Freed from Worry

Lesson 1, Matthew 6:25-34, KJV

According to Corrie

Corrie ten Boom (1892–1983), who survived a World War II death camp, made a statement that can help us think about today’s text. Find what she said by unscrambling the sentence below. (The capitalization and punctuation are hints.)

empties does empty sorrow; Worry strength. today not tomorrow of its it of

Worry and Health

Do an internet search for various combinations of the words worry, health, stress, illness, etc. Then list a few pointers on this subject from health professionals. Note the internet addresses (URLs) for your findings so that other class members can find them too.

My Seeking Week

At the end of each day in the week ahead, review that day in light of Matthew 6:33 by putting one of the following in the space for that day:

• A plus sign (+) on days you acted according to Matthew 6:33
• A zero (0) when you didn’t really think about it
• A minus sign (−) on days you did the opposite

Below each symbol jot a few words to indicate why you chose it.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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SAILORS AFRAID

Fill out this chart:

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<tbody>
<tr>
<td>1. In what ways are the situations in these texts similar to that of today’s text?</td>
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<tr>
<td>2. In what ways are the situations in these texts unlike that of today’s text?</td>
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<td>3. Why did courage disappear?</td>
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<td>4. On a scale from 1 (never) to 10 (very frequent), how often does a similar situation happen today in a literal sense?</td>
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<td>5. On a scale from 1 (never) to 10 (very frequent), how often does a similar situation happen today in a figurative sense?</td>
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FEAR BUSTERS

Part 1. Work with a partner or two to find a dozen or so Scriptures to help us with our fears. Use an online resource such as Biblegateway.com or the concordance in the back of your Bibles to search for verses that contain words such as fear and afraid. Write the passages on the lines below.

Part 2. Now choose one of these verses for each day of the coming week and jot the reference below. Commit to reading, and perhaps even memorizing, a different “fear buster” each day this week.
Healed by Faith

Lesson 3, Matthew 9:18-26, KJV

Jesus in Context

Understand the context for today’s study by examining the verses that precede the lesson text.

<table>
<thead>
<tr>
<th>Reference</th>
<th>What Jesus Did</th>
<th>Why Others Objected</th>
<th>How Jesus Responded</th>
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<tbody>
<tr>
<td>Matthew 9:2-8</td>
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<td>Matthew 9:9-13</td>
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<td>Matthew 9:14-17</td>
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</table>

In the space below, summarize your discoveries with one sentence to answer this question:

How did the actions of Jesus clarify His mission more fully?

Reactions to Healing

Write what you imagine one person listed below might have recorded in a personal journal after the incident in which they were involved. The journal entry can be bullet points or whole sentences.

<table>
<thead>
<tr>
<th>The official</th>
<th>The woman</th>
<th>One of the disciples</th>
<th>Someone in the crowd at the house</th>
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</table>
**Rescued from Doubt**

Lesson 4, Matthew 14:22-33, KJV

**True, False, and When?**

Draw a line through every false statement about today’s text of Matthew 14:22-33. Then put the remaining statements in the correct chronological order as told in the Bible story.

1. Peter, out of love for Jesus, swam to meet Him.
2. Jesus stayed behind while the disciples traveled to the other side of the lake without Him.
3. Jesus watched the disciples from a mountain to see how they’d handle the storm.
4. The minute the storm kicked up, Jesus hurried to save the disciples.
5. Jesus condemned the disciples because of their fear.
6. Jesus appeared to the disciples like a ghost walking on the water.
7. All the disciples asked Jesus if He’d help them walk on the water too.
8. Jesus warned Peter that his faith might not be strong enough to walk on the water.
9. Peter kept his eyes on Jesus, in spite of the storm.
10. Peter walked on the water.
11. The wind died down when Peter and Jesus got back in the boat.
12. Jesus kept Peter, James, and John with him on the shore of the Sea of Galilee.
13. Peter began to sink when he paid attention to the wind and his fear grew.

The correct order for the true statements is: ____________________________________________

**I Just Don’t Get It!**

Compare and contrast the disciples’ faith-strengthening in Matthew 14:33 and the cautious discipleship on the parts of Nicodemus (John 3:1-21) and Joseph of Arimathea (John 19:38). How do we account for the fact that the original disciples became fearful after the crucifixion (John 20:19) while Nicodemus and Joseph became bold (Matthew 27:57; Mark 15:42-43; John 19:38-42)?

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________
ATTITUDE OF GRATITUDE

Lesson 5, Leviticus 13:45-46; Luke 17:11-19, KJV

ATTITUDE ADJUSTMENT

Imagine that you overhear people make the following statements. Summarize briefly your thoughts under each one.

1. “I believe God’s blessings have come to me because of all I’ve done for Him.”

2. “I’ve been such a sinner. Why would God help me?”

3. “Yes, Sunday worship is important. But the weekends are so full sometimes we just can’t make it.”

4. “Given my faithful service to God all my life, I frankly don’t understand why He seems to be blessing my lukewarm friend more than me.”

DEPICTING GRATITUDE

Create an illustration of God’s work in your life. In the space to the right, draw a picture to represent one or more of the following:

1. “What God did when I cried for mercy.”

2. “Here’s how I expressed my gratitude for His help.”

3. “Here’s how I could express gratitude for God’s blessings.”
Power of the Gospel

Lesson 6, Romans 1:8-17, KJV

Paul’s Mission to Rome

Pull out this crossword puzzle a day or two after class and see how much you remember from the lesson!

ACROSS
2. Paul was determined to spread this news.
4. Paul didn’t feel this way about the gospel.
6. The gospel reveals this.
8. The one who discovers #6 lives by this.

DOWN
1. Inherent in the gospel.
3. Paul wanted to do this with the gospel when reaching Rome.
5. The group offered the gospel first.
7. Made possible by the power of God.

[Answers are in Romans 1:8-17.]

Qualifications, Please!

What qualifications were useful for Paul to preach the gospel in Rome, the urban center of the world in the first century AD? Jot a few ideas below before looking in your Bible.

Then look in Acts 22 and Philippians 3 to discover what you missed.

What do these passages imply regarding preparation to preach the gospel?
A STORY OF FAITH

Remind yourself of the foundation and background for the teaching in today’s text by reviewing God’s call, His promises, and His covenants with Abraham.

<table>
<thead>
<tr>
<th>Reference</th>
<th>CALL—What Happened</th>
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</thead>
<tbody>
<tr>
<td>Genesis 12:1-3</td>
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</table>

<table>
<thead>
<tr>
<th>PROMISES—What Happened</th>
</tr>
</thead>
<tbody>
<tr>
<td>Genesis 13:14-17</td>
</tr>
<tr>
<td>Genesis 22:15-18</td>
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</table>

<table>
<thead>
<tr>
<th>COVENANTS—What Happened</th>
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<tbody>
<tr>
<td>Genesis 15:1-21</td>
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<tr>
<td>Genesis 17:1-27</td>
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</table>

A LEGACY OF FAITH

Fill in the blanks below as you think about the impact on you from the faith of someone in an earlier generation and the impact of your faith on the generations to come.

Because ________________ was a model of faithfulness to God, I’m encouraged to be faithful to God today in these ways:

_______________________________________________________________________________________

I’m praying that my faithfulness will in turn encourage these people to be faithful to Him also:

_______________________________________________________________________________________

_______________________________________________________________________________________
Peace with God

Lesson 8, Romans 5:1-11, KJV

FROM ALPHABETICAL TO . . .

The words in the sequence below are in alphabetical order—but that isn’t the correct order! Fix this by copying them in the proper order in the blanks without looking in your Bible. Then consult Romans 5:3-5 to check yourself.

Experience →? Hope →? No shame →? Patience →? Tribulation

_________ →! _________ →! _________ →! _________ →! _________

For each characteristic, jot down your experience regarding how each leads to the next.

_________ results from _________ because ____________________________

_________ results from _________ because ____________________________

_________ results from _________ because ____________________________

_________ results from _________ because ____________________________

_________ results from _________ because ____________________________

HOW DO WE KNOW?

Step 1: Fill in the two blanks.

<table>
<thead>
<tr>
<th>I struggled to accept God’s forgiveness when . . .</th>
<th>I knew I had been forgiven when . . .</th>
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<tbody>
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</table>

Step 2: Why are feelings invalid as a basis of knowing you have been forgiven?
AMAZING STATS

Discuss with your study partner the following conclusions reached by the Barna research organization several years ago.

- Only two out of every five Christ-followers believe they should share with others the importance of reliance on Christ.
- Nearly one-third of evangelicals have not attempted to evangelize others, although they believe they should.
- Apathy toward evangelism is growing among middle-aged and middle-income Christians.

Circle below your top three reactions to these findings and discuss:

Sadness  Indifference  Conviction  Offended  Confusion
Anger     Surprise    Irritation  Frustration  Powerlessness
Disgust   Aching      Trust      Fear      Anticipation
Disbelief Exasperation Other (list): ________________________

AMAZING QUOTES

Rank-order these quotes from 1 to 5, with 1 indicating the quote that most expresses the challenge of today’s lesson and most convicts you personally to be more intentional in evangelism.

___ “If he have faith, the believer cannot be restrained. He betrays himself. He breaks out. He confesses and teaches this gospel . . . at the risk of life itself.” —Martin Luther (1483–1546)

___ “If you had the cure to cancer, wouldn’t you share it? . . . You have the cure to death . . . get out there and share it.” —Kirk Cameron (1970– )

___ “The man who mobilizes the Christian church to pray will make the greatest contribution to world evangelization in history.” —Andrew Murray (1794–1866)

___ “Any method of evangelism will work if God is in it.” —Leonard Ravenhill (1907–1994)

___ “When a man is filled with the Word of God you cannot keep him still. If a man has got the Word, he must speak or die.” —Dwight L. Moody (1837–1899)

How does your rank-ordering compare with others?
### Something Better

Throughout the book of Hebrews, the author uses the word *better* or *superior* to characterize aspects of the new covenant in Christ. Examine those to discover what should go in the blanks below.

<table>
<thead>
<tr>
<th>Reference</th>
<th>What’s Better</th>
<th>How this speaks to what I should do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hebrews 1:4</td>
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<tr>
<td>Hebrews 6:9</td>
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<tr>
<td>Hebrews 7:4-7</td>
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<td>Hebrews 7:19</td>
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<td>Hebrews 7:22</td>
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<td>Hebrews 8:6</td>
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<td>Hebrews 9:23</td>
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<td>Hebrews 10:34</td>
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<td>Hebrews 11:4</td>
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<tr>
<td>Hebrews 11:16</td>
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<td>Hebrews 11:35</td>
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<td>Hebrews 11:40</td>
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<tr>
<td>Hebrews 12:24</td>
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</table>

In the space below, write a sentence summarizing the Scripture’s teaching about why it’s better for Christians of Jewish background to stay with Jesus rather than to return to Judaism:

_______________________________________________________________________________________
A CALL TO PERSEVERE

Read Hebrews 10:19-25 and list below all the reasons to persevere mentioned there.

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

To Consider Today: List several ways Christians can obey the exhortations of Hebrews 10:22-25. Circle the one that seems the biggest challenge to you, and write in the box one way you could do it.

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

WHY WORSHIP?

Work with a partner or two to create bumper stickers that encourage Christians to worship. Use a catchy phrase to capture the essence of today’s teaching.

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Reproducible Student Activity Page 509
Love ≠ Apathy

Love includes actively seeking the best interests of others. The challenge for us is to decide how to demonstrate Christian love to others. In the second column, write a specific way you could demonstrate Christian love to those in the category on the left.

<table>
<thead>
<tr>
<th>People Around Me</th>
<th>How I could model Christ’s love to those in this group</th>
</tr>
</thead>
<tbody>
<tr>
<td>The working poor</td>
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<tr>
<td>The homeless</td>
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<tr>
<td>First responders</td>
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<tr>
<td>Those in hospice</td>
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<tr>
<td>Elected officials</td>
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<tr>
<td>Other</td>
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<td>Other</td>
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</table>

Overcoming the World

Put dots on the globe illustration below to represent places where Christian faith is overcoming the forces for godlessness. In the lines below the map, write a brief explanation for each dot.
An Eternal Hope

Lesson 13, 2 Corinthians 4:16–5:10, KJV

Walk by What?

Create an acrostic by intersecting the five letters of the word below with five words that relate to walking by faith instead of sight.

F
A
I
T
H

Finish the Thoughts

How much do you remember? Closed Bibles; time limit of one minute!

A. “For we know that if our earthly house of this tabernacle were ____________, we have a building of God, an house not made with hands, ____________ in the heavens.”

B. “For we that are in this tabernacle do groan, being ____________: not for that we would be unclothed, but ____________ upon, that mortality might be swallowed up of life.”

C. “Now he that hath wrought us for the ____________ thing is God, who also hath given unto us the ____________ of the Spirit.”

D. “We are always ____________, knowing that, whilst we are at home in the ____________, we are absent from the Lord.”

E. “For we walk by ____________, not by ____________.”

When you finish, look up the answers in 2 Corinthians 5:1-10.

Your score: ___ out of 10.
Lesson 1
According to Corrie: Worry does not empty tomorrow of its sorrow; it empties today of its strength.

Responses to the other two activities will be personal to the individual student.

Lesson 2
Sailors Afraid: Responses to questions 1 and 2 should be consistent with the text of Psalm 107:23–32; Jonah 1; and Acts 27:13–44. Responses to questions 3, 4, and 5 can be a matter of subjective impression on the part of the students.

Fear Busters: Many responses are possible.

Lesson 3
Jesus in Context: See Matthew 9:2–7, 9–13, and 14–17 as indicated for expected responses. The final response can be worded in many ways, but it should be consistent with Luke 1:4 and John 20:30–31.

Reactions to Healing: Many responses are possible.

Lesson 4
True, False, and When?: These statements are FALSE: 1, 3, 4, 5, 7, 8, 9, 12. The correct order for the TRUE statements is 2, 6, 10, 13, 11.

I Just Don’t Get It: Many responses are possible.

Lesson 5
Many responses are possible for both exercises.

Lesson 6
Paul’s Mission to Rome: Across: 2—gospel (Romans 1:9, 15); 4—ashamed (1:16); 6—righteousness (1:17); 8—faith (1:17). Down: 1—power (1:16); 3—preach (1:15); 5—Jew (1:16); 7—salvation (1:16).

Qualifications, Please!: Responses to the final question should have a defensible connection with Acts 22 and Philippians 3, as indicated.

Lesson 7
A Story of Faith: Responses will be simple look-ups of the Genesis texts indicated.

A Legacy of Faith: Responses will be personal to the individual student.

Lesson 8
From Alphabetical to . . . : Correct order is tribulation, patience, experience, hope, no shame.

How Do We Know?: Responses will be personal to each student.

Lesson 9
Both activities: Responses will be personal to each student.

Lesson 10

Lesson 11
A Call to Persevere: Answers will vary, depending on how students group them.

Why Worship?: The creative aspects of this exercise mean that outcomes will vary widely from student to student.

Lesson 12
Both activities: Responses will be according to students’ perspective and spiritual maturity.

Lesson 13
Walk by What?: Many completions are possible.

Finish the Thoughts: A—dissolved, eternal; B—burdened, clothed; C—selfsame, earnest; D—confident, body; E—faith, sight. (All per 2 Corinthians 5:1–10.)