireling, would you have reason to worry (John 10:12-13)? _____ If you are a sheep under a _____ Shepherd (John 10:14), do you have any cause to worry (John 10:14-30; compare Psalm 23:1)? _____ Can this Shepherd take care of His sheep? _____ Then, why worry? CAST ALL YOUR CARE ON THE SHEPHERD WHO CARES!!!

3) Why Worry When You Can Pray?

"Be _____ for nothing; but in every thing by _____ and _____ with _____, LET YOUR REQUESTS BE MADE KNOWN UNTO GOD" (Philippians 4:6).

In this important verse, the Lord first tells us what we *must not* do, and then He tells us something that we *must* do:

(1) We Must Not Worry

The believer is not to be **CAREFUL** (full of worry and care).

In the days of the King James Bible (1611) the word "careful" meant anxious, full of worry and care (Luke 10:41). Today this word is used in a good sense, and it means "to exercise a healthy care and concern, to be cautious." *Example:* Young people (and older people) should be very **careful** about what kind of thoughts find their home in the mind (Phil. 4:8; Phil. 3:19; Proverbs 23:7; Col. 3:1-2).

The believer is not to be **CARELESS** (without concern and caution, not thinking or watching what you say or do).

God tells us not to be careless in the way we live: "See, then, that ye walk _____ (carefully), not as _____ but as _____" (Ephesians 5:15). Have you ever seen a cat walk around and among delicate pieces of furniture? Cats are not careless. They walk circumspectly.

The believer must be **CAREFREE** (free from worry and unhealthy care).

Philippians 4:6 is a command: "**Be worrying about nothing!**" In other words, we should not worry at all. To worry about NOTHING means to stop worrying about EVERYTHING! Why can the believer be *free of care* (1 Peter 5:7)?

2) We Must Let Our Requests Be Made Known

Don't worry, but pray! Let God know about your problems and your needs. Does the Lord already know about these things (Matt. 6:8)? _____ Does He want you to ask Him (Matt. 7:7)? _____ He knows before you ask, but He wants you to ask! He wants you to ask Him to take care of whatever you were worried about.

HOW (in what way) should my requests be made known? Our verse (Philippians 4:6) tells us five ways this is to be done:

1. In Everything

I must worry about *nothing*, but I must pray about *everything*. In every situation and circumstance of life I can let my requests be made known. In every problem and difficulty I face, I can ask God to work it out. Prayer can be applied to any problem and to any and every situation.

2. Unto God

Our requests are to be made known _____ . Our *requests* (those things that we ask for) are to be sent in a GODWARD DIRECTION. We must send our requests towards the ONE who can really do something about them. In the middle of our troubles, where can we look for help (Psalm 121:1-2; 124:8)? _____

If we look in the wrong direction, then we are in trouble. If I look at my broken watch, then I will get all worried. If I look toward the watchmaker who can fix it, then I can relax because I know my watch is in good hands. Should a person look at his broken leg or should he look in the direction of the Doctor? _____ Did Peter look in the right direction (Matt. 14:30)? _____ Did Stephen look in the right direction (Acts 7:55-56)? _____ Did Daniel look in the right direction (Daniel 6:10-11)? _____

3. By Prayer

How can I let my requests be made known? Philippians 4:6 says, BY PRAYER! This word "prayer" is used many times in the New Testament (Acts 1:14; 2:42; 6:4; 10:4; 12:5; Rom. 1:9; 12:12; Eph. 6:18; Col. 4:2,12; 1 Tim. 2:1; 5:5; etc.) and it *always* means "prayer TO GOD." When a believer prays, he must **COME TO GOD**, and the person who comes to God "must BELIEVE that _____" (Hebrews 11:6). Often we pray and we fail to realize *WHO IT IS* that we are praying to! PRAYER should make a believer GOD-CONSCIOUS and GOD-DEPENDENT:

GOD-CONSCIOUS:

Very Conscious of Who God Is.
Keenly Aware of the Almighty One We Are Praying To.
Deeply Sensitive to God's Person, Power and Presence.

GOD-DEPENDENT:

I am unable. He is able!
I cannot. He can!
I do not understand. He does!
I am weak. He is strong!
I cannot solve my problems. God has the solution!

"WE HAVE NO M _____, NEITHER _____ WE WHAT
TO DO; BUT _____
" _____
(2 Chronicles 20:12).

Therefore, the cure for worry is PRAYER. When I have a problem I can be **GOD-CONSCIOUS** and **GOD-DEPENDENT** and I can COME TO GOD and BELIEVE that:

GOD IS OMNIPOTENT--He is *able* to solve my problem. Nothing is too hard for Him and no problem is too big (Gen 18:14; Luke 1:37). Through Him I can do all things (Phil. 4:13).

GOD IS OMNIPRESENT --As I face this problem He is with me and in me. He will never leave me nor forsake me (Deut. 31:6,8). He never asked me to solve the problem by myself. The Living God is my Helper (Hebrews 13:5-6; Isaiah 41:10).

GOD IS OMNISCIENT --He knows all about my problem and He knows its solution. Also He knows how much I can bear (1 Cor. 10:13).

GOD IS WISE--He allowed this problem in my life because He knows what is **best** for me. He also knows the best solution.

GOD IS IMMUTABLE (NEVER CHANGES)--The same God that saved me (solved my biggest problem) is the same God who is able to help me in whatever problem I must face (compare Rom. 8:32). In other words, if He took care of my greatest problem (my need for salvation), then certainly He can take care of the lesser problems that I face day by day. The God that helped David, Daniel, Paul, etc. in their problems is the **same** God that is able to help me. I can always count on God being God (Heb. 13:8; Mal. 3:6).

GOD IS SOVEREIGN--He is in complete control of the situation. He is King of my life. He allowed this problem to come into my life and it is in His hands to do with it as He pleases (Psalm 115:3; Eph. 1:11).

GOD IS FAITHFUL--As I trust God for the solution to this problem He will not fail me (1 Cor. 10:13). His promises cannot fail. I can count on God in this situation (2 Cor. 1:20).

GOD IS TRUE--I can claim the promises in God's Word because God does not and cannot lie (Tit. 1:2; Heb. 6:18). What He says, that will He do!

GOD IS ETERNAL--As I view my problem in light of eternity, it becomes quite insignificant (Deut. 33:27; Isaiah 57:15).

GOD IS BIG--God is much bigger than my problem! Often I look at my problem and it seems too BIG. It is really an anthill, but it looks like a mountain! ("***I worry, I putter, I push and shove, hunting little molehills to make MOUNTAINS of.***") To God, it is not big at all, and He is not at all worried about it. A little girl once prayed, "Help me, Lord, at the dentist's office, even if it hurts!" To her, going to the dentist was an enormous problem. As we grow older, we discover that going to the dentist is not a very big problem at all. It has become something quite routine. I am like that little girl. My problem seems enormous to me, but to an ENORMOUS GOD, it is no problem at all. If my problem were bigger than God, then I could worry! If God is bigger than my problem, then why worry?

GOD IS LOVE--God wants to communicate ***Himself*** to me in this problem. In the middle of this problem, God wants the highest and the best for me! God is concerned for MY GOOD ALWAYS (Deut. 6:24). There is no problem, no matter how great, that can separate me from His love (Romans 8:35-39).

GOD IS GOOD--In the midst of my problem and difficulty, God wants to bless me. He wants to make me more like HIS SON (Romans 8:28-29). He wants to transform the problem into a blessing!

GOD IS RIGHTEOUS--In allowing this problem to come into my life, God did what was ***right***. God makes no mistakes! He is never wrong! See Genesis 18:25.

GOD IS JUST--God is absolutely fair in all that He does, including sending this problem my way.

Application: The students may want to think of some actual problems which they may someday face or which they are now facing. How can these problems be solved BY PRAYER (by coming to God in light of WHO HE IS)?

Examples of possible problems: 1) Suppose you were to become seriously ill. 2) Suppose your teacher gave you what seemed to be an impossible homework assignment in math. You try your best to do it, but it seems too difficult. 3) Suppose your car (assuming you are old enough to drive) breaks down in the middle of nowhere, you are not able to fix it, and there is no one around to help.

4. By Supplication

I must also let my requests be made known BY SUPPLICATION. This word "supplication" involves a person's **NEED**. A person with problems has some very real **needs**:

Please complete the following MATCHING problem:

1.	_____ He <i>needs</i> God's amazing ABILITY.	A. Heb. 13:6; 4:16; Ps. 46:1
2.	_____ He <i>needs</i> God's abundant SUPPLY.	B. Phil. 4:19
3.	_____ He <i>needs</i> God' supernatural STRENGTH.	C. Proverbs 3:5-6; Psalm 23:2-3
4.	_____ He <i>needs</i> God's unlimited WISDOM.	D. Heb. 13:20-21; Phil. 2:12-13
5.	_____ He <i>needs</i> God's timely HELP.	E. Phil. 4:13
6.	_____ He <i>needs</i> God's sufficient GRACE.	F. James 1:5
7.	_____ He <i>needs</i> God's loving CARE.	G. 1 Peter 5:7
8.	_____ He <i>needs</i> God's inner WORKING.	H. Eph. 6:10; 2 Tim. 2:1
9.	_____ He <i>needs</i> God's encouraging COMFORT.	I. 2 Cor. 1:3-5
10.	_____ He <i>needs</i> God's sure GUIDANCE.	J. 2 Cor. 9:8; 12:9

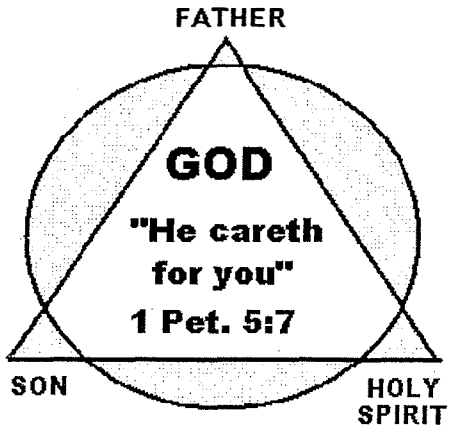
A prayer of supplication is a *specific* prayer for a *specific* need. The believer must tell God exactly what his problem is (BE SPECIFIC!). What really is the problem? What is it that you have been worrying about? The Lord wants you to recognize your particular **need**. When you let your requests be made known to God, BE SPECIFIC! Tell the Lord exactly what is troubling your heart.

Did Bartimaeus cry out to God with a specific need (Mark 10:51)? _____ Did Paul (2 Cor. 12:8)? _____ Did the early church (Acts 12:5)? _____ Did Hannah (1 Sam. 1:11)? _____ Did Paul (Rom. 10:1)? _____

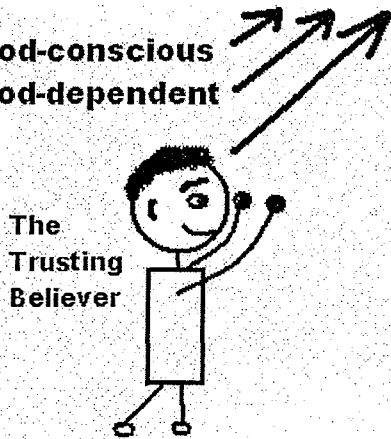
5) With Thanksgiving

Prayer without thanksgiving is like a bird without wings; it can never rise to heaven. The giving of thanks is an expression of FAITH. God is able to take care of my problem and He is able to work out whatever I was worried about. I *believe* this, and therefore I say, "Thank You!" When I really say "Thank You" from my heart, then I really *believe* that God *will* work out my problem for His glory and for my good (Romans 8:28). Remember, worry and faith cannot live together.

Philippians 4:6
WORRY
IN NOTHING
but
PRAY
IN EVERYTHING



God-conscious
 God-dependent



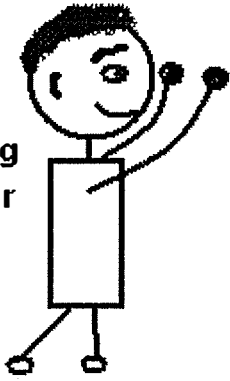
Philippians 4:6
LET YOUR
REQUESTS BE
MADE KNOWN
UNTO GOD

In light of Philippians 4:6, how should the trusting believer let his requests be made known? This should be done in these five ways (as we have already studied):

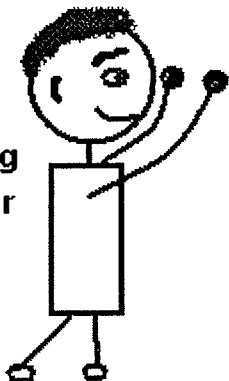
	<p>He should let his requests be made known</p> <p>IN EVERYTHING.</p>
<p>IN EVERY PROBLEM, SITUATION, AND CIRCUMSTANCE OF LIFE: Whatever is bothering you, bring it to God. "Casting all your care upon Him" (1 Pet. 5:7).</p>	

<p>The Trusting Believer</p> 	<p>He should let his requests be made known</p> <p>UNTO GOD.</p>
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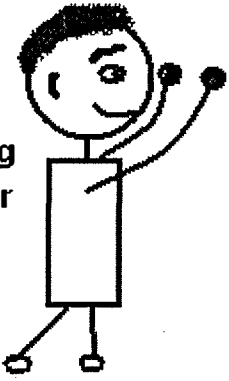
IN A GODWARD DIRECTION: We tend to talk to others about our problems and our worries, but should we not go first to God? The problem should drive us to the God who is greater than any problem we will ever face.

<p>The Trusting Believer</p> 	<p>He should let his requests be made known</p> <p>BY PRAYER.</p>
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PRAYER IS COMING TO GOD IN LIGHT OF WHO HE IS. Bend your heart to a great God.

<p>The Trusting Believer</p> 	<p>He should let his requests be made known</p> <p>BY SUPPLICATION.</p>
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BRINGING MY SPECIFIC NEEDS AND PROBLEMS TO GOD, telling God exactly what is on my heart.

<p>The Trusting Believer</p> 	<p>He should let his requests be made known</p> <p>WITH THANKSGIVING.</p>
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"Thank You, Lord, for taking care of me. I BELIEVE You will work out my problem. It is now in Your hands!"

If you OBEY Philippians 4:6 (as illustrated above), what will be the result (see Philippians 4:7)?

"PEACE" may be defined as "a quiet and calm state of mind, untroubled, freedom from worry and care." The person who has the "peace of Christ" (John 14:27) is the person whose heart is not T_____ (John 14:27).

Is it possible to have *peace* in the midst of *problems*? Can a person be *untroubled* in a *troubled* world (John 16:33)? _____ The Bible gives us many examples of men who had *God's peace* in the middle of problems. In each of the examples given below, 1) Tell what the *problem* was; 2) Tell what the **normal** human reaction would be; 3) Tell what the *unusual* reaction was. The first example is already done for you:

1. Paul and Silas (Acts 16:24-25).

- 1. **They were thrown into prison.**
- 2. **They could have become discouraged and fearful.**
- 3. **They prayed and sang praises.**

2. The People of Judah (2 Chronicles 20:1,12,17,21-22).

- 1. _____
- 2. _____
- 3. _____

3. Stephen (Acts 7:54-60).

- 1. _____
- 2. _____
- 3. _____

4. Peter and John (Acts 4:17-21; 5:25-33).

- 1. _____
- 2. _____
- 3. _____

5. Paul (2 Corinthians 12:7-10).

- 1. _____
- 2. _____
- 3. _____

6. Paul (Philippians 1:21,23; 2 Timothy 4:6-7).

- 1. _____
- 2. _____
- 3. _____

7. Christian Slaves (Titus 2:9-10; 1 Peter 2:18).

- 1. _____
- 2. _____
- 3. _____

8. Believers (Romans 8:36-37; 2 Cor. 4:8-9; 6:10).

- 1. _____
- 2. _____
- 3. _____

9. Believers (Matthew 5:11-12; 1 Peter 3:9).

- 1. _____
- 2. _____
- 3. _____

10. Believers (1 Peter 3:14).

- 1. _____
- 2. _____
- 3. _____

Truly, this is a PEACE which "P_____ A_____
U _____" (Philippians 4:7)!

Is It Ever Right To Worry?

We have been studying about an UNHEALTHY care and concern, which we usually call **WORRY**. But there is also a HEALTHY care and concern which the Lord wants His children to have. God wants us to be very concerned about something. Indeed, there is **ONE THING** that God wants us to worry about:

"But I want you to be *without carefulness* (without anxiety or worry--"be careful for nothing"--Phil. 4:6). He that is unmarried **CARETH** (is concerned about, is worried about--this is the same verb found in Phil.4:6--"be careful") for

_____ (1 CORINTHIANS 7:32).

Was Martha worried about this ONE THING, or was she worried about MANY THINGS (Luke 10:41-42)? _____ If a believer is worried about this ONE THING, will he need to worry about anything else? _____ The Lord Jesus spoke about the problem of worry in Matthew 6:25-34. What is the ONE THING that the Lord Jesus wants us to worry about (Matthew 6:33)? _____ If we worry about this one thing, will He take care of all our other problems (Matt. 6:33; Phil. 4:19)? _____ To be FREE FROM WORRY we must worry about PLEASING THE KING TODAY (Matt. 6:33-34)! Being pleasing to the Lord is to be the believer's greatest concern (2 Cor. 5:9; Eph. 5:10)!

Should the Unsaved Worry?

The unbeliever (the person who is lost and outside of Christ) has much to worry about. He is in real trouble and his life is in great danger. Here are just some of the things that the unsaved person should worry about (MATCHING):

1.	_____	God's Judgment	A. Matthew 25:46; 2 Thess. 1:9.
2.	_____	God's Wrath	B. Luke 16:26; Revelation 22:11.
3.	_____	God's Death Penalty	C. Luke 23:40; Jude 4.
4.	_____	God's Eternal Punishment	D. Romans 1:18; 9:22.
5.	_____	God's Condemnation	E. Romans 2:3; 1 Peter 4:17-18.
6.	_____	God's Vengeance	F. Romans 1:32; 6:23.
7.	_____	God's Lake of Fire	G. 1 Corinthians 1:18; 2 Thess. 2:10.
8.	_____	Hopelessness	H. 2 Thess. 1:8; Romans 12:19.
9.	_____	Perishing Condition	I. Ephesians 2:12; 1 Thess. 4:13.
10.	_____	Fixed Destiny (no second chance after death)	J. Revelation 20:14-15; 21:8.

WHAT CAN THE WICKED DO? → See Isaiah 1:18; 55:6-7; John 5:24; Acts 16:30-31.

**Everything is
excluded from
CARE when it is
included in
PRAYER**



Anxiety does not empty tomorrow
Of all its sorrows and woe;
Anxiety empties this moment
Of its strength, its beauty and glow.

BE NOT ANXIOUS

It enables us not to escape from
The evil that's lurking so near,
But anxiety renders us helpless
When the giants of evil appear.
God has triumphantly promised
Peace for the moment of dread,
Grace to surmount every trial,
Light for the pathway ahead.

— Marjorie Cooney