



# Life's Struggles

*Lesson Two: Anger & Worry*

Complete and Keep

anxious

pained

worried

misunderstood

concerned

hurt

nervous

divorced

discouraged

scared

alone

hated

childless

poor

no purpose

fought

unknown

failed

jobless



Instructions:

Please fill in the blanks, using a King James Version of the Bible. When you are done, keep this lesson book and return the completed **Review Booklet** to the address provided below. As soon as our office receives your review booklet, we will grade it and:

1. Send it back to you
2. Include the next lesson in the course



Please mail the completed **review booklet** to:

Plowman's Academy  
575 US Highway 250  
Greenwich, OH 44837

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Thank you for joining us. An academy is a place of study or training in a specific subject or skill. At Plowman's Academy, the subject is Jesus. Put your hand to the plow and do not look back.

**And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.**

**Luke 9:62**

These notes come from the kindness and diligence of those at Middletown Bible Church in Connecticut. The lessons are designed to be used with a King James Version of the Bible.

# The Problem of Anger

## BE ANGRY AND SIN NOT

(EPHESIANS 4:26)

We all face the problem of sinful anger. We know what it is like to lose our temper, blow our stack, and fly off the handle at others. Sometimes we tend to boil up and burn up within with bitterness and resentment.

The Bible teaches that wrath or anger is one of the "works of the \_\_\_\_\_" (produced by our old sinful nature: Galatians 5:19-20).

God tells the believer what do with sinful anger:

**"PUT IT \_\_\_\_\_" (Colossians 3:8)**

**"PUT IT \_\_\_\_\_" (Ephesians 4:31)**

Indeed, the book of Proverbs has much to say about sinful anger (see Proverbs 14:17, 29; 15:18; 19:11; 22:24-25; 29:22).

James 1:19 tells us that we are to be . . .

**SWIFT (QUICK) TO \_\_\_\_\_**

**SLOW TO \_\_\_\_\_ (see Proverbs 29:20)**

**SLOW TO \_\_\_\_\_**

James 1:20 gives the reason why:

Man is swift to anger; but God is \_\_\_\_\_ (Psalm 103:8).

### Do You Blow Up or Boil Up?

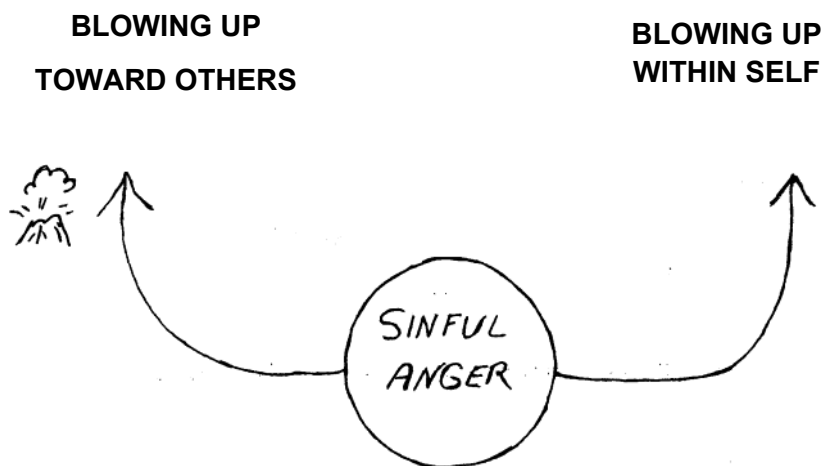
Sinful anger is expressed in different ways.

#### 1) SOME PEOPLE TEND TO BLOW UP

Many people are like a living, active volcano--they tend to erupt and explode (Mount Vesuvius style or Mount Saint Helens style!). They let it all come out, and the smoke and lava pours forth! Those who live near or around the eruption must suffer from the damaging effects of man's sinful anger and temper. Anger which is allowed to BLOW UP primarily hurts and destroys *OTHERS* (although the person who explodes will also be hurt, just as in firing a gun at another there is often a powerful recoil).

## 2) SOME PEOPLE TEND TO BOIL UP

Sinful anger is also manifested in a less obvious yet equally damaging way. Some keep anger within, allowing this powerful emotion to slowly burn and boil. As they hold it in, bitterness and resentment slowly begin to build up. Boiling anger is just as sinful as exploding anger! The difference is that anger which is allowed to BOIL UP primarily hurts and destroys SELF (although others will certainly be affected by the built up bitterness and resentment).



### "I Just Can't Control My Temper!"

Yes, you can! You do it all the time! Consider this:

Mrs. Jones loses her patience and begins yelling at the children. Mr. Jones, who is trying to read the paper, finally can take it no longer! He violently explodes at both his wife and the children! Suddenly, in the middle of this eruption, the doorbell rings and it's Pastor Smith who has stopped by for a visit. Mr. and Mrs. Jones go to the door and with a warm smile say, "Pastor Smith, it's so good to see you!"

Do you see what they did? They immediately controlled their temper (because they did not want their Pastor to enter their home and see two active volcanoes!!). If *we can* control our anger in such fleshly ways, how much more can the Spirit of God control this powerful emotion for God's glory, if we will but let Him!

### Is Anger Always Sinful?

Elsewhere in our notes we studied that **worry** (being rightfully worried and concerned about our relationship with Christ), **fear** (the fear of the LORD) and **doubt** (being rightly suspicious of others who may be trying to deceive us) can be very healthy and helpful emotional responses, even as God intended them to be. What normally is considered a VICE can become a VIRTUE if it is used in the right way according to God's Word.

The same is true with ANGER. The Lord has built into man the emotional capacity to BE ANGRY, and this powerful emotion was originally meant to be helpful and not harmful. Anger can be a proper and useful emotion! Yes, there is such a thing as a HEALTHY, HOLY, RIGHTEOUS ANGER (sometimes called "righteous indignation").

# Healthy, Holy, Righteous Anger

## 1) God is angry.

"God is \_\_\_\_\_ with the wicked \_\_\_\_\_" (Psalm 7:11).

God is always and ever angry against sin!

## 2) The Lord Jesus is sometimes angry.

Consider the following passages and consider why the Lord Jesus was angry:

- a. Mark 3:5 (compare Matthew 12:10-12--these religious leaders were more merciful to a dumb animal than they were to their fellow man!).
- b. Mark 10:14 ("much displeased" should be translated "moved with indignation or anger").
- c. Mark 11:15-17 (compare John 2:13-17).
- d. Matthew 16:21-23.
- e. Matthew 18:6-7.
- f. Matthew 23:13-33.
- g. Revelation 2:6,15.
- h. Revelation 19:15-16.

## 3) The Holy Spirit sometimes causes men to be angry (1 Samuel 11:6).

## 4) God commands the believer to "BE \_\_\_\_\_" (Ephesians 4:26).

**Caution:** The Lord knows that with frail men righteous anger can easily become sinful anger, so He adds the words, "and \_\_\_\_\_ not" (Eph. 4:26). It's easy for us to get angry at the wrong things or to get angry at the right things for the wrong reasons! If your sinful anger has harmed someone else, don't go to bed until you have corrected the problem in God's way (prior to the age of electric lights people used to go to bed when the sun went down!).

As you consider the following people and their *anger*, decide whether their anger was **SINFUL** (indicate by "S") or **RIGHTEOUS** (indicate by "R"):

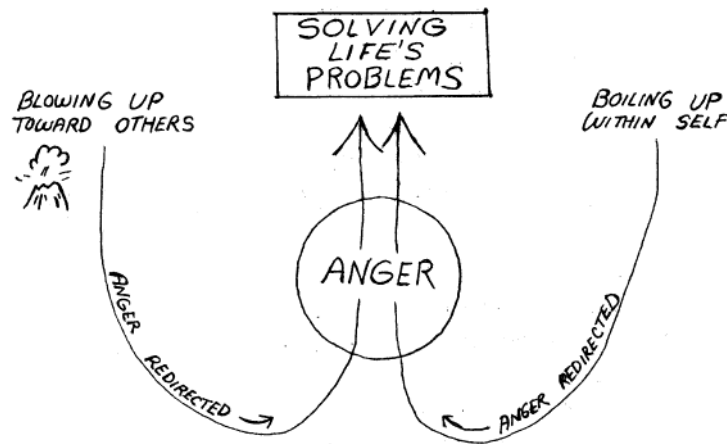
1. \_\_\_\_\_ Cain (Genesis 4:5-6).
2. \_\_\_\_\_ Esau (Genesis 27:41-45).
3. \_\_\_\_\_ Moses (Exodus 16:20; 32:19 Leviticus 10:16-17).
4. \_\_\_\_\_ Moses (Numbers 20:7-13; compare Numbers 27:12-14; Deut. 1:37; Psalm 106:33).
5. \_\_\_\_\_ Balak (Numbers 24:10).
6. \_\_\_\_\_ Saul (1 Samuel 11:6).
7. \_\_\_\_\_ Saul (1 Samuel 20:30).
8. \_\_\_\_\_ David (1 Samuel 17:26, 45-46).
9. \_\_\_\_\_ David (2 Samuel 12:5; note: David was right in getting angry at the sin of this man, but who should he really have been angry at?).
10. \_\_\_\_\_ Elisha (2 Kings 13:19).

11. \_\_\_\_\_ Asa (2 Chronicles 16:10).
12. \_\_\_\_\_ Nehemiah (Nehemiah 5:6).
13. \_\_\_\_\_ Jonah (Jonah 3:10; 4:1-11).
14. \_\_\_\_\_ Herod (Matthew 2:16).
15. \_\_\_\_\_ People of Nazareth (Luke 4:28).
16. \_\_\_\_\_ The Elder Brother (Luke 15:28).
17. \_\_\_\_\_ The Jerusalem Jews (Acts 7:54-58).
18. \_\_\_\_\_ Saul (Acts 9:1).
19. \_\_\_\_\_ Paul (Acts 13:9-11; Galatians 1:7-9).
20. \_\_\_\_\_ Satan (Rev. 12:12,17).

## Anger Used for God's Glory and Man's Good!

Anger was intended to be a very constructive (*not* destructive) motivating force in our lives. It is a powerful emotion and this power may be used in good and helpful ways. God is glorified when we are angry *in the right way* and *for the right reason*!

"Blowing up" and "boiling up" has never solved one problem, nor has it ever helped one person! When we blow up or boil up, we are directing all of our energy at others and at ourselves in a harmful way, and our problems only grow worse. How much better to redirect that energy and use that energy to attack and to solve the problem! Why not harness this vast supply of energy and put it to good use!



Am I angry at sin in my own life? Am I angry at the sinful ways in which I have treated my family and loved ones? Is all of my energy being used to straighten things out with the Lord and with others?

**STOP BEING ANGRY AGAINST OTHERS AND AGAINST GOD! BE ANGRY WITH YOURSELF IN A GOOD WAY!!**

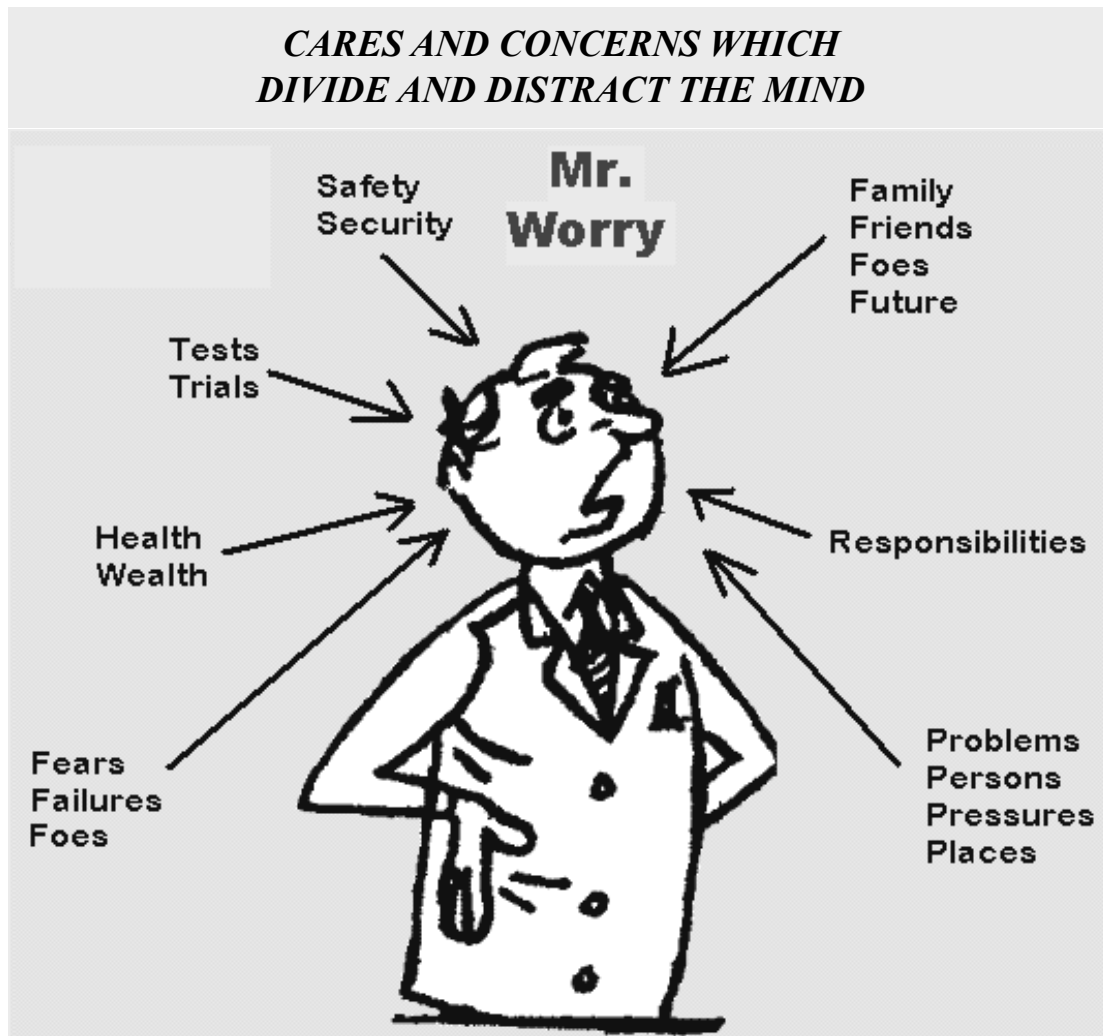
**"THOU art the man"**

(see 2 SAMUEL 12:1-9)

# 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."



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 senseless.**
- 6) **Worry can do no good.**

Let's take time to consider each of these:

### 1) **Worry is Disobedience. (Philippians 4:6)**

In Philippians 4:6, the Lord says: "Be c\_\_\_\_\_ 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. (Matthew 6:25-34)**

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. (Psalm 14:1)**

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 Senseless. (Matthew 6:25-26)

Worry makes no sense. In Matthew 6:25-26, the Lord Jesus illustrated how SENSELESS 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?* \_\_\_\_\_

### FOOD

- ♦ 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 (the greater gift), WILL HE NOT ALSO GIVE YOU THE FOOD AND DRINK THAT SUPPORT LIFE (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.")

### CLOTHES

- ♦ 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 (the greater gift), WILL HE NOT ALSO GIVE YOU CLOTHES THAT COVER THE BODY (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.")

### 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)?**

Yes                      No

## Consider Mathew 6:26

"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? \_\_\_\_\_

### **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 in Matthew 6:27:

"Which of you \_\_\_\_\_ (by being anxious, by worrying) can add one cubit unto his stature?"

What is the answer to this question? \_\_\_\_\_

The word "stature" is used in two different ways. It often means "age" (John 9:21, 23; Hebrews 11:11), but it can also mean "height" (how tall a person is, as in Luke 19:3).

Let's think about which meaning best fits in Matthew 6:27 ("height" or "age").

1. **If the word means "height" (as translated in our King James Bible), then the Lord Jesus was saying that a person can never add one cubit (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?"**
- 3.

Do most people worry about how tall they will be or about how long they will live? \_\_\_\_\_

Do people usually worry about their LIFE or their HEIGHT (Matthew 6:25)? \_\_\_\_\_

Therefore, the meaning that makes most sense is that "stature" refers to living longer, and 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. Consider the scripture passages in James and Proverbs:

*Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away. —James 4:14*

*Boast not thyself of to morrow; for thou knowest not what a day may bring forth. —Proverbs 27:1*

- ♦ Do we know what will really happen tomorrow?

Yes    No

- ♦ 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):

**A = TODAY**

**B = TOMORROW**

1. \_\_\_\_ The day of salvation (2 Corinthians 6:2)
2. \_\_\_\_ The time to listen to God (Hebrews 4:7)
3. \_\_\_\_ The time to seek God (Isaiah 55:6)
4. \_\_\_\_ The day most people worry about (Matthew 6:34)
5. \_\_\_\_ The day many people foolishly waste (Prov 6:6-11)
6. \_\_\_\_ The day in which we can work (1 Corians 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)

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

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

It is never wrong to *plan* for tomorrow today (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.

### **Illustration:**

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.

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?

- ◆ You are in construction and, because of the winter season, you are unable to go to work. Your money is running low and heating bills are running higher.
- ◆ The weather has been too wet to plant. Another month goes by and the weather continues to be too wet. If you don't get that crop in, you might lose the farm.
- ◆ 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.
- ◆ Church people are talking behind your back and saying things that are only half true.
- ◆

## 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)?

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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)? \_\_\_\_\_

#### Consider the Following:

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!

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:

#### Read Psalm 55:22

"\_\_\_\_\_ thy \_\_\_\_\_ upon the \_\_\_\_\_, and He shall \_\_\_\_\_ thee"

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)?

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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!

1. Does God care for birds (Matt 6:26)? \_\_\_\_\_
2. Does God care for lilies (Matt 6:28)? \_\_\_\_\_

3. Does God care for sheep (Matt 12:11-12)? \_\_\_\_\_
4. Does God care for oxen (1 Cor 9:9-10)? \_\_\_\_\_
5. 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 \$20 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 house cat walk around delicate pieces of furniture? Cats are not careless. They walk very cautiously.

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)?

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## 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)?

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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).

*Ofentimes, when we pray, 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.

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

If you OBEY Philippians 4:6, 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\_\_\_\_\_ "

(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)? \_\_\_\_\_

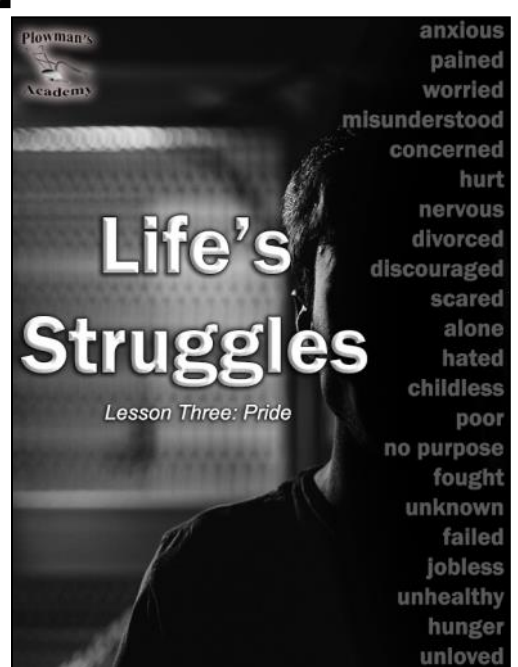
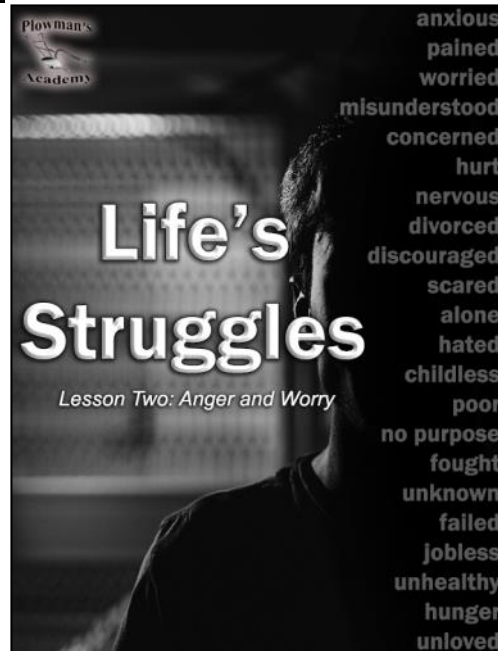
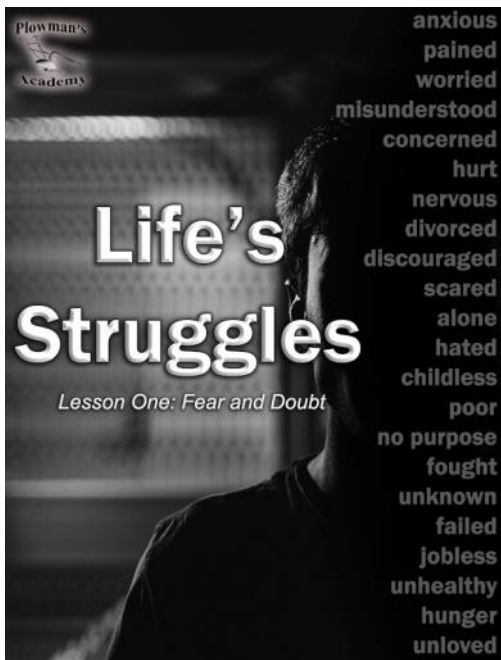
To be FREE FROM WORRY we must worry about PLEASING THE KING TODAY (Matt. 6:33-34)! Being pleasing to the Lord is to be the believer's greatest concern (2 Cor. 5:9; Eph. 5:10)!

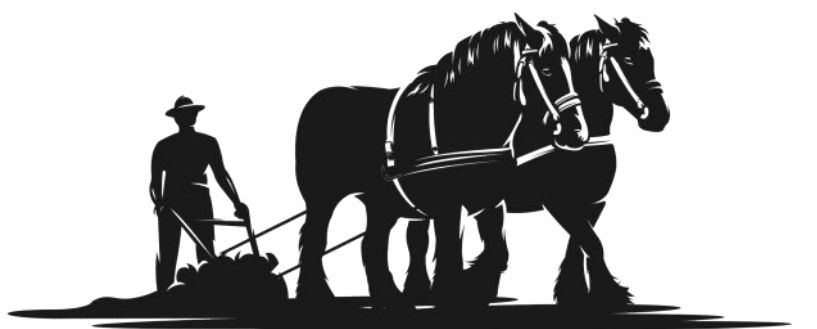
## Should the Unsaved Worry?

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:

- |  |                                       |
|--|---------------------------------------|
| 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.





# **PLOWMAN'S ACADEMY**

**575 US Highway 250  
Greenwich OH 44837**