

Sermon Notes for May 2, 2010

**Sermon Series On
Trials in the Christian Life
“Dealing With Our Trials” – Part III
I Peter 5:6-11**

Quotations About Worrying

- **Today is the tomorrow we worried about yesterday.** – Author Unknown
- I’ve developed a new philosophy. . . **I only dread one day at a time** – Charlie Brown (Charles Schulz)
- If you want to test your memory, **try to recall what you were worrying about one year ago today.** – E. Joseph Cossman
- Worrying is like a rocking chair, it gives you something to do, **but it gets you nowhere.** – Glenn Turner
- For peace of mind, **resign as general manager of the universe.** – Author Unknown
- If you treat every situation as a life and death matter, **you will die a lot of times.** – Dean Smith
- When you suffer an attack of nerves you’re being attacked by the nervous system. **What chance has a man got against a system?** – Russell Hoban
- I am an old man and have known a great many troubles, **but most of them never happened.** – Mark Twain
- Do Not be afraid of tomorrow; for **God is already there.** – Author Unknown
- Every evening I turn my worries over to God. **He’s going to be up all night anyway.** – Mary C. Crowley

Introduction

A. THE WORLD’S INABILITY TO COPE WITH STRESS

1. The three leading causes of death in America:
 - a. heart disease
 - b. cancer
 - c. strokes
2. 7 of 10 deaths in America are stress related
3. According to the American Institute of Stress, stress has been described as the number 1 health problem in America.
4. Antipsychotics remain the top-selling class of medicines in 2009 with sales of 14.6 billion dollars
5. Antidepressants moved from 5th to 4th place on the list, totaling some 9.9 billion dollars spent

B. THE CHRISTIAN’S INABILITY TO COPE WITH STRESS

1. **Do we think that the only people who are taking these medicines are unbelievers?**
 - a. if a person needs a drug, then take the drug
 - b. but I wonder if believers handle their stress any better than unbelievers
 - c. the only people in a community that REALLY know what drugs that people are taking are Doctors and Pharmacists.

2. It is my belief that true believers in Jesus Christ **should** handle their stress, and their trials, very, very differently than non-believers
 - a. believers serve a sovereign God
 - b. believers have the Word of God
 - c. believers have the Holy Spirit
 - d. believers have the Body of Christ
3. Let us all look today to see how a believer is to handle stress, problems and trials in his life
 - a. we will see today, that there are “**steps**” that believers should take if they hope to handle their stress
 - b. let us notice the “order” of these steps

I. The **FIRST STEP IN DEALING WITH OUR TRIALS**

A. We Must **DENY OUR PRIDE IN OUR TRIALS**

Vs. 6 – “**Humble yourselves**, therefore, under God's mighty hand, that He may lift you up in due time,”

1. One of our main problems as “American sinners” is that we don’t want to ask ANYONE for help.
 - a. “Pull yourself up by your bootstraps”
 - b. “I don’t want to bother anyone”
 - c. America has always been a nation of rugged individualists
 1. our forefathers came to this country and had to “make their own way”
 2. Americans, perhaps more than any other people in the world, pride themselves on doing things on their own.
2. **OUR PRIDE CAN PREVENT US FROM REACHING OUT TO ANYONE, INCLUDING GOD!**
 - a. to reach out to anyone else during a time of need may show that I am weak
 - b. **DID YOU HEAR THE LEADING CAUSE OF DEATH IN AMERICA?**
 1. human beings are not equipped to “handle life on our own”
 2. we **NEED** the help of others
3. Do you realize how much God “hates” pride?
 - a. pride led to the fall of Adam and Eve in the Garden of Eden
 - b. pride led to the creation of languages because mankind thought that it could proudly build a tower to heaven, as seen in the Tower of Babel
 - c. God struck King Nebuchadnezzar as he revealed his arrogance as King

Daniel 4:29-32 – “Twelve months later, as the king was walking on the roof of the royal palace of Babylon, he said, “**Is not this the great Babylon I have built as the royal residence, by my mighty power and for the glory of my majesty?**” The words were still on his lips when a voice came from heaven, “This is what is decreed for you, King Nebuchadnezzar: Your royal authority has been taken from you. You will be driven away from people and will live with

the wild animals; you will eat grass like cattle. **Seven times will pass by for you until you acknowledge that the Most High is sovereign over the kingdoms of men and gives them to anyone he wishes."**

- d. when King Herod was praised as King, God took his life
Acts 12:21-23 – “On the appointed day, Herod, wearing his royal robes, sat on his throne and delivered a public address to the people. They shouted, **"This is the voice of a god, not of a man."** **Immediately, because Herod did not give praise to God, an angel of the Lord struck him down, and he was eaten by worms and died."**
 - e. **Proverbs 6:16-19 (KJV)** – “These six things doth the LORD hates: yea, seven are an abomination unto him: **A proud look**, a lying tongue, and hands that shed innocent blood, a heart that deviseth wicked imaginations, feet that are swift in running to mischief, a false witness that speaketh lies, and he that soweth discord among brethren.”
 - f. **Micah 6:8** – “He has showed you, O man, **what is good**. And **what does the LORD require of you?** To act justly and to love mercy and **to walk humbly with your God."**
- 4. IF YOU EVER WANT TO RECEIVE HELP IN YOUR STRESS AND TRIALS, THEN YOU MUST ADMIT THAT YOU NEED HELP FROM GOD!**
- a. NOTICE that the text says to “humble yourself”
 1. God desires that you, yourself, will admit your need, your inability, **YOURSELF!**
 2. do you know what sin you commit when you think that you are self-reliant? **IDOLATRY!**
 - b. and trust me, if you do not humble yourself, **guess who will humble you!**
 1. if God hates pride
 2. guess what He will do about that pride
 3. I know what He has done about my pride

B. WE MUST DEPEND UPON GOD IN OUR TRIALS

Vs 6 – “Humble yourselves, therefore, **under God's mighty hand,**”

1. **IT IS NOT AS THOUGH GOD CANNOT HANDLE OUR PROBLEMS!**
2. We are called to let go and depend upon God’s mighty hand.
3. Notice how the Word of God describes **“God’s mighty hand”**
 - a. **Exodus 3:19-20** – “But I know that the king of Egypt will not let you go unless **a mighty hand compels him**. So I will stretch out **my hand** and strike the Egyptians with all the wonders that I will perform among them. After that, he will let you go.”
 - b. **Joshua 4:23-24** – “For the LORD your God dried up the Jordan before you until you had crossed over. The LORD your God did to the Jordan just what he had done to the Red Sea when he dried it up before us until we had crossed over. He did this so that all the

peoples of the earth might know that the **hand of the LORD is powerful** and so that you might always fear the LORD your God."

- c. **Psalm 89:11-13** – “The heavens are yours, and yours also the earth; you founded the world and all that is in it. You created the north and the south; Tabor and Hermon sing for joy at your name. **Your arm is endued with power; your hand is strong, your right hand exalted.**”
4. Do you see why Peter writes “Humble yourself, therefore under God’s might hand”
 - a. DESPITE the fact that God has a “mighty hand,” believers must first humble themselves, or they will not depend upon God’s mighty hand, but will depend upon themselves instead.
 - b. Peter is saying that the one to whom we go IS MIGHTY!
 1. **OBVIOUSLY . . . GOD CAN HANDLE YOUR PROBLEMS**
 2. so, why don’t we go to Him?
 3. A. Halbert – Honduras – cutting a runway with a machete

C. We Must **DEPEND UPON THE WISDOM OF GOD IN OUR TRIALS**

Vs. 6 – “Humble yourselves, therefore, under God’s mighty hand, **that He may lift you up in due time.**”

1. We must believe in a sovereign God who is in charge of our lives
 - a. God is not “asleep at the switch” when it comes to His children
 - b. God is not unable to direct the course of history, especially “our history”
2. We must trust that God will deliver us “in due time”
 - a. “due time” refers to
 1. the appropriate time
 2. the right time
 3. a fixed time
 4. a limited period of time
 5. **“a definitely limited portion of time with the added notion of suitability”**
 - b. or, is God “unable” to determine the days and time of our lives?
 1. did you realize that Jesus Christ “declared Himself” to be the sacrifice for man on Passover; the **EXACT DAY** that Passover lambs were sacrificed? Was that just a coincidence?
 2. my call to Knoxville
 - a. G. C.
 - b. a year after meeting with another pulpit committee
 3. as believers, we are to trust in the God who has the ability and the knowledge to orchestrate our lives in His own time; “due time”

II. THE SECOND STEP IN DEALING WITH OUR TRIALS

A. We Must **LET GO OF OUR WORRIES**

Vs. 7 – “**Cast all your anxiety on Him** because He cares for you.”

1. Peter tells us what we are to “do” with our worries as we are going through a trial
 - a. we are not to “proudly” handle our problems ourselves
 1. carrying these burdens on our own back
 2. and not “bothering” others
 - b. we are to “CAST” our burdens on God
 1. cast defined
 - a. to throw upon
 - b. to place upon
 - c. just as the disciples “cast” or threw a blanket on the donkey that Jesus would take into Jerusalem (the only other place this word is used in Scripture)
 - d. the verb is a participle; to continue casting
 2. cast applied
 - a. when believers are going through trials, they are to “cast” or throw their trials upon God
 - b. the word suggest to throw, to sling, to place
 1. believers must actually “place” their trials, stresses, and worries upon God
 2. it is not enough to “know about”:
 - a. God’s hand is mighty
 - b. and that you “can” or “could” cast your cares on Him
 - c. you must actually emotionally, spiritually “do it”
 - d. the verb tense suggests that this casting is not a “one time act” but a continual casting
2. the best illustration to illustrate “casting” that I ever heard was from a sermon preached by Dr. Bernie Kuiper at Mt. Salus Presbyterian Church in Clinton, Mississippi; a few miles from a seminary that I attended.
 - a. Bernie was making the point about “casting our cares on Christ”
 - b. he compared it to taking our bags to the airport and placing them on the conveyor belt
 1. allowing the bags to be “taken away”
 2. however, too many of us will climb over the booth and go and get our bags before they disappear because we do not trust the bag handlers to take care of these bags
 - c. I learned this lesson of casting when I first read:

Philippians 4:6-7 – “Do not be anxious about **anything**, but in **everything**, by prayer and petition, with thanksgiving, **present your requests to God**. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”
 - d. for me, the hardest time of worry was when I was going to sleep at night
 1. that was when I allowed worry to consume me

2. until I learned to “give it all to the Lord”
 3. I began to literally “give” my worries to the Lord when I put my head on the pillow at night.
3. PLEASE NOTICE THAT PETER calls for us to cast **ALL** of our anxiety upon Him
- a. all – the Greek word **pas**
 1. all, every, everyone,
 2. everything whatsoever
 3. the whole thing
 - b. IF ANYTHING OR ANYONE CAUSES YOU ANXIETY, WE ARE TO GIVE “THAT” TO HIM
 - c. I love the story of **Hannah**
I Samuel 1:12-16 – “As she kept on praying to the LORD, Eli observed her mouth. Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk and said to her, “How long will you keep on getting drunk? Get rid of your wine.” “**Not so, my lord,**” Hannah replied, “**I am a woman who is deeply troubled.** I have not been drinking wine or beer; **I was pouring out my soul to the LORD.** Do not take your servant for a wicked woman; **I have been praying here out of my great anguish and grief.**”
 1. Hannah had a problem because she could not get pregnant
 2. and she “poured out her heart to God.”

B. We Must LEARN OF GOD’S CARE

Vs. 7 – “Cast all your anxiety on Him **because He cares for you.**”

1. BESIDES knowing that God is sovereign and has a plan for our lives through our trials. There is yet another reason why we should “cast our cares on Him.”
 - a. THAT OTHER REASON that Peter gives to us to cast our cares on Him is that “He cares for us.”
 - b. it is very, very easy for believers to doubt the love and care of God when they are going through a trial
 1. sometimes we may feel as if God “has no feeling” for us
 2. or that He simply has a plan that He will carry out no matter how it affects us.
 - c. the Word of God is CLEARLY saying that God cares for His children
 1. do you realize that only the Judeo-Christian faith teaches that God cares for His children?
 - a. no other religion teaches that their deity cares for its followers
 - b. Christianity teaches that we have a personal relationship with God
 2. our God is a God who desires to have a relationship WITH HIS CHILDREN

2. Look at Jesus' teaching on God's love for His children.
Luke 11:11-13 – “Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? **If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask Him?**”
 - a. my experience at Christmas with gifts to my children
 - b. does God love His children “as much as we love our own children?”
 - c. can God's children “trust” that God has their best interest at heart?

III. THE THIRD STEP IN DEALING WITH OUR TRIALS

A. We Must **WATCH OUT FOR SATAN IN OUR TRIALS**

Vs. 8 – “Be self-controlled and alert. **Your enemy the devil** prowls around like a roaring lion looking for someone to devour.”

1. So far, we have realized that we, as believers, struggle with:
 - a. trials
 - b. stress**
 - c. anxiety
2. Also, we have realized that we can trust God to take care of our anxieties as we go through our trials
3. We must understand however, that there is yet another “problem” for believers in their trials – our enemy, Satan, wants to discourage us when we are going through trials.
 - a. the Greek word for devil is the word diabolos
 - b. our enemy Satan is intent on one main mission – to tear down the Christian anyway that he can
 - c. and one of the “best times” to tear down a Christian is when a believer is going through a hard time
 1. it is times like this that the Christian may be weak:
 - a. weak physically
 - b. weak emotionally**
 - c. weak spiritually
 2. it is at times like this that the believer may wonder:
 - a. **WHAT IS GOING ON?**
 - b. **WHAT IS GOD DOING?**
 - c. **IF I AM A CHILD OF GOD, WHY DOES HE LET ME GO THROUGH THIS TRIAL?**
4. Believers need to understand how Satan has dealt with God's children before:
 - a. when Satan appeared to Eve in the Garden of Eden
 1. Satan **confronted** Eve
Genesis 3:1 – “Now the serpent was **more crafty than any of the wild animals the LORD God had made**. He said to the woman, “**Did God really say, 'You must not eat from any tree in the garden'?**”

2. Satan **confused** Eve
Genesis 3:4-5 – "You will not surely die," the serpent said to the woman. "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."
- b. When Satan appeared to Jesus when He was in the desert for 40 days and nights
 1. Satan attempted to confront Jesus
 2. Satan attempted to confuse Jesus – especially during a time of physical weakness
5. so, to deal with Satan, Peter calls for believers to “be alert”
 - a. don’t be an idiot
 - b. there is a Satan, and he desires to tear you down
 1. Jesus certainly believed that Satan existed
 2. **The New York Times reported a study about the diminishing belief in the devil among Americans. Two-thirds** of Americans do not believe in the devil as a living being. In a randomly selected survey of over 1,000 Americans, pollsters asked whether they agreed the statement that Satan is “**not a living being, but a symbol of evil.**” Sixty-two percent agreed with the statement. That means nearly **149 million Americans** believe that Satan has no influence but that he is just a “symbol of evil”.
 3. **C. S. Lewis** – “**There are two equal and opposite errors into which our race can fall about the devils.** One is to **disbelieve in their existence.** The other is to **believe,** and to feel an excessive and unhealthy interest in them. They themselves are equally pleased by both errors and hail a **materialist** or a **magician** with the same delight.”

B. We Must UNDERSTAND SATAN IN OUR TRIALS

Vs. 8 – “Be self-controlled and alert. **Your enemy the devil prowls around like a roaring lion looking for someone to devour..**”

1. **Satan** is seen as our **enemy**
 - a. notice how Satan is described in Scripture:
 1. The **accuser of our brethren. Rev. 12:10**
 2. The **angel of the bottomless pit. Rev. 9:11**
 3. The **evil spirit. 1 Sam. 16:14**
 4. The **father of lies. John 8:44**
 5. The **murderer of the righteous. John 8:44**
 6. The **power of darkness. Col. 1:13**
 7. The **spirit that works in the children of disobedience Eph. 2:2**
 8. The **tempter. Matt. 4:3; 1 Thes. 3:5**
 9. The **god of this world and the wicked one. 2 Cor. 4:4**

10. The **unclean spirit and wicked one. Matt. 12:43**

11. The **Prince and Ruler of the darkness of this world.**

Eph. 6:12

b. DO YOU REALIZE THAT SATAN IS YOUR ENEMY?

1. as Southerners, we don't want to have any enemies – we want everyone to “like us”
2. well, let me assure you Satan wants to destroy you
3. and he will especially attempt to destroy you when you are undergoing a time of struggle

2. **Satan** is seen as a **lion**

- a. in fact, Peter calls Satan “a lion that prowls around seeking someone to devour.”
- b. now, what is Peter saying about Satan?
 1. how dangerous is a lion?
 - a. how do lions manage to survive?
 1. they pick out the weak, the broken, the animal that is alone and then attack it
 2. one has said that a common practice of the buffalo is to form a circle around their calves so that lions cannot break in: a lion then simply looks for the opening in the circle and then charges the calves. The larger buffalos then scatter, leaving the calves defenseless and alone.
 - b. lions are brutal, savage animals that show no mercy
 1. Peter used a lion to describe Satan
 2. not an elephant or a bird, but the “King of the Jungle”
 2. can Satan destroy the Christian?
 - a. Satan cannot destroy the Christian, but he can cause great damage
 - b. **Tommy Irby** in Seminary
“For the non-believer, Satan has great teeth and can tear the unbeliever to shreds. **For the believer, however, Satan has no teeth but he can gum you to death.**”

C. We Must RESIST SATAN

1. We are to **resist Satan with our faith**
Vs. 9 – “Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.”
 - a. how does a Christian stand a chance against such a formidable foe?
 - b. well, we cannot fight Satan in our own power
 - c. notice Peter says that the believer is to resist Satan, “standing firm in the faith”
 1. **“firm”**
 - a. steadfast
 - b. rigid, hard, **stubborn**

- c. believers are to be so solid, so firm, that they are “stubborn” in their faith
 - 2. **“firm in the faith”**
 - a. NOW, WHERE DOES THIS FAITH COME FROM?
 - 1. **Romans 10:17 –KJV – “So then faith cometh by hearing, and hearing by the Word of God.”**
 - a. WHERE does the believer “get this kind of defensive faith to battle Satan?”
 - b. faith is “received” or “deposited” through the Word of God
 - 1. a person who consistently spends time in God’s Word is protected from the attacks of Satan
 - 2. while a person who spends no time in God’s Word will not only be attacked by Satan, but will fall to the enemy
 - 2. **Ephesians 6:16 – “In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.”**
 - a. ancient shields were made of the skins of animals
 - 1. they would stretch the animal skin over an oval wooden shield and then soak the shield in water
 - 2. the flaming arrows of the enemy would hit the wet shield and be extinguished
 - b. a shield of faith would be “dipped in faith” to extinguish the flaming arrows of Satan
 - b. so, let me ask you a question. . .how “deep” is your faith?
 - 1. are you a strong bull elephant that can cause the lion to stand down?
 - 2. or, are you the defenseless calf that is a “sitting duck” because of your lack of faith?
2. We are to **realize that other believers are struggling in this world as well.**
 - Vs. 9 – “Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.**
 - a. we are not the only believers to be going through a trial
 - b. my experience preaching in Romania:
 - 1. are American Christians “more blessed” than Romanian Christians?

2. perhaps, Romanian Christians are the “more blessed” because they have a deeper faith **BECAUSE OF THE TRIALS THAT THEY HAVE GONE THROUGH!**

IV. THE FOURTH STEP IN DEALING WITH OUR TRIALS

A. We Are To UNDERSTAND THE GRACE OF GOD IN OUR TRIALS.

Vs. 10 – “And the **God of all grace**, who called you to His eternal glory in Christ.”

1. It is easy for the believer who is going through trials to doubt the goodness and grace of God
2. **HOWEVER, DESPITE** not understanding why you may be going through this God trial, **YOU CANNOT DENY THE GRACE OF GOD IN YOUR LIFE!**
 - a. how else do you explain the **manger scene**?
 1. the Lord Jesus came from a perfect heaven to be born in the form of a baby
 2. **THE REASON** that Jesus became a baby was that He could become a man who would die on the cross for our sins.
 - b. how else do you explain **His ministry while on this earth**?
 1. Jesus, the God-man, spent His time helping, healing, teaching, serving while He was on this earth
 2. at no time did Jesus ever demand that people respect Him, despite being the Son of God
 - c. how else do you explain **the cross**?
 1. when Jesus came to this earth, **HE FULLY UNDERSTOOD** that He would be beaten, crucified and killed on the cross – for it was prophesied that He would do so
 2. and Jesus fully knew that He would “become sin” for us on the cross
 - d. how else do you explain that **Jesus is interceding for us at this very moment**?
 1. Jesus is **STILL** serving us
 2. Jesus is **STILL** being our mediator
 - e. how else do you explain **your salvation**?
 1. Jesus called you to Himself despite the fact that you did not want to be called
 2. and He called you despite your sin, your arrogance, your disdain of Him
 3. and He continues to show you His grace, despite your consistent sin.
 - f. how else do you explain that **He will take you to heaven**.
 1. **DESPITE** your sins
 2. and you will be in heaven **FOREVER!**

B. WE MUST UNDERSTAND THE GOODNESS OF GOD IN OUR TRIALS

1. Our trials are **temporary**

Vs. 10 – “And the God of all grace, who called you to His eternal glory in Christ, **after you have suffered a little while**, will Himself restore you and make you strong, firm and steadfast.”

- a. Peter may be talking about our trials being temporary on this earth
 - 1. God “may restore” you while you are on this earth
 - 2. For some, however, He will not restore you while you are on this earth
 - b. BUT, GOD WILL RESTORE YOU
 - 1. notice that Peter says, “after you have suffered a little while”
 - 2. COMPARED TO ETERNITY, COMPARED TO HEAVEN, our struggles, our trials, are “temporary”
 - a. How LONG IS HEAVEN?
 - b. One has said about eternity: Imagine that there is a tower made of sand 3 miles high. If a sparrow were to carry that 3 miles high tower of sand 3 miles away one grain at a time – that would only represent the “beginning of eternity”
2. Our trials are **transforming**
- Vs. 10** – “And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself **restore you** and **make you strong, firm** and **steadfast.**”
- a. THERE IS AN ULTIMATE PURPOSE IN OUR TRIALS AS BELIEVERS
 - 1. These trials are not allowed in your life so that you will “needlessly suffer”
 - 2. no, God is doing a work in your life
 - b. this is the work that He will do:
 - 1. He will “**restore you**”
 - a. to **mend**; as in mending a fishing net
 - b. **render complete**
 - 2. He will “**make you strong**”
 - a. establish
 - b. make stable
 - c. **cause you not to waver**
 - 3. He will make you “**firm**”
 - a. to stand up before others
 - b. **to be immoveable**
 - 4. He will make you “**steadfast**”
 - a. to lay a foundation
 - b. to make stable
 - c. **so as not to be tossed to and fro**

Conclusion

1. **IF YOU ARE A CHRISTIAN, YOU WILL GO THROUGH TRIALS:**
 - a. it is God's divine method of making us more like Christ
 - b. God desires to transform us to be "more like Jesus and less like ourselves"
2. However, please, please, do not attempt to handle this trial by yourself
 - a. Peter clearly tells us to "cast your cares on Him, because He cares for you"
 - b. **DO NOT** carry your burdens alone: human beings are not made to emotionally handle our trials
3. And finally, do not forget that in addition to the trials, we have an enemy – Satan himself.
 - a. his goal is to tear you down during your time of trials and weakness.
 - b. Many years ago, in the pioneer days of aviation, a pilot was making a flight around the world. After he had been gone for some two hours from his last landing field, he heard a noise in his plane, which he recognized as the **gnawing of a rat**. For all that he knew, the rat could be gnawing through an essential cable or control. It was a very serious matter, so he was both concerned and anxious. As the pilot contemplated his dilemma, and thought about the fact that he was at least two hours away from any airfield. **The Pilot suddenly remembered that the rat was built for low altitudes**, so he began to climb in his plane, until he was more than twenty thousand feet high. The chewing stopped, because the rat could not survive in the thin atmosphere.

Here is the point: Worry is a rodent. **It cannot live in the secret place of the Most High.** Worry cannot "breathe" in the atmosphere of prayer. Worry "dies" when we ascend to the Lord through prayer and the Word of God.

4. What A Friend We Have In Jesus

What a Friend we have in Jesus, **all our sins and griefs to bear!**

What a privilege to carry everything to God in prayer!

O what peace we often forfeit, O what needless pain we bear,

All because we do not carry everything to God in prayer.