

# Three Bible Studies\*

## A BIBLE STUDY FOR WORRIERS

HOWARD A. EYRICH

1. On what basis does Peter suggest we cast aside worry? \_\_\_\_\_  
\_\_\_\_\_ (I Peter 5:7).
2. Read verses 8 and 9. In light of verse 7, how can the devil devour you? \_\_\_\_\_
3. Two steps are suggested in verse 9 for dealing with worry. They are \_\_\_\_\_ and \_\_\_\_\_.
4. Verses 9 through 11 present us with eight elements of faith that will enable us to stand firm. As you list these elements of faith, write out how each of these “faith facts” can help you deal with the problems over which you have worried. Here is an example. 1) Recognizing that our brethren in Christ have similar difficulties. If others have these problems and God can and is helping them, I can count on Him to help me (I Cor. 10:13).
  - 2) God is the God of *all* help.
  - 3) \_\_\_\_\_
  - 4) \_\_\_\_\_
  - 5) \_\_\_\_\_
  - 6) \_\_\_\_\_
  - 7) \_\_\_\_\_

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\* General editor’s note: The three Bible studies that follow might be useful for assigning counselees who have the problems dealt with. Counselors would do well to work up a series of their own studies on various other subjects, mimeograph them and have them available for distribution in counseling.

8) His power is forever and ever.

5. Read Philippians 4:4. What does Paul command in this verse?

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6. Right now, do you think it is possible to be “glad” upon command?

Yes \_\_\_\_\_ No \_\_\_\_\_

7. What reasons can you list for the impossibility of being “glad” by command?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

8. In each of the following verses list the items (thought patterns, facts, etc.) which lay Paul’s basis for being glad upon command.

Philippians 1:6: \_\_\_\_\_

Philippians 1:18-19: \_\_\_\_\_

Philippians 1:21: \_\_\_\_\_

Philippians 1:29: \_\_\_\_\_

Philippians 2:14: \_\_\_\_\_

Philippians 3:7: \_\_\_\_\_

Philippians 3:10: \_\_\_\_\_

Philippians 3:12: \_\_\_\_\_

Philippians 3:14: \_\_\_\_\_

Philippians 3:19-20: \_\_\_\_\_

Philippians 4:12-13: \_\_\_\_\_

Philippians 4:19: \_\_\_\_\_

9. The opposite of worry is peace. In Philippians 4:6-9 Paul suggests

three specific activities that will move us from worry to peace. They are:

- 1) vs. 6 \_\_\_\_\_ prayer.
- 2) vs. 8 \_\_\_\_\_ thought orientation.
- 3) vs. 9 \_\_\_\_\_ oriented life.

Let's work on each of these activities.

### **Trusting prayer**

Remembering what we learned about God in the I Peter 5 passage, list as many specifics about each major problem you have worried about as they come to your mind, and then formulate specific prayer requests in each of the following areas:

- 1) How God can equip you to work on this problem.
- 2) How God can strengthen you to meet this problem.
- 3) How God can establish you in relation to this problem.

Now commit these matters to the Lord in prayer and get on with:

### **Deliberate thought orientation**

Make a list of all the good things that you can think of (continue to add to the list) to which you can turn your thoughts and actions whenever you find yourself worrying. This list may include such routine things as cleaning the hall closet, planning how to store materials and better utilize space, etc.

### **Command-oriented life**

Most people who become paralyzed with worry become sinful in two ways. They fail to trust God and they fail in being responsible to live out their Christian faith. If God has commanded us to live in a certain way, or behave in a certain manner, He will not make us. We must take the command as being in the realm of possibility and continue to practice until we master habitual success. Most people fail to change because they quit after several failures.

## **HELP FOR THE HOPELESS**

HOWARD A. EYRICH

1. The psalmist declares his hopelessness in 22:11. List the last five times you have felt this hopelessness—this sense of being without help to bear your burden. As you list each one, also jot down what happened in your life that led to this state of hopeless helplessness.

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e) Psalm 124:8: \_\_\_\_\_

5. It should be beginning to become clear that helplessness and hopelessness are common human frailties. But helplessness and hopelessness are a product of faithlessness. If the Lord is our source of help, then surely we cannot justify our being helpless. We need to pray the prayer of Mark 9:24. What does this prayer suggest to you?

\_\_\_\_\_  
\_\_\_\_\_

6. The first verse that you read (Ps. 22:11) is Messianic. This means that it is predictive of Jesus' experience in His earthly life. Surely "there is none to help" Jesus at the trials and crucifixion. His most vocal supporter denied Him and ran. Note what Hebrews 4:15 declares about Jesus. Can you say there is no one who cares, who understands, who is willing to help? \_\_\_\_\_
7. Read Matthew 14:30. How many times did Peter go down before he called upon the Lord to help? \_\_\_\_\_ What does your answer suggest to you? \_\_\_\_\_
8. According to the verses in question 4, from whom can we expect help?

\_\_\_\_\_

Hebrews 4:14-16 indicates whom as the source of help?

\_\_\_\_\_

Romans 8:26-27 declares that \_\_\_\_\_  
is ready to help.

9. This help these persons render is many times experienced through other \_\_\_\_\_. Read the following verses to discern this answer.

I Corinthians 12:21: \_\_\_\_\_

Philippians 2:25: \_\_\_\_\_

I John 3:17: \_\_\_\_\_

10. Go back to question number one. Take each of your five situations and answer these questions.

- a) Did I feel hopeless and helpless because I failed to pray and seek help from other wise Christians? \_\_\_\_\_
- b) Did I feel hopeless and helpless because I was feeling sorry for myself? \_\_\_\_\_
- c) Did I feel helpless because I knew where to turn for help, but I refused to do so? \_\_\_\_\_
- d) Did I really exhaust all human resources? \_\_\_\_\_
- e) Did I fail to exercise faith in God's promises? \_\_\_\_\_

After you have answered these questions, take each situation and write out what you could have done in each one in order to gain help and have hope.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

## **A BIBLE STUDY ON THE USE OF YOUR BODY**

HOWARD A. EYRICH

- 1. According to I Corinthians 3:16; 6:19b, to whom does your body belong? \_\_\_\_\_
- 2. What reason does Paul give for this ownership in I Corinthians 6:20?  
\_\_\_\_\_
- 3. According to I Corinthians 6:18, to whom does your body belong?  
\_\_\_\_\_
- 4. What is the overriding responsibility of the believer to do with his body in I Corinthians 6:20a? \_\_\_\_\_

5. In Romans 12:1 Paul indicates the first step in fulfilling this responsibility. It is to \_\_\_\_\_.

There is every indication that this is a crisis or a one-time act of commitment.

6. The believer's body is a \_\_\_\_\_ for God? (I Cor. 6:19).

7. In I Corinthians 7:3-5 Paul teaches us that our bodies belong to \_\_\_\_\_.

8. Our bodies are our \_\_\_\_\_ for existing in time and space (II Cor. 5:1).

9. Paul also indicates in Romans 6:11-13 that this one-time act is activated by not \_\_\_\_\_ our bodies to \_\_\_\_\_ and rather our bodies to God for \_\_\_\_\_. List five ways that you have been making your body available to sin. Then, list five activities of righteousness that you can put in place of these. Devise a practical plan to accomplish this goal (Rom. 6:19).

_____	_____
_____	_____
_____	_____
_____	_____

10. Some day we will have a body like \_\_\_\_\_ (I John 3:2).

11. What tangible promise do we have that our bodies will be redeemed also? (Eph. 4:30). \_\_\_\_\_

12. There is another evidence of the promise in I Corinthians 15:35-57. It is the \_\_\_\_\_ of Jesus Christ.

13. Study Exodus 3:1-10; 4:1-13. From these verses we can learn the principle that God wants to use our bodies to \_\_\_\_\_ Him.

Verses 11-12 of chapter 4 indicate that God can use even a body which does not function totally normally. Write down the names of three Christians who have imperfect bodies which the Lord is using.

For example, Joni Eareckson, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.

Now consider three ways in which God can use your body to serve Him, whether afflicted or not.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Develop a plan to serve God. Do it now! In addition to these verses, study and write down what the following verses teach about using our bodies (handicapped though they be) to honor and serve God and minister to other people. Is sickness or infirmity an excuse for wasted time, uselessness, selfishness, complaining, self-pity, bitterness, excuse making, etc.?

Philippians 1:20-24, 29: \_\_\_\_\_

Acts 5:40-42: \_\_\_\_\_

Acts 16:22-34: \_\_\_\_\_

II Corinthians 12:7-10: \_\_\_\_\_

II Corinthians 1:8-12: \_\_\_\_\_