

Dr. Lester Sumrall

HOW TO COPE

LIFE'S
PROBLEMS

VOL.

1

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

**HOW TO
COPE
WITH LIFE'S PROBLEMS
VOLUME 1**

by
DR. LESTER SUMRALL

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PLEASE NOTE:

This study guide is designed to be a companion to the audio and video teaching entitled, *How to Cope, Volume 1*, by Dr. Lester Sumrall.

This is a workbook with space allowed for your personal notes.

All scriptures, unless otherwise indicated, are taken from the *King James Version of the Holy Bible*.

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STUDY GUIDE

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LESTER SUMRALL TEACHING SERIES

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VOLUME I

Lesson 1

HOW TO COPE WITH UNBELIEF

INTRODUCTION:

Unbelief is unreasonable. It makes unreasonable demands of God and the Bible. The fullness of unbelief is motivated by evil spirits. It is interesting to note that the word “unbelief” is not found in the Old Testament, but is found many times in the New Testament.

READING:

Mark 11:22, *And Jesus answering saith unto them, Have faith in God.*

1. WHAT IS UNBELIEF?

- A. Unbelief is a refusal to trust God’s Word.
- B. Unbelief is a fear of obstacles.
- C. Unbelief results from looking at the problems instead of at God.

2. DOUBT VERSUS UNBELIEF

- A. There is a difference between “doubt” and “unbelief.”
- B. The word “doubt” is from the French word, *douter*, and means “fear.” It also originates from the Latin word, *dubius*, which means “unsettled.” The dictionary says that to doubt means to waver in judgment or hesitate in indecision. One who doubts suspends judgment. This means that doubt can be honest. For example: Nathaniel had doubt, but later believed. Thomas had doubt, but believed. However, Judas had unbelief—a refusal to believe.

How to Cope with Unbelief
Lesson 1

- C. Unbelief is very different from doubt. It means incredulity or skepticism—a negative rejection of faith. It is an indisposition to belief. A definition of an unbeliever is “infidel.” Unbelief is a negative action, a deliberate action, an unreasonable action, and proceeds from an evil heart.

Hebrews 3:12, *Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God.*

3. UNBELIEF IS THE CRUELEST THING IN THE WORLD

- A. Unbelief will kick the crutches out from under the arms of a crippled man. Unbelief will steal bread from a widow. Unbelief will refuse water to a thirsty soul. Unbelief is like weeds and briars that grow without cultivation. Unbelief creates the materialist, the “free-thinker,” the agnostic, and the atheist.

Unbelief screams, “No!” without thought or proof.

- B. When Christ was dying on the cross for the sins of the world, unbelief screamed in Matthew 27:40, *If thou be the Son of God, come down from the cross.* Rather than seeking to know the purpose of Christ’s dying on the cross, unbelief demanded that He be selfish and come down.
- C. Unbelief denies the deity and lordship of Christ, with a million spurious, so-called evidences to support it.
- D. Unbelief mocks without seeking to determine if they were good men, or if it was a gift from God.

Acts 2:13, *Others mocking said, These men are full of new wine.*

- E. Unbelief shouts at the man praying for the sick without seeking to know the truth.

Mark 3:22, *He hath Beelzebub, and by the prince of the devils casteth he out devils.*

- F. Unbelief demands statistics and material reality rather than faith. For this reason, no spiritual thing can flourish in the atmosphere of unbelief.

4. WHAT UNBELIEF WILL DO TO YOU

- A. Israel wandered for forty years until a generation died, because of unbelief.

Hebrews 3:9-11, *When your fathers tempted me, proved me, and saw my works forty years.*

v. 10, *Wherefore I was grieved with that generation, and said, They do always err in their heart; and they have not known my ways.*

v. 11, *So I swear in my wrath, They shall not enter into my rest.*

- B. II Kings 7:19-20, *And that lord answered the man of God, and said, Now, behold, if the LORD should make windows in heaven, might such a thing be? And he said, Behold, thou shalt see it with thine eyes, but shalt not eat thereof.*
v. 20, *And so it fell out unto him: for the people trode upon him in the gate, and he died.*

The king's right-hand man was trampled to death at the gate of the city because he would not believe in the miracle that was prophesied by Elisha.

- C. Denominational unbelief: Many churches reject the Great Commission, which teaches that he who believes is saved and he who does not believe is damned. It also teaches that the gifts of the Holy Spirit are to heal the sick and cast out devils.

Mark 16:14-18, *Afterward he appeared unto the eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen.*

v. 15, *And he said unto them, Go ye into all the world, and preach the gospel to every creature.*

v. 16, *He that believeth and is baptized shall be saved; but he that believeth not shall be damned.*

v. 17, *And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues;*

v. 18, *They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.*

5. EFFECT ON TOWNS OR CITIES

The force of unbelief is seen in Matthew 13:58. Jesus could not perform any great miracles in Nazareth because of unbelief. The sick could not be healed. The heathen prevented their recovery.

6. ULTIMATE DESTINY OF UNBELIEVERS

Revelation 21:8, *But the fearful, and unbelieving, . . . shall have their part in the lake which burneth with fire and brimstone: which is the second death.*

7. HOW TO DESTROY UNBELIEF

Faith is an act. We destroy unbelief by acting on God's Word.

Romans 10:17, *So then faith cometh by hearing, and hearing by the word of God.*

James 2:20, *But wilt thou know, O vain man, that faith without works is dead?*

A. Noah acted, and saved his family and the world.

Hebrews 11:7, *By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.*

B. Abraham acted and gave birth to a nation.

Genesis 17:19, *And God said, Sarah thy wife shall bear thee a son indeed; and thou shalt call his name Isaac: and I will establish my covenant with him for an everlasting covenant,*

Galatians 3:16, *Now to Abraham and his seed were the promises made. He saith not, And to seeds, as of many; but as of one, And to thy seed, which is Christ.*

C. Moses acted, and led two or three million souls out of slavery.

Exodus 12:31-38, *And he called for Moses and Aaron by night, and said, Rise up, and get you forth from among my people, both ye and the children of Israel; and go, serve the LORD, as ye have said.*

v. 32, *Also take your flocks and your herds, as ye have said, and be gone; and bless me also.*

v. 33, *And the Egyptians were urgent upon the people, that they might send them out of the land in haste; for they said, We be all dead men.*

v. 34, *And the people took their dough before it was leavened, their kneadingtroughs being bound up in their clothes upon their shoulders.*

v. 35, *And the children of Israel did according to the word of Moses; and they borrowed of the Egyptians jewels of silver, and jewels of gold, and raiment:*

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v. 36, *And the LORD gave the people favour in the sight of the Egyptians, so that they lent unto them such things as they required. And they spoiled the Egyptians.*

v. 37, *And the children of Israel journeyed from Rameses to Succoth, about six hundred thousand on foot that were men, beside children.*

v. 38, *And a mixed multitude went up also with them; and flocks, and herds, even very much cattle.*

- D. Joshua acted, and Israel entered into the Holy Land.

Joshua 11:23, *So Joshua took the whole land, according to all that the LORD said unto Moses; and Joshua gave it for an inheritance unto Israel according to their divisions by their tribes. And the land rested from war.*

- E. The blind man obeyed.

John 9:7, . . . *Go, wash in the pool of Siloam, (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing.*

- F. The man with the withered arm thrust it forth.

Mark 3:5, *And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other.*

STUDY GUIDE

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VOLUME I

Lesson 2

HOW TO COPE WITH A PASSIVE MIND

INTRODUCTION:

One of the four primary actions of the human mind is thought. With his mind man thinks, imagines, learns, and understands. His mind distinguishes man from all other creatures. Man's mind has power to reason and decide. The human mind occupies a large place in the human life as it determines actions.

READING:

I Peter 1:13, *Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;*

I Corinthians 2:16, *For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.*

1. THE AGE-LONG BATTLE FOR THE MIND

- A. God wants the human mind to be under divine subjection. It should be directed through the human spirit by the Holy Spirit.
- B. The devil wants to capture the human mind.
- C. Because the mind of man is so important, it has been and is now a perpetual battlefield. The mind suffers greater onslaughts from the powers of darkness than any other part of the human personality.

2. THE BATTLE FOR THE MIND BEGAN IN EDEN

In the Garden of Eden, Satan sought to conquer Eve. Paul warns us not to be deceived by the devil's cunning thoughts as Eve was.

II Corinthians 11:3, But I fear, lest by any means, as the serpent beguiled Eve through his subtlety, so your minds should be corrupted from the simplicity that is in Christ.

3. THE BATTLE RAGES ON

A. The passive mind is blinded.

II Corinthians 4:4, In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.

B. The passive mind is reprobate.

Romans 1:28, And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient;

C. The passive mind is vain.

Ephesians 4:17, This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind,

D. The passive mind is fleshly.

Colossians 2:18, Let no man beguile you of your reward in a voluntary humility and worshipping of angels, intruding into those things which he hath not seen, vainly puffed up by his fleshly mind,

E. The passive mind is defiled.

Titus 1:15, Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled.

F. The passive mind is carnal.

Romans 8:7, Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

4. THE CHRISTIAN MUST DESTROY THE PASSIVE MIND

A. The empty mind

Ephesians 4:17, *This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind,*

An empty mind waits for some external power to activate it. Spiritism demands an empty mind. Oriental cults empty the mind.

A blank mind is a spiritual danger. A Christian must exercise his mind. He must think about God and his fellow men. He must fill his mind with truth, love, and the power of the Holy Spirit.

B. The inactive mind

Mental inactivity leads to mental laziness. The mind should grow stronger as one grows older. God does not want mental inertia. When the mind ceases to create, to comprehend, and to understand, it is sick. The mental process should never be under bondage. An inactive mind desires to do things but never acts.

Worry can cause this type of inactivity. Fear can cause the mind to become weakened to the point where it cannot function properly.

C. The scattered mind (lack of concentration)

The devil interferes with the Christian's power of mental concentration. Some people are totally powerless to concentrate. To others, concentration is flighty. This creates inattentiveness and drifting minds.

D. The forgetful mind

There are some people who seem deprived of the power of memory, and forget what they just did.

All unnatural loss of memory is the attack of the devil. This causes our confidence and usefulness to be damaged.

Sometimes a person with a fine memory sees it unexpectedly fail. This is an attack of Satan and has to do with the passive mind.

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Lesson 2

E. The vacillating mind

The devil would like a person to take opposite views very quickly. The devil makes him generate one thought and then, immediately shifts to another thought.

Shifting admits the work of the adversary. The Bible speaks against double-mindedness.

James 1:8, *A double minded man is unstable in all his ways.*

A vacillating mind is the devil's tool.

F. The unrestrained mind (talkativeness)

The devil would like to destroy the Christian's mind by causing you to never listen, just talk—to have words drift through your brain like the wind on the sea.

Some people cannot restrain their tongue from gossiping, backbiting, and joking.

God says in Proverbs 10:19, *In the multitude of words there wanteth not sin: but he that refraineth his lips is wise.*

A torrent of words without thinking leads to sin.

G. The unrelaxed mind (sleepless nights)

Insomnia is a common ill. It is the work of the enemy.

Some people lie in bed for endless hours thinking all sorts of things. Their minds are like machines which cannot be turned off. One can rebuke this situation. He can ask if this is of God, himself, or the devil.

Psalm 127:2, . . . *He giveth His beloved sleep.*

H. The undisciplined mind (flashing thoughts)

If one permits all kinds of ideas to flash through his brain, the devil will motivate most of it and nonsensical notions will be there.

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Lesson 2

A person's mind permits "mind pictures" to develop on a mental screen, some good and some bad. If a man's mind is permissive, these pictures will dominate and manipulate him.

The human mind must be disciplined to think on the following things:

Philippians 4:8, *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

Some dreams are inspired of God, others are generated by the devil, while yet others are produced by physical conditions. There are mind dreams which become part of the mental pictures developed during the day. During sleep, the brain is less active and its passive spirit can be manipulated by the devil. Some dreams cause man to wake up with a despondent spirit. His sleep did not replenish his strength.

5. WHAT THE CHRISTIAN CAN DO ABOUT THE PASSIVE MIND

A. We must bring every thought into captivity.

II Corinthians 10:3-5, *For though we walk in the flesh, we do not war after the flesh:*

v. 4, *(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)*

v. 5, *Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*

B. We must put off the old man.

Ephesians 4:17-18, *This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind,*

v. 18, *Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:*

The renewed mind:

Ephesians 4:22-23, *That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;*

v. 23, *And be renewed in the spirit of your mind;*

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Lesson 2

C. We must be reconciled in our minds.

Colossians 1:21, *And you, that were sometime alienated and enemies in your mind by wicked works, yet now hath he reconciled.*

The mind can cause spiritual pride by convincing you that you are God's special vessel, you are more spiritual than others, and God will soon open amazing doors of ministry for you. Such thoughts disarm the vigilant.

Through salvation, man's mind undergoes a dramatic change. He uses the sword of the Spirit. We must not only be unshackled but empowered.

The mind becomes:

- 1) Active — I Peter 1:13, . . . *Gird up the loins of your mind . . .*
- 2) Powerful — It has powers of concentration.
- 3) Yielded — to the human spirit, which is yielded to the Holy Spirit

Have the mind of Christ.

I Corinthians 2:16, *For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.*

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VOLUME I

Lesson 3

HOW TO COPE WITH DEPRESSION

INTRODUCTION:

Depression is an emotional problem. It is a soulish action of the Adamic nature, the loss of God-given expression. A 1984 report said that, at that time, thirty-five million Americans admitted to being depressed.

READING:

Psalm 40:1-5, *I waited patiently for the LORD; and he inclined unto me, and heard my cry.*

v. 2, *He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.*

v. 3, *And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD.*

v. 4, *Blessed is that man that maketh the LORD his trust, and respecteth not the proud, nor such as turn aside to lies.*

v. 5, *Many, O LORD my God, are thy wonderful works which thou hast done, and thy thoughts which are to us-ward: they cannot be reckoned up in order unto thee: if I would declare and speak of them, they are more than can be numbered.*

Psalm 42:1-5, *As the hart panteth after the water brooks, so panteth my soul after thee, O God.*

v. 2, *My soul thirsteth for God, for the living God: when shall I come and appear before God?*

v. 3, *My tears have been my meat day and night, while they continually say unto me, Where is thy God?*

How to Cope with Depression
Lesson 3

v. 4, *When I remember these things, I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday.*

v. 5, *Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.*

1. PERTINENT SYMPTOMS OF DEPRESSION

Everyone has suffered periods of depression. Today the highest rate of suicide in the United States is among teenagers. Suicide begins with depression. These are some of the symptoms:

- A. Reclusiveness—withdrawal from reality
- B. A passive mind—the values of life no longer matter.
- C. Magnification of difficulties
- D. Lack of concentration
- E. Lack of ambition and activity

Depression can cause physical disease and feelings of guilt. Depression can bring about strange feelings of jealousy, fear, or hostility.

2. FACING THE ISSUE

We must face the issues of reality. The depressed have not learned how to deal with depression. Most depression follows a traumatic experience of a personal nature.

- A. Disappointment
- B. Sorrow
- C. Rejection
- D. Failure
- E. Religion that is dead or cultish
- F. Traditions—i.e., wearing black for the dead

How to Cope with Depression
Lesson 3

- G. Natural disasters or misfortunes
 - 1) Loss of a loved one—bereavement
 - 2) Loss of a job or business
- H. Social problems
- I. Illness, especially of a protracted nature

3. HOW TO COPE WITH DEPRESSION

Receive freedom from depression.

- A. Recognize it for what it is. You cannot save yourself.
- B. Know and believe in Christian dominion.

Ephesians 3:20, Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

- C. Live a positive spiritual life.

Galatians 5:16, This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

- D. Protect your will.

John 7:17, If any man will do his will, he shall know of the doctrine, whether it be of God, or whether I speak of myself.

- E. Protect your emotions.

Proverbs 4:23, Keep thy heart with all diligence; for out of it are the issues of life.

- F. Protect your mind. Think on good things.

Philippians 4:8, Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

How to Cope with Depression
Lesson 3

4. HOW DID JESUS COPE WITH DEPRESSION?

- A. Jesus always asserted a spirit of dominion.
- B. Jesus understood His relationship with the Father.

John 10:30, *I and My Father are one.*

- C. Jesus knew that spiritual and positive forces could always supercede negative forces.

Matthew 7:7, *Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:*

Hebrews 11:1, *Now faith is the substance of things hoped for, the evidence of things not seen.*

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VOLUME I

Lesson 4

HOW TO COPE WITH FEAR

INTRODUCTION:

Human fear has been called man's deadliest enemy.

Unreasonable fear, tormenting fear, and persistent fear can totally destroy human peace and happiness.

Most fears must be learned and are the result of wrong teaching. A baby does not realize he has enemies. He is taught that he is surrounded by foes. Unfortunately, many of these enemies are imaginary and emotional.

In visiting a house of broken personalities, one sees every type and degree of ill health; in many instances, unreasoning fear is the basic cause.

READING:

I John 4:18, *There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.*

1. A MEDICAL LIST OF FORTY-FIVE MODERN FEARS

- A. The term "phobia" is used for any abnormal, irrational, and persistent fear. This type of fear can be crippling. At times, it can cause a person to continually remain in familiar surroundings, such as their home.

How to Cope with Fear
Lesson 4

B. Forty-five common fears

Acrophobia	Fear of heights
Aerophobia	Fear of flying
Agoraphobia	Fear of open or public places. This is the most widespread fear.
Ailurophobia	Fear of cats
Algophobia	Fear of pain
Anchraophobia	Fear of wind
Arachnophobia	Fear of spiders
Astraphobia	Fear of lightning
Autophobia	Fear of being alone
Bathophobia	Fear of deep places
Batophobia	Fear of passing high, towering places
Carcinophobia	Fear of cancer
Claustrophobia	Fear of confinement, of enclosed places
Compuphobia	Fear of computers
Cynophobia	Fear of dogs
Ergasiophobia	Fear of work
Gametophobia	Fear of marriage
Gynophobia	Fear of or aversion to women
Haptophobia	Fear of touching or being touched
Hemaphobia	Fear of blood
Hydrophobia	Fear of water
Hypegiaphobia	Fear of responsibility
Hypnophobia	Fear of sleep
Mastigophobia	Fear of being eaten
Mysophobia	Fear of dirt
Necrophobia	Fear of dead bodies, corpses
Nosophobia	Fear of disease
Ochlophobia	Fear of crowds
Ophiophobia	Fear of snakes
Panophobia	Fear of everything
Pharmacophobia	Fear of drugs and medicine
Phobophobia	Fear of fear
Photophobia	Fear of or aversion to light
Poinophobia	Fear of punishment
Psychrophobia	Fear of the cold, especially cold water
Pyrophobia	Fear of fire
Scotophobia	Fear of or aversion to darkness
Sitophobia	Fear of food
Thalassophobia	Fear of the sea
Thanatophobia	Fear of death

How to Cope with Fear
Lesson 4

Tocophobia	Fear of childbirth
Toxiphobia	Fear of being poisoned
Xenophobia	Fear of foreigners
Zoophobia	Fear of animals in general

2. NO BELIEVER SHOULD BE FEARFUL

Nowhere in the Bible are believers taught to fear. They are taught the exact opposite.

James 4:7, *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*

3. THE ORIGIN OF FEAR ON THIS EARTH

- A. The first recorded fear

Genesis 3:10, *And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.*

- B. Transgression caused fear. This means the history of fear has to do with sin. This fear should not touch the Christian. When sin is forgiven all fears must go. The fullness of God's love destroys fear.

I John 4:18, *There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.*

4. YOUR VICTORY OVER FEAR

- A. God gives you a spirit of power, a spirit of love, and a spirit of sound mind.

II Timothy 1:7, *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

- B. The heathen have a spirit of fear. God's people have a spirit of love.

- C. At least 365 times in the Bible, the words "fear not" are mentioned. God gave you a promise for every day.

5. GOD'S SUCCESSFUL MEN OF HISTORY

- A. God always told His men not to be afraid.

Luke 12:32, *Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.*

How to Cope with Fear
Lesson 4

- B. Deuteronomy 1:17 is a command that the judges of Israel were not to fear men. . . . *ye shall not be afraid of the face of man . . .*
- C. Isaiah 12:2, *Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.*
- D. Joshua 10:25, *And Joshua said unto them, Fear not, nor be dismayed, be strong and of good courage: for thus shall the LORD do to all your enemies against whom ye fight.*

Israel was told not to fear giants or walled cities.

- E. Daniel 10:19, *And said, O man greatly beloved, fear not: peace be unto thee, be strong, yea, be strong.*
- F. Psalm 46:1-2, *God is our refuge and strength, a very present help in trouble. v. 2, Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;*

6. MY PERSONAL ENCOUNTER WITH FEAR

- A. Isaiah 41:10-11, *Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. v. 11, Behold, all they that were incensed against thee shall be ashamed and confounded: they shall be as nothing; and they that strive with thee shall perish.*
- B. The day I started to preach, I was afraid, but fear left me by the Word of God and has not returned after all these years.

7. HOW TO DEFEAT FEAR

- A. Read the Word of God regularly.
- B. Pray unceasingly and sincerely.
- C. Confess freedom from fear with your mouth.
- D. Sing, “What have I to dread, what have I to fear, leaning on the everlasting arms!”
- E. Ask a minister or man or woman of spiritual strength and ability to pray with you.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE

VOLUME I

Lesson 5

HOW TO COPE WITH DISAPPOINTMENT

INTRODUCTION:

It is not what happens but how we react to what happens that is important. “We had hoped!” Those are common words. Disappointment is one of life’s most common experiences. Life often fails to satisfy expectations. There are many reasons and causes for disappointment, sadness of the soul, and broken dreams.

READING:

Luke 24:21, *But we trusted that it had been he which should have redeemed Israel: and beside all this, to day is the third day since these things were done.*

1. WHAT CAUSES DISAPPOINTMENT?

- A. Sometimes pride, thinking too highly of oneself
- B. Sometimes sin

2. UNNECESSARY DISAPPOINTMENT

Sometimes disappointment is unnecessary. When a person willfully neglects or abuses a known law of life, he suffers unnecessarily.

- A. Eating unwisely can result in ill health.
- B. Speaking unwisely can result in poor mental health.

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- C. Judas Iscariot had an evil heart and lust for gain, which brought about his death.

Matthew 26:14-16, *Then one of the twelve, called Judas Iscariot, went unto the chief priests,*

v. 15, *And said unto them, What will ye give me, and I will deliver him unto you? And they covenanted with him for thirty pieces of silver.*

v. 16, *And from that time he sought opportunity to betray him.*

- D. David and his sin brought about the death of his son.

II Samuel 12:15-19, *And Nathan departed unto his house. And the LORD struck the child that Uriah's wife bare unto David, and it was very sick.*

v. 16, *David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth.*

v. 17, *And the elders of his house arose, and went to him, to raise him up from the earth: but he would not, neither did he eat bread with them.*

v. 18, *And it came to pass on the seventh day, that the child died. And the servants of David feared to tell him that the child was dead: for they said, Behold, while the child was yet alive, we spake unto him, and he would not hearken unto our voice: how will he then vex himself, if we tell him that the child is dead?*

v. 19, *But when David saw that his servants whispered, David perceived that the child was dead: therefore David said unto his servants, Is the child dead? And they said, He is dead.*

- E. Samson's courting of Delilah indirectly caused his blindness.

Judges 16:17-18, *That he told her all his heart, and said unto her, There hath not come a razor upon mine head; for I have been a Nazarite unto God from my mother's womb: if I be shaven, then my strength will go from me, and I shall become weak, and be like any other man.*

v. 18, *And when Delilah saw that he had told her all his heart, she sent and called for the lords of the Philistines, saying, Come up this once, for he hath showed me all his heart. Then the lords of the Philistines came up unto her, and brought money in their hand.*

3. UNFOUNDED DISAPPOINTMENT

Some disappointments are actually unfounded.

- A. The disciples thought Jesus was dead, but their disappointment had no basis in fact.

Luke 24:21, *But we trusted that it had been he which should have redeemed Israel: and beside all this, to day is the third day since these things were done.*

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- B. Mary and Martha thought Lazarus would be gone until the final resurrection.

John 11:24, Martha saith unto him, I know that he shall rise again in the resurrection at the last day.

- C. Mary Magdalene searched for Jesus at the empty tomb, only to find out later that He had risen.

John 20:16-17, Jesus saith unto her, Mary. She turned herself, and saith unto him, Rabboni; which is to say, Master.

v. 17, Jesus saith unto her, Touch me not; for I am not yet ascended to my Father: but go to my brethren, and say unto them, I ascend unto my Father, and your Father; and to my God, and your God.

- D. Elijah was disappointed and said, "I am the only one to witness for Jehovah." God said, "I have 7,000 left."

- E. In English history, a story is told of a large sign in the fog which read, "Nelson defeated," and England wept. After the fog lifted, the English read the whole sign with joy, "Nelson defeated the enemy."

4. UNAVOIDABLE DISAPPOINTMENT

Disappointment sometimes comes as a result of conflict between individuals, other times as tensions between standards of good and evil. This kind of disappointment cannot be avoided. Then we must stand up strong and let the adverse winds blow, knowing that Christ is our anchor.

5. UNBEARABLE DISAPPOINTMENT

- A. Some disappointments are humanly unbearable. These we must take to Christ.

I Corinthians 10:13, There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

- B. We must never succumb to disappointments. We must triumph over them. We must be masters of our lives.

I John 5:4, For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith.

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- C. Through Christ's strength, love, and patience we can overcome unbearable disappointment. Those disappointments, unbearable by human standards, can be changed when we recognize God's hand in our lives.

Romans 8:28, *And we know that all things work together for good to them that love God, to them who are the called according to his purpose.*

- D. Through unmasking fears and using faith, we gain victory over unfounded disappointments.

John 8:32, *And ye shall know the truth, and the truth shall make you free.*

- E. When we put Christ first with Christian ideals and realize that we live in an imperfect world, we can accept unavoidable disappointment.

Romans 5:3, *And not only so, but we glory in tribulations also: knowing that tribulation worketh patience;*

- F. Disappointment changes dramatically by altering one letter. Change the "D" to "H" and it becomes "His appointment."

6. THOSE WHO CONQUERED

- A. John Bunyon wrote *Pilgrim's Progress* in Bedford Prison where he spent twelve years.
- B. While in jail, Dr. Samuel Rutherford put on his stationery, "God's House, Aberdeen."
- C. Madam Guyon wrote from prison, "The Lord has shut me up so I do nothing now but sing."
- D. Paul and Silas sang at midnight in prison, and God delivered them.

Acts 16:25, *And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.*

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

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VOLUME I

Lesson 6

HOW TO COPE WITH SICKNESS

INTRODUCTION:

This subject is very delicate because many of God's children are sick. There are many reasons for sickness. Some we understand, some we do not. There are diseases and illnesses which the most learned doctors cannot explain, nor can the most clever Bible scholars give reasons for them.

READING:

John 10:7-10, *Then said Jesus unto them again, Verily, verily, I say unto you, I am the door of the sheep.*

v. 8, *All that ever came before me are thieves and robbers: but the sheep did not hear them.*

v. 9, *I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture.*

v. 10, *The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.*

1. SICKNESS IS LIMITED DEATH

- A. Sickness was not in the original will of God. No illness came into the Garden of Eden.
- B. Death came to man by rebellion and transgression. One man brought this upon the total human race.

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Romans 5:12, 17, 19, *Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:*

v. 17, *For if by one man's offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in life by one, Jesus Christ.)*

v. 19, *For as by one man's disobedience many were made sinners, so by the obedience of one shall many be made righteous.*

- C. Sickness is a partial death. A lame leg or arm means that part of the leg or arm is dead. A blind eye means the eye is functionally dead.
- D. Sickness causes death at every age. One does not necessarily have to be old to die.

2. AMERICA'S DEADLIEST KILLERS TODAY

- A. Cardiovascular disease, or heart disease

This monster accounts for 43% of all deaths in America.

- B. Cancer

- 1) Lung cancer is the leading cause of cancer deaths among both men and women. Most lung cancer is caused by exposure to tobacco and tobacco smoke.
- 2) Breast cancer is the most prevalent cancer and the second-leading cause of cancer deaths among women. Twenty-six percent of all women who contract breast cancer die of the disease.
- 3) Prostate cancer is the second-leading cause of cancer deaths among men. Twenty-six percent of men who contract prostate cancer die.
- 4) Over 500,000 Americans died of cancer in 1992.

- C. Stroke

Over 140,000 Americans die each year from stroke.

- D. Accidents

- 1) Some one is killed in an accident every 5 minutes in the United States. One hundred seventy people are disabled every 10 minutes.

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- 2) Though accidents are the fourth most common cause of death in the United States, they are the leading cause of death among people age 37 and younger.

E. Lung diseases, such as emphysema

F. Pneumonia and influenza

G. Diabetes

H. Suicide

- 1) In 1992, suicide became the third-leading cause of death in the United States.
- 2) The rate of suicide has tripled since 1950 among young people ages 15-24 years.

I. Murder

A murder occurs in the United States approximately every 22 minutes. Sixty-four percent of 1990 murders were caused by handguns.

J. AIDS

- 1) AIDS accounts for approximately 11% of American deaths.
- 2) It is estimated that about one million persons in the United States are infected with HIV (the virus that causes AIDS). Over 80% of these cases are among homosexual and bisexual men and intravenous (IV) drug users.

K. "Legalized" abortion

There are over one-and-a-half million abortions every year in the United States. Abortion has slain more children than soldiers killed in all of America's wars.

L. Arthritis

M. Multiple Sclerosis

N. Old diseases once thought to be under control

During the last five years the diseases of tuberculosis, measles, malaria, and cholera have taken a dramatic upswing.¹

3. THE HUMAN RESPONSE TO SICKNESS

When clouds of pressure and pain roll in, where do people usually turn? Modern man facing devastating disease is struck by:

- A. fear of death or incapacitated organs
- B. Panic concerning finances, home, and job
- C. Frustration, not knowing what to do next
- D. Depression, as a cloud of sadness rolls in
- E. Doubt, not knowing whether to trust the doctor or the hospital.

4. ACCEPT WHAT THE BIBLE TEACHES ABOUT SICKNESS

- A. It is not the will of God for humans to suffer disease.
- B. Divine provision is made for our healing by the Lord Jesus Christ.
- C. The devil is the author of sickness (Job 1, 2).
- D. Jesus was sent to destroy the works of the devil.

Acts 10:38, How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.

5. ACCEPT WHAT THE BIBLE TEACHES ABOUT HEALING

- A. Healing under promise

If the children of Israel kept God's commandments, then God would keep disease and sickness from them.

Exodus 15:26, And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

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B. Healing under law

The priest made atonement for the cleansing of the leper.

Leviticus 14:18, *And the remnant of the oil that is in the priest's hand he shall pour upon the head of him that is to be cleansed: and the priest shall make an atonement for him before the LORD.*

The Israelites were healed by looking upon the brazen serpent.

Numbers 21:9, *And Moses made a serpent of brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived.*

Christ is our antitype of the brazen serpent.

John 3:14-15, *And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:
v. 15, That whosoever believeth in him should not perish, but have eternal life.*

C. Healing under prophecy

With His stripes we are healed.

Isaiah 53:5, *But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.*

D. Healing under Christ

- 1) Jesus took dominion and cast out devils. He healed all who were oppressed of the devil.

Acts 10:38, *How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.*

- 2) Matthew 9:33, *And when the devil was cast out, the dumb spake: and the multitudes marvelled, saying, It was never so seen in Israel.*

- 3) Mark 1:25-26, *And Jesus rebuked him, saying, Hold thy peace, and come out of him.*

v. 26, *And when the unclean spirit had torn him, and cried with a loud voice, he came out of him.*

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- 4) Healing is the children's bread.

Mark 7:27, *But Jesus said unto her, Let the children first be filled: for it is not meet to take the children's bread, and to cast it unto the dogs.*

- 5) Jesus opened blind eyes and unstopped deaf ears.

Matthew 9:28-30, *And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord.*

v. 29, *Then touched he their eyes, saying, According to your faith be it unto you.*

v. 30, *And their eyes were opened; and Jesus straitly charged them, saying, See that no man know it.*

Matthew 12:22, *Then was brought unto him one possessed with a devil, blind, and dumb: and he healed him, insomuch that the blind and dumb both spake and saw.*

- 6) Jesus raised the dead.

Matthew 9:24-25, *He said unto them, Give place: for the maid is not dead, but sleepeth. And they laughed him to scorn.*

v. 25, *But when the people were put forth, he went in, and took her by the hand, and the maid arose.*

Luke 7:14-15, *And he came and touched the bier: and they that bare him stood still. And he said, Young man, I say unto thee, Arise.*

v. 15, *And he that was dead sat up, and began to speak. And he delivered him to his mother.*

E. Healing under the apostles

- 1) Some were healed by Peter's shadow passing over them.

Acts 5:15, *Insomuch that they brought forth the sick into the streets, and laid them on beds and couches, that at the least the shadow of Peter passing by might overshadow some of them.*

- 2) Some were healed by handkerchiefs from Paul's body.

Acts 19:12, *So that from his body were brought unto the sick handkerchiefs or aprons, and the diseases departed from them, and the evil spirits went out of them.*

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- 3) Some raised the dead.

Acts 9:40, But Peter put them all forth, and kneeled down, and prayed; and turning him to the body said, Tabitha, arise. And she opened her eyes: and when she saw Peter, she sat up.

Acts 20:9-10, And there sat in a window a certain young man named Eutychus, being fallen into a deep sleep: and as Paul was long preaching, he sunk down with sleep, and fell down from the third loft, and was taken up dead.

v. 10, And Paul went down, and fell on him, and embracing him said, Trouble not yourselves; for his life is in him.

F. Healing today

- 1) Believers shall cast out devils and heal the sick.

Mark 16:17-18, And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; v. 18, They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.

- 2) James 5:16, *Confess your faults one to another, and pray one for another, that ye may be healed . . .*

6. HOW TO BE HEALED

- A. Pray for yourself. Search your own heart. Forgive those you have offended or have offended you.

Matthew 5:23-24, Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; v. 24, Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

- B. Have your family pray for you.

- C. Have your minister pray over you and anoint you with oil.

James 5:14, Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord.

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- D. Have a man of God who is anointed with spiritual gifts minister to you.
- E. Persist until you are healed.

Luke 18:3-8, *And there was a widow in that city; and she came unto him, saying, Avenge me of mine adversary.*

v. 4, *And he would not for a while: but afterward he said within himself, Though I fear not God, nor regard man;*

v. 5, *Yet because this widow troubleth me, I will avenge her, lest by her continual coming she weary me.*

v. 6, *And the Lord said, Hear what the unjust judge saith.*

v. 7, *And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them?*

v. 8, *I tell you that he will avenge them speedily. Nevertheless when the Son of man cometh, shall he find faith on the earth?*

¹ Disease statistics were taken from: *The Universal Almanac*, 1993, John W. Wright, gen. ed. Copyright 1992.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

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VOLUME I

Lesson 7

HOW TO COPE WITH ANGER

INTRODUCTION:

Uncontrolled anger results in many other human problems.

READING:

Ecclesiastes 7:9, *Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.*

Psalms 37:8, *Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.*

1. WHAT IS HUMAN ANGER?

- A. Anger is an emotional disturbance, a soulish action.
- B. Anger comes from a feeling: injury, insult, vexation, resentment, distress, hostility.
- C. Anger is a negative and depressive emotion.
- D. Anger is a danger to society.

2. THE SOURCE OF ANGER

- A. Words stir up anger.

Proverbs 15:1, *A soft answer turneth away wrath: but grievous words stir up anger.*

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- B. Jealousy becomes anger.
- C. Pride becomes anger.
- D. Uncontrolled temper, when one is not pleased with persons, things, or circumstances, becomes anger.

3. THE FIRST OUTBURST OF ANGER

- A. Cain murdered his brother Abel. This anger came from religious non-acceptance.

Genesis 4:5-8, *But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.*

v. 6, *And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen?*

v. 7, *If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.*

v. 8, *And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him.*

- B. Religion can still produce unreasonable outbursts of anger.

4. THE DEVIL SHOWS GREAT ANGER

Revelation 12:12, *Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time.*

5. WHAT WILL ANGER DO?

- A. Anger can blind the mind to reason and common sense.

Proverbs 27:4, *Wrath is cruel, and anger is outrageous; but who is able to stand before envy?*

- B. Anger demands retaliation; it wants to hurt others.

II Samuel 13:22, 28, *And Absalom spake unto his brother Amnon neither good nor bad: for Absalom hated Amnon, because he had forced his sister Tamar.*

v. 28, *Now Absalom had commanded his servants, saying, Mark ye now when Amnon's heart is merry with wine, and when I say unto you, Smite Amnon; then kill him, fear not: have not I commanded you? be courageous, and be valiant.*

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- C. Anger can make a person physically ill. It can cause organs of the body to not function properly and can cause ulcers.
- D. Anger burns.

Genesis 44:18, *Then Judah came near unto him, and said, Oh my lord, let thy servant, I pray thee, speak a word in my lord's ears, and let not thine anger burn against thy servant: for thou art even as Pharaoh.*

6. WHAT GOD SAYS ABOUT ANGER

- A. Proverbs 22:24, *Make no friendship with an angry man; and with a furious man thou shalt not go:*
- B. Ecclesiastes 7:9, *Be not hasty in thy spirit to be angry, for anger resteth in the bosom of fools.*
- C. Proverbs 14:17, *He that is soon angry dealeth foolishly: and a man of wicked devices is hated.*
- D. Proverbs 19:11, *The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.*
- E. Proverbs 21:14, *A gift in secret pacifieth anger: and a reward in the bosom strong wrath.*
- F. Proverbs 27:4, *Wrath is cruel, and anger is outrageous; but who is able to stand before envy?*
- G. Proverbs 16:32, *He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.*

7. HOW ANGER CAN BE OVERCOME

We must control our emotions by our spirit.

- A. By forgiving easily and quickly

Matthew 5:25-26, *Agree with thine adversary quickly, whiles thou art in the way with him; lest at any time the adversary deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison.*

v. 26, *Verily I say unto thee, Thou shalt by no means come out thence, till thou hast paid the uttermost farthing.*

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B. By receiving Christ's Spirit

Romans 8:9, *But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of His.*

8. GOD'S ANGER

A. God's wrath to come

Matthew 3:7, *But when he saw many of the Pharisees and Sadducees come to his baptism, he said unto them, O generation of vipers, who hath warned you to flee from the wrath to come?*

B. God's anger and displeasure towards Israel

Deuteronomy 9:18, *And I fell down before the LORD, as at the first, forty days and forty nights: I did neither eat bread, nor drink water, because of all your sins which ye sinned, in doing wickedly in the sight of the LORD, to provoke him to anger.*

C. The fierceness of God's anger

Deuteronomy 13:17, *And there shall cleave nought of the cursed thing to thine hand: that the LORD may turn from the fierceness of his anger, and show thee mercy, and have compassion upon thee, and multiply thee, as he hath sworn unto thy fathers;*

9. JESUS TAUGHT ON ANGER

Matthew 5:22, *But I say ;unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment . . .*

10. PAUL SAID . . .

A. Ephesians 4:26, *Be ye angry, and sin not: let not the sun go down upon your wrath.*

B. Anger is a work of the flesh.

Galatians 5:20, *Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies.*

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- C. Ephesians 4:31, *Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice.*

Colossians 3:8, *But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.*

11. EFFECTS OF ANGER

- A. King Saul had spells of depression because of anger.

I Samuel 16:14, *But the Spirit of the LORD departed from Saul, and an evil spirit from the LORD troubled him.*

Anger drove King Saul like a slave from God, from his friends, and from the throne of Israel.

- B. Stalin died in anger. It has been recorded that the Communist dictator, Joseph Stalin, died in a fit of rage.
- C. Carlos Padilla, one of the most popular movie stars in the Philippines, suffered a stroke during an outburst of anger, temper, and wrath, from which he eventually died.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

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VOLUME I

Lesson 8

HOW TO COPE WITH A BROKEN HOME

INTRODUCTION:

Marriage is the greatest and oldest institution known to man. Marriage was created by God in the Garden of Eden, where God performed the first wedding ceremony by bringing Adam and Eve together. Marriage was ordained before man had sinned. Home was created during the unblemished state of innocence in Eden. Marriage was in force before man had rebellion in his heart or lost his blessed estate in Eden.

Before there were any parents on this earth, God commanded that a man should leave his father and mother and cleave to his wife.

Marriage laws predate governments, judges, lawyers, or any other human institution.

Revealing His great concern for the home, Christ honored a wedding with His presence and performed His first miracle.

John 2:11, This beginning of miracles did Jesus in Cana of Galilee, and manifested forth his glory; and his disciples believed on him.

READING:

Matthew 19:3-6, *The Pharisees also came unto him, tempting him, and saying unto him, Is it lawful for a man to put away his wife for every cause?*

v. 4, And he answered and said unto them, Have ye not read, that he which made them at the beginning made them male and female,

v. 5, And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh?

v. 6, Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder.

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Genesis 2:18, *And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.*

Proverbs 18:22, *Whoso findeth a wife findeth a good thing, and obtaineth favour of the LORD.*

1. THE LAW OF RELATIONSHIPS

- Ephesians 5:21-31, *Submitting yourselves one to another in the fear of God.*
- v. 22, *Wives, submit yourselves unto your own husbands, as unto the Lord.*
 - v. 23, *For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.*
 - v. 24, *Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing.*
 - v. 25, *Husbands, love your wives, even as Christ also loved the church, and gave himself for it;*
 - v. 26, *That he might sanctify and cleanse it with the washing of water by the word,*
 - v. 27, *That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.*
 - v. 28, *So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.*
 - v. 29, *For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church:*
 - v. 30, *For we are members of his body, of his flesh, and of his bones.*
 - v. 31, *For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.*

2. THE DIVINE RELATIONSHIP OF ONE MAN AND ONE WOMAN

God created one man for one woman. This is the happiest mode of living. To break God's moral order is to destroy your own happiness.

3. THE MARRIAGE CONTRACT

- A. Genesis 2:23-24, *And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.*
 - v. 24, *Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.*
- B. The closest human relationship is marriage. It is more binding than that of parent and child, because the two people become one flesh.

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- C. To unmarry them, or divorce them, is to destroy this divine unity.
- D. Marriage is to be dissolved only by death. The wedding ceremony says, “. . . till death us to part.”

4. THE BILL OF DIVORCEMENT

- A. Matthew 5:31-32, *It hath been said, Whosoever shall put away his wife, let him give her a writing of divorcement:*
v. 32, *But I say unto you, That whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.*
- B. Mark 10:11-12, *And he saith unto them, Whosoever shall put away his wife, and marry another, committeth adultery against her.*
v. 12, *And if a woman shall put away her husband, and be married to another, she committeth adultery.*

5. WARNINGS

- A. Hebrews 13:4, *Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.*
- B. Romans 7:2, *For the woman which hath an husband is bound by the law to her husband so long as he liveth; but if the husband be dead, she is loosed from the law of her husband.*
- C. I Corinthians 7:10-11, *And unto the married I command, yet not I, but the Lord, Let not the wife depart from her husband:*

6. FORBIDDEN TO MARRY UNBELIEVERS

- A. Isaac—Genesis 24:3, *And I will make thee swear by the LORD, the God of heaven, and the God of the earth, that thou shalt not take a wife unto my son of the daughters of the Canaanites, among whom I dwell:*
- B. Jacob—Genesis 28:1, *And Isaac called Jacob, and blessed him, and charged him, and said unto him, Thou shalt not take a wife of the daughters of Canaan.*
- C. Deuteronomy 7:3, *Neither shalt thou make marriages with them; thy daughter thou shalt not give unto his son, nor his daughter shalt thou take unto thy son.*

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- D. I Peter 3:7, *Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.*
- E. Ephesians 5:11, *And have no fellowship with the unfruitful works of darkness, but rather reprove them.*
- F. II Corinthians 6:17, *Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you,*

7. HOW TO COPE WITH A TROUBLED MARRIAGE

- A. If both the husband and the wife will give to the other all that is right plus a little extra, both will be very happy.
- B. Most divorces occur because one of the marriage partners feels that he or she has not been given the proper love and consideration.

8. MARRIAGE THREE WAYS

In marriage, or the uniting of man and woman, they are to be united in three areas:

- A. Body marriage is the physical union.

Multitudes of marriages are consummated because of sexual desires, physical attraction, a sweet smile, or a tender touch.

Physical attraction will not hold two people together. They will more than likely find themselves in court, hating their mate.

To be physically married means that only one-third of the marriage vow is consummated.

- B. Soulical marriage is when the mind, emotions, and will agree.

A man's soul includes:

- 1) his mind, his mental abilities
- 2) his emotions, which involve joy and sorrow, likes and dislikes
- 3) his will, which reveals his ambitions, determinations, and willingness to cooperate with others.

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Many marriages include not only physical attraction but also soulful togetherness. The man and woman give consideration to their thinking alike, their emotional compatibility, and their willingness to be subservient one to another by their willpower.

This is an important goal in marriage. This contributes to their happiness.

C. Spirit marriage, oneness in conversion, faith, and worship

When a young man or a young woman looks for a mate, they need to think and choose in three separate areas.

- 1) Be sure physical attraction is present.
- 2) See that their soulful elements are compatible.
- 3) Most importantly, they need to determine unity of Christian commitment.
 - a. They must enjoy the same kind of worship.
 - b. They must establish a family altar with Bible reading and prayer.

The lowest divorce rate occurs among marriages united in these three ways. The highest divorce rate is among marriages based on physical attraction.

There is a greater chance of holding a marriage together when mind, emotions, and will harmonize.

Truly happy marriages are those which are consummated at the altar of God where bride and groom have spiritual compatibility.

9. OLD TESTAMENT DEALINGS WITH UNFAITHFULNESS

Leviticus 20:10, And the man that committeth adultery with another man's wife, even he that committeth adultery with his neighbour's wife, the adulterer and the adulteress shall surely be put to death.

CONCLUSION:

In America there is too much candy, too many cars, too many lawyers willing to separate people, and too many judges willing to give divorces. If divorce were made more difficult and expensive, husbands and wives would forgive each other and live together--which is the will of God.

Marriage is like a plant: It needs watering, tender love, and care.

STUDY GUIDE

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VOLUME I

Lesson 9

HOW TO COPE WITH MENTAL ILLNESS

INTRODUCTION:

At one time, mental illness was hush-hush, not to be talked about. Today 18 to 20 million Americans are mentally ill. Over one-half of all hospital beds are taken by mentally ill patients. Every night millions of Americans swallow sleeping pills because they cannot relax.

Every week more than 20 million Americans see their doctors. Doctors report that over half of their patients' diseases are caused by emotional illness.

This generation is suffering an epidemic of nervousness. This situation was prophesied by Jesus.

Luke 21:25-26, . . . *and upon the earth distress of nations, with perplexity; the sea and the waves roaring;*

v. 26, *Men's hearts failing them for fear, and for looking after those things which are coming on the earth:*

God's people need not suffer nervous breakdowns like other people of this generation do.

READING:

Isaiah 26:3, *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

How to Cope with Mental Illness
Lesson 9

- A. The mind of man is beyond comprehension and definition. It is the cradle of memory, source of creativity, awareness of consciousness, perception of mysteries. One could endlessly describe the function of the human mind.
- B. The mind is the third part of the human soul. The emotions and will are the others. The mind is part of the self life, the Adamic nature. Its natural relationship with its environment is degenerate and alienated from God.

2. WHAT CAUSES MENTAL ILLNESS?

A. Unhappiness

Problems can begin with unhappiness with the family in the home, on the job, or in a frustrating marriage that does not allow growth on the part of either partner mentally. Some people kill their mental growth with unhappiness. It can grow from an unsatisfying situation.

B. Finances

Today financial worries are a major factor. Indebtedness can be a problem.

C. Depression

America has psychiatric wards where psychoneurotic people with depression and personality disorders are kept. When a patient first arrives, the women often have messy hair and the men are unshaven. Both lack self-respect, an outward sign of poor mental health.

D. Feelings of alienation

When people feel that no one cares or is interested in their personal problems, they become alienated from others. This can grow into total alienation. They will not see their own life or other people's actions as normal.

E. Removed from reality

A psychotic patient is sometimes removed from reality, suspicious, and paranoid.

F. Dehumanized humans

More factory workers are seeking psychiatric help than ever before. They feel that the factory considers them production machines, not human beings.

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G. Secret sin

A secret sin brings self-condemnation. It can destroy the nervous system. Secret sins can destroy your health and cause a breakdown, a quiet complex.

James 1:15, *Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.*

H. Problems

Attempting to carry the problems of others can destroy your personality. Almost everyone who has a nervous breakdown has been worried over somebody else's problems and has tried to carry the problems of the world until they break under the weight. God instructs us to take our cares to Jesus because He cares.

I Peter 5:7, *Casting all your care upon him; for he careth for you.*

3. MENTAL ILLNESS IN THE BIBLE

- A. King Saul of Israel had a mental breakdown caused by jealousy, pride, and fear. This created hatred, murder, and finally suicide.

I Samuel 31:4, *Then said Saul unto his armourbearer, Draw thy sword, and thrust me through therewith; lest these uncircumcised come and thrust me through, and abuse me. But his armourbearer would not; for he was sore afraid. Therefore Saul took a sword, and fell upon it.*

- B. King Nebuchadnezzar went insane for seven years. He was abnormal and lived as an animal. The Bible says it was caused by pride, arrogance, conceit, and boasting.

Daniel 4:33, *The same hour was the thing fulfilled upon Nebuchadnezzar: and he was driven from men, and did eat grass as oxen, and his body was wet with the dew of heaven, till his hairs were grown like eagles' feathers, and his nails like birds' claws.*

- C. Ahithophel, King David's counselor, fell apart emotionally. He had problems he could not resolve and disappointments he could not bear. He committed suicide.

II Samuel 17:23, *And when Ahithophel saw that his counsel was not followed, he saddled his ass, and arose, and gat him home to his house, to his city, and put his household in order, and hanged himself, and died, and was buried in the sepulchre of his father.*

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Ahithophel lived with the psalmist David but never learned the 23rd Psalm. You can live near a blessing without receiving a blessing.

4. HOW TO KEEP GOOD MENTAL HEALTH

- A. Think positively. A negative spirit is sick. It can affect the body and destroy the nervous system.

A person can become negative at home with his family, at work, in business, and even toward religion.

The devil is the author of a negative spirit. He forbids your being positive. God tells us to think about good things.

Philippians 4:8, *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

- B. Obey the laws of God and nature. When a person tries to destroy the fabric of God's moral universe, it will destroy him.
- C. Don't work too hard or too long. Learn to relax and rest.
- D. Possess a forgiving spirit. To live in the past is to destroy the present. Forgive easily as Jesus forgave others.

Paul said in Philippians 3:13, . . . *forgetting those things which are behind, and reaching forth unto those things which are before* The apostle was so busy enjoying the present that he did not worry about the past. Because his future was so bright, he had no desire to look into the gloom of yesterday.

- E. Refuse to let fear rule your life. The heathen fear, the ignorant fear, the sinners fear, but God's people cannot permit fear to dominate their lives. One cannot be afraid of the future, of disease, of the unknown, or of the known! Scientists say that there are over 80 known phobias, but the Bible says over 365 times, *Fear not.*

- F. Don't evade the real issues of life. Those who seek to live in a dream world are headed for a breakdown.

When problems stack up and we refuse to make decisions, it destroys our nervous system.

David said in Psalm 25:9, *The meek will He guide in judgment: and the meek will He teach His way.*

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- G. Why not try God? America tries diet pills to lose weight, sleeping pills to get to sleep, pep pills to get going, and tranquilizers to slow down, until their nervous systems are on the verge of collapse.

When all of these devices for coping with daily problems and pressures deny us victory, why not try God?

Jesus said in Matthew 11:28, *Come unto Me, all ye that labour and are heavy laden, and I will give you rest.*

The Bible says that there is a peace that passes all understanding.

Philippians 4:7, *And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

Romans 14:17, *For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.*

You cannot have a nervous breakdown when you are full of peace and joy.

I Peter 5:7, *Casting all your care upon Him; for He careth for you.*

STUDY GUIDE

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VOLUME I

Lesson 10

HOW TO COPE WITH SUICIDAL TENDENCIES

INTRODUCTION:

Beyond contradiction, these are violent times in which we live. There is more violence per capita on the earth today than history ever recorded. The problem is not local but worldwide in devastation—Australia, Japan, Europe, etc. Human relationships are violent. Wars, rebellion, the overthrow of governments, and crime are universal.

READING:

Exodus 20:13, *Thou shalt not kill.*

Revelation 21:7-8, *He that overcometh shall inherit all things; and I will be his God, and he shall be my son.*

v. 8, *But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.*

1. THE TAKING OF HUMAN LIFE

Killing has many forms:

- A. Homicide: one person kills another person
- B. Patricide: murder of one's father
- C. Matricide: murder of one's mother
- D. Infanticide: murder of a baby (Feticide is abortion.)
- E. Fratricide: the slaying of a brother or sister

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F. Suicide: to kill oneself

- 1) Some physicians call suicide a disease.
- 2) The law calls suicide a crime.
- 3) Religion calls suicide a sin.
- 4) The Japanese glorify suicide.
- 5) The Israelites abhorred suicide.
- 6) Ancient Rome condoned suicide. Seneca, Hannibal, etc., all committed suicide.

2. GLOBAL VIOLENCE

- A. Today fury and violence are unequalled in all history.
- B. Not only are men violent, but nature is violent.
- C. There are devastating fires in many areas.
- D. There are earthquakes, typhoons, tornadoes, and hurricanes.

3. SUICIDE INCREASING

- A. Self-destruction is a part of this global violence. It is growing annually with about 30,000 suicides in the United States each year.
- B. Suicide is becoming a worldwide disaster. Doctors have concluded that millions of people are considering taking their own lives.
- C. Men are actively seeking self-destruction.
 - 1) Some men deliberately overwork.
 - 2) Some drink themselves into insensibility.
 - 3) Some men overdose on drugs.
- D. Men want to die because they are unable to adjust to a society of violence and moral corruption.
- E. Over 400,000 Americans attempt suicide annually. An attempt is made every 90 seconds.
- F. Suicide has become the sixth leading cause of death in the United States. It is the leading cause of death among people under 30 years of age. Psychiatrists commit suicide at a rate four times that of the average white male. Dentists have an extremely high suicide rate--seven or eight times the national average.

- G. Women are more apt than men to attempt suicide, but men succeed more often. Most suicides are committed with handguns.

4. SUICIDE IN THE BIBLE

The following are three of the five suicides mentioned during 1500 years of biblical history:

A. King Saul

I Samuel 31:4, Then said Saul unto his armourbearer, Draw thy sword, and thrust me through . . . But his armourbearer would not . . . Therefore Saul took a sword, and fell upon it.

- 1) He lost the respect of people.
- 2) He lost a battle.
- 3) He lost his throne and life.

B. Ahithophel

II Samuel 17:23, And when Ahithophel saw that his counsel was not followed, he . . . gat him home to his house, to his city, and put his household in order, and hanged himself . . .

- 1) Shame
- 2) Guilt
- 3) Alienation
- 4) Feeling of hopelessness
- 5) Failure—great depression
- 6) Distress
- 7) Disappointment

C. Judas Iscariot

Matthew 26:14-15, Then one of the twelve, called Judas Iscariot, went unto the chief priests, v. 15, And said unto them, What will ye give me, and I will deliver him unto you? And they covenanted with him for thirty pieces of silver.

Matthew 27:5, And he cast down the pieces of silver in the temple, and departed, and went and hanged himself.

5. WHY SUICIDE?

The strongest instinct in human nature is self-preservation. For a human to break that power and destroy his life means that he has destroyed the strongest instinct given by God.

6. LIFE IS PRECIOUS

Teach your youth that life is precious, and to respect it.

The movie and television industry has done a lot to damn humanity. Many films portray violence—killers just ride away without burying the dead. Young people see this cruelty and begin to wonder if life is precious.

7. YOU ARE AN IMMORTAL SOUL

- A. You have no more right to take your own life than to take your neighbor's life. God gives life. Therefore, it stands to reason that you are not to take your own life.
- B. When a person takes his life he is thrown into the vastness of eternity without God.

Revelation 21:8, But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.

8. DISPENSATIONAL SUICIDE IN PROPHECY

- A. Jesus predicted suicide in the last days.
Luke 21:26, Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.
- B. If men and women would come to realize this condition is prophetic, they would fight harder to be free.
- C. God does not want you to take your life! Your loved ones do not want you to take your life! You, in your right mind, do not wish to take your life, so there is not one left but the devil!
- D. When we leave this life, let it be the home-call from God saying, "I've got your mansion ready, come on home." Until then, we must be faithful to Him.

9. SUICIDAL TENDENCIES ARE PREDICTABLE, RECOGNIZABLE, AND PREVENTABLE

Reasons for suicide:

- A. “I can’t live without him!” About two-thirds of this group is female. About one-half are in their 20s, fifteen percent in their 30s, and twenty percent in their 50s.
- B. Middle-aged depression. These generally are stable people in their 40s and 50s who outwardly are successful but who have inner feelings of meaninglessness and depression. Often they are concerned about waning sexual prowess.
- C. “I can’t live without you!” These are people caught up in a destructive relationship with another person—usually a spouse, a lover, or a mother. Each seems to bring out the worst in the other. Often both partners are suicidal or homicidal.
- D. Violent men. Some members of this group have had prior psychiatric treatment. They are impulsive, restless, and depressed following a disruptive experience. Many violent men can be redeemed if they marry the right woman.
- E. Discarded women. These women have a strong feeling of abandonment by a man. Very often, however, they have had an earlier experience of discarding a man. They emphasize feminine attractiveness. They were either rejected or felt they were rejected by their parents. People often do not take them seriously.
- F. Chaotic individuals. This group consists mostly of psychotics.
- G. Malignantly masochistic women. These women are called “death-oriented.” They seem to think almost all the time about death and consider dying an almost welcome end. Some write poetry in which they express death almost as if it were a lover. Almost invariably, they have had unfortunate childhoods.
- H. Down and out. These are men and women whose lives have been on a downhill course involving the loss of a good job or a spouse. Often heavy drinkers, they become suicidal when they run out of roots in the world. Most have had unsuccessful experiences with various agencies set up to help such people. Eventually, even these agencies close the doors to them.
- I. Adolescent family crisis. Girls have a higher suicide-attempt rate, but boys more often succeed. Those who work with youth see adolescent suicides as an attempt by the adolescent to dramatize a family problem which invariably exists in these cases. In many cases they are responding to the problems of the family far more often than to drug abuse or college tensions.

How to Cope with Suicidal Tendencies
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- J. Old and alone. Often these people have had stable lives, but in old age they feel that everyone important to them is gone and that they have outlived their productiveness in life. They feel useless, unloved, and unhappy.

10. DISILLUSIONMENT TO LIFE CAN CAUSE SUICIDE

- A. Do not become disillusioned if life's dreams do not come true. Just create new dreams.
- B. Do not become disillusioned with humanity and existence.
- C. The devil is always the one who tempts a person to commit suicide.
- D. Suicide is an evil spirit.

11. DISAPPOINTMENT CAN CAUSE SUICIDE

- A. A person can become disappointed in business and with his family. The heart becomes downcast.
- B. We have to be bigger than our disappointments.
- C. Don't consider for a second that you can escape a problem by taking your own life.
- D. Pray, "Oh God, I'm going through, in Jesus' Name."

12. DEPRESSION CAN CAUSE SUICIDE

- A. Depression can come through sickness or tragedy.
- B. The devil will move in on weakness and magnify our sorrows. If we resist the devil in the name of Jesus, he will flee, and depression will go.
- C. God does not want our spirits and minds to be depressed. He wants us happy and joyful. He has power to bring peace of mind to every problem of life.

13. DECEPTION CAN CAUSE SUICIDE

- A. A person becomes deceived in his own mind. He thinks, "Now suicide isn't very bad; I can take some pills and go off to sleep." He is looking for an easy way out of his problems.
- B. Jesus expects us to face up to reality.

14. DEPENDENCE ON OTHER SOURCES FOR GUIDANCE AND STRENGTH

A person who is not able to cope within himself with the issues and stresses of life is a prime suicide candidate.

15. DEMON POSSESSION

An evil spirit can urge suicide and beg a person to end it all.

16. LIFE IS WORTH LIVING: GOD HAS THE THERAPY

A. There is joy in living.

Psalm 43:5, Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.

B. People in the poorest of material circumstances can be wonderfully happy because they know how to live.

C. People who have suffered terrible diseases and other misfortunes can be happy because of the right attitude toward God.

D. There is a place for everyone to be happy. Love God with all your heart and be what God would have you to be.

CONCLUSION:

The Bible says in Ecclesiastes 12:7, *Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it.* He gives life and we have no right to tamper with it; it is His property. We must appreciate and enjoy our lives until we see Him face to face.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

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VOLUME I

Lesson 11

HOW TO COPE WITH A GUILT COMPLEX

INTRODUCTION:

Man has developed many ways to pry into his inner self. Modern science can determine the guilt or innocence of human behavior. The lie detector is used in legal proceedings. Third-degree interrogation with mental and physical brutality is used in police states and on prisoners of war.

However, man's greatest detection of right and wrong is his own conscience. It is divinely built into his inner man. The layman speaks of the guilty look. The eyes have a story to tell. They listen for guilty words, a person's speech reveals right and wrong.

READING:

Romans 8:1, *There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*

1. WHO FEELS GUILT?

Only human beings have guilt feelings. The vast creation of fauna goes through this life without a guilt complex. Animals feel no personal guilt for their deeds.

2. WHAT IS THE GUILT COMPLEX?

Guilt is a part of the human conscience. Guilt feelings are rebukes for the broken laws of God and nature. These feelings remove peace and tranquility from the human mind. They remove joy and happiness from human emotions.

3. THE ORIGIN OF THE GUILT COMPLEX

The guilt complex was first identified and recorded in Genesis. Adam and Eve deliberately transgressed against the revealed plan and purpose of God. When the regular meeting time with God came in the evening, Adam and Eve were hidden in the bushes and afraid to meet God (Genesis 3:10). In the human structure, sin produces the guilt complex.

For a human to say, “I am guilty,” is a big thing. It can be either negative or positive.

II Corinthians 7:10, For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.

4. GUILT CAN BE A DECEIVING LIE

I have met war veterans who, after returning home, felt that they were murderers and could not forget it. I do not feel that a man in the armed forces, who acted by command and duty, is a murderer. His nation may stand rebuked for an unrighteous war, but he has not personally been involved in the decision-making process of the war. He should not permit this guilt complex to destroy him.

I have met others who are still enduring a nagging misery because of sins committed—even though they are now forgiven because of their confession to Christ. A guilt complex is from the devil.

5. THE EFFECTS OF A GUILT COMPLEX

- A. Loneliness: A feeling of guilt cuts one off from God and those whom they have hurt here on earth.
- B. Despair: A feeling of guilt creates human despair. It is a feeling of failure and helplessness.
- C. Fear: A feeling of guilt creates the fear that one may never be able to retract his offense and be pure as he was before.
- D. Bitterness: A feeling of guilt often makes one angry at himself and many times at those he was involved with in a transgression.
- E. Unworthiness: The guilt complex can develop a feeling of unworthiness of the forgiveness and mercy of God.

How to Cope with a Guilt Complex
Lesson 11

- F. Resentment: The guilt complex can create a wall of resentment that separates close loved ones and friends.
- G. Unforgiveness: A feeling of deep guilt can cause an unforgiving spirit which can change attitudes toward others.
- H. Regret: A guilt complex always creates regret and remorse. The person feels that he should not have done what he did.
- I. Nagging: Hidden sin produces a guilt complex. There are unjudged deeds hidden in our nagging consciences within us, reminding us that judgment day must come.

6. GUILT NOT ACCEPTED BY CHRIST

In Christ's story of the prodigal son in Luke 15, He said the prodigal son returned home laden with guilt. He told his father, "I am no more worthy to be called your son; make me as one of your hired servants." The father replied, "Bring a robe and a ring! My son who was dead is now alive!" There was no guilt!

7. THE GERMAN BABY

A man I knew was suffering from heavy remorse and a guilty conscience. He could not accept salvation and forgiveness. I said, "Why?" He said, "While I was in the armed services in Germany, I lived with a German woman and left a baby behind. My wife in this country does not know it, and my conscience convicts me day and night."

8. A GRAIN OF RICE

In the state of Mississippi, a man named Rice disappeared and could not be found. Over 10 years later, one man carelessly told another, "See that pond of water? I planted a grain of rice there 10 years ago which has never grown." This other man felt very strange about the statement, looked through old newspapers, and discovered that a man by the name of Rice had disappeared. He reported it to the police, who then searched the bottom of that pond. In the water, they found a human skeleton with a chain wrapped around it. The man confessed when confronted with the evidence. He was condemned and sent to prison. His guilt complex finally burst open and the act of murder was punished.

9. MENTAL DERANGEMENT

Guilt can produce insanity.
A nagging emotion can become an obsession and produce mental instability.
The older the person grows, the stronger his obsession becomes.

10. A GUILT COMPLEX CAN CAUSE SUICIDE

- A. See Lesson 10, “How to Cope with Suicide.”
- B. Judas Iscariot drowned in a whirlpool of guilt by taking his own life.

Matthew 27:5, And he cast down the pieces of silver in the temple, and departed, and went and hanged himself.

King Saul did the same when he knew that God was no longer with him.

11. GUILT FEELINGS IN HELL

Jesus told the rich man in hell that awful remorse will follow the wicked for eternity.

Luke 16:25, But Abraham said, Son, remember that thou in thy lifetime receivedst thy good things, and likewise Lazarus evil things: but now he is comforted, and thou art tormented.

12. HOW TO COPE WITH GUILT

The Bible gives several examples of men coping with guilt.

- A. David

Psalm 32:5, I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah.

- B. Peter

*Luke 22:60-62, And Peter said, Man, I know not what thou sayest. And immediately, while he yet spake, the cock crew.
v. 61, And the Lord turned, and looked upon Peter. And Peter remembered the word of the Lord, how he had said unto him, Before the cock crow, thou shalt deny me thrice.
v. 62, And Peter went out, and wept bitterly.*

- C. Thief on the cross

*Luke 23:42-43, And he said unto Jesus, Lord, remember me when thou comest into thy kingdom.
v. 43, And Jesus said unto him, Verily I say unto thee, To day shalt thou be with me in paradise.*

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D. Ezra

Ezra 10:11, *Now therefore make confession unto the LORD God of your fathers, and do his pleasure: and separate yourselves from the people of the land, and from the strange wives.*

E. Nehemiah

Nehemiah 9:2, *And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers.*

F. Paul in Rome

Romans 10:9, *That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.*

13. THE BIBLE CLEARLY STATES THAT GOD FORGIVES

A. Psalm 103:12, *As far as the east is from the west, so far hath he removed our transgressions from us.*

B. The apostle Paul admonishes us in Philippians 3:13, . . . *forgetting those things which are behind . . .*

C. The great prophet Isaiah

Isaiah 43:25, *I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins.*

D. Romans 8:1, *There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*

CONCLUSION:

It is one thing to be guilty, but we can go to the cross of Jesus Christ, confess our guilt, and be forgiven. It is another thing to be burdened with a guilt complex that is destructive and demonic. Get rid of it in Jesus' name!

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE

VOLUME I

Lesson 12

HOW TO COPE WITH DEATH

INTRODUCTION:

The study of death is called thanatology. There is remarkable interest in the subject today. It has been discovered that thousands of university students in America are eager to study the subject of human death. Death once was considered to be a morbid subject, but when it was made available to students, the classrooms were quickly filled with young people deeply interested in death and after-death.

READING:

Hebrews 9:27, *And as it is appointed unto men once to die, but after this the judgment:*

1. WHAT IS HUMAN DEATH?

I understand that scientifically and medically, our bodies begin to die the day that we are born. Human death is a separation from material and corporal reality.

Poetry, music, prose, the great arts of painting and sculpturing have been vehicles which man has used to express this desire and longing for immortality—to live beyond death.

2. WHAT CAUSED HUMAN DEATH?

Adam and Eve were the first people to witness and face human death. They saw the bloodied and lifeless body of their son Abel.

Genesis 4:8, *And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him.*

How to Cope with Death
Lesson 12

Within a few hours they smelled the decomposition of Abel's body and knew he must be buried. This forcibly brought the truth of God's Word to Adam, "The day you eat, you shall die." Since this first death billions have died. The great and mighty who rule, die; the low and humble who serve, die. Universal death has come to be known as a monster.

3. DEATH UNLIMITED

This subject of thanatology is something of great interest to all because it is experienced by all. Just as sure as one is born, he must die. The Word of God says in Hebrews 9:27, . . . *it is appointed unto men once to die* . . .

4. MAN ALONE, IN ALL OF CREATION, IS NOT SATISFIED WITH A LIMITED LIFE ON THIS PLANET

Man is the only known creature of God not to be entirely satisfied with the life that he lives on the face of this earth. Man yearns for life beyond this life. This desire is from God. This instinct is from God. It is said that when Andrew Carnegie was told he was going to die he said, "I'll give you a million dollars if you'll give me another hour of life." And he said, ". . . also, if you prove to me the immortality of man." Mr. Carnegie, with his millions, waited too long to receive this knowledge, because it is only found at the old, rugged cross of Christ.

5. CHRIST REVEALED THE MEANING OF DEATH

Paul said in II Timothy 1:10, *But is now made manifest by the appearing of our Saviour Jesus Christ, who hath abolished death, and hath brought life and immortality to light through the gospel:*

Jesus Christ entered the vale of death and returned, the Savior of the living and the dead. It is only the gospel of Christ that offers truth about immortality. In the textbooks of man you cannot find the truth about our subject; we must look into the Word of God. Only the Bible gives the truth about death and life hereafter.

It is very interesting that man has always searched for truth regarding the hereafter. His greatest explorations have been his search for immortality, for life after death. It does not matter whether you study the American Indian or the ancient people of India, the African or the Eskimo—man's greatest search has been his search for immortality. Within him are the words which pounded in Job's mind when he said, "If a man die, shall he live again . . .?" But Job answered his own question.

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Job 19:26, *And though after my skin worms destroy this body, yet in my flesh shall I see God:*

Job had discerned the truth of immortality.

Job 14:14, *If a man die, shall he live again? all the days of my appointed time will I wait, till my change come.*

6. CHRISTIAN DEATH

A tremendous fact concerning Christian death is what the apostle Paul told us in I Thessalonians 4:13, . . . *sorrow not, even as others which have no hope.* I have lived extensively in pagan lands and witnessed heathen funerals. In China, I saw funerals which lasted for a week or ten days. When the family could not mourn sufficiently themselves, they hired special mourners to weep for them. These professional mourners would have tears running down their faces and they looked to be in the depths of grief. The greatest sorrow is that they had no hope for eternity. They had no knowledge. To them death was the end; death meant extinction. The Word of God teaches Christians that humans are immortal and live forever.

7. DEATH OF A SINNER

When a sinner dies there is no hope for him, there is only hell. But a person says, "I don't believe in hell." Friend, one may not believe the sun is going to rise tomorrow, but that will not keep the sun from rising. The sun will rise and, despite one's feelings or philosophy about it, will not change its shining.

Before Columbus sailed across the Atlantic Ocean, people thought the world was flat. Their erroneous belief did not make the world flat.

One's wishing that there is no hell will not make it so. If Jesus talked about hell, then you and I had better come to understand the truth about it.

8. PAGAN CUSTOMS ABOUT DEATH

A. One may ask, "Is a soul saved when one is baptized for the dead?" No, it is not. Paul reprimanded the Corinthians for this pagan custom.

I Corinthians 15:29, *Else what shall they do which are baptized for the dead, if the dead rise not at all? why are they then baptized for the dead?*

They were baptizing for the dead, and getting nowhere with it. The Bible specifically says in Hebrews 9:27, . . . *it is appointed unto men once to die, but after this the judgment.*

How to Cope with Death
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The destiny of man cannot be changed after he breathes his last breath. There is no human being that ever lived upon this earth who can change a man's destiny after death.

- B. Reincarnation doctrines were born of the devil to deceive mankind! There is no reincarnation of a human life. There is no valid instance in history which can be proven. The Word of God says simply, It is appointed unto men once to die. Man cannot die twice. In the parable of the rich man and Lazarus, Jesus said that the rich man had no hope offered to him. There is no hope in hell.

Luke 16:25-26, But Abraham said, Son, remember that thou in thy lifetime receivedst thy good things, and likewise Lazarus evil things: but now he is comforted, and thou art tormented.

v. 26, And beside all this, between us and you there is a great gulf fixed: so that they which would pass from hence to you cannot; neither can they pass to us, that would come from thence.

9. DEATH TO BE DESTROYED

Perhaps the greatest verse in the Bible is Revelation 21:4, . . . *and there shall be no more death . . .* Christ tasted death for all men.

Hebrews 2:14-15, Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil;

v. 15, And deliver them who through fear of death were all their lifetime subject to bondage.

10. HOW TO COPE WITH DEATH

Humans face death in various ways. Some cringe with great fear, terror, and horror, while others shout in victory for completeness of this life while entering a greater life.

- A. Prepare for death in advance.
- B. Do your best in this life, living in upright, day-by-day contact with Christ through prayer and reading the Scriptures.
- C. Don't be afraid.

Psalm 23:4, Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me. . . .

STUDY GUIDE

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VOLUME I

Lesson 13

HOW TO COPE WITH FEELINGS OF UNFORGIVENESS

INTRODUCTION:

It has been said that to err is human, but to forgive is divine.

READING:

Ephesians 4:32, *And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*

Colossians 3:13, *Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.*

Luke 6:37, . . . *forgive, and ye shall be forgiven.*

I John 1:9, *If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*

1. WHAT ARE FEELINGS OF UNFORGIVENESS?

- A. The dictionary defines unforgiveness as “not giving up resentment against, or the desire to punish; being angry with; not pardoning.”
- B. Some people find it difficult to believe that God has forgiven them.
- C. Forgiveness means forgetting.

How to Cope with Feelings of Unforgiveness
Lesson 13

2. WHAT WILL UNFORGIVENESS DO TO YOU?

- A. Emotional scars are sometimes sore and deep.
- B. Unforgiveness can lead to depression.
- C. Unforgiveness can lead to suicide.
- D. A feeling of not being forgiven can blight you and shorten your life.

3. FORGIVENESS

- A. David forgave Absalom.

II Samuel 18:33, And the king was much moved, and went up to the chamber over the gate, and wept: and as he went, thus he said, O my son Absalom, my son, my son Absalom! would God I had died for thee, O Absalom, my son, my son!

- B. The father of the prodigal son forgave.

Luke 15:20, 24, And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him.

v. 24, For this my son was dead, and is alive again; he was lost, and is found. And they began to be merry.

- C. Jesus on the cross said, *Father, forgive them . . .* (Luke 23:24).
- D. Jesus forgave Peter for backsliding.

John 21:15-19, So when they had dined, Jesus saith to Simon Peter, Simon, son of Jonas, lovest thou me more than these? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my lambs.

v. 16, He saith to him again the second time, Simon, son of Jonas, lovest thou me? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my sheep.

v. 17, He saith unto him the third time, Simon, son of Jonas, lovest thou me? Peter was grieved because he said unto him the third time, Lovest thou me? And he said unto him, Lord, thou knowest all things; thou knowest that I love thee. Jesus saith unto him, Feed my sheep.

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v. 18, *Verily, verily, I say unto thee, When thou wast young, thou girdedst thyself, and walkedst whither thou wouldst: but when thou shalt be old, thou shalt stretch forth thy hands, and another shall gird thee, and carry thee whither thou wouldst not.*

v. 19, *This spake he, signifying by what death he should glorify God. And when he had spoken this, he saith unto him, Follow me.*

- E. A popular story illustrates forgiveness. A son who could not believe that he was forgiven asked his mother and father to put a handkerchief in a tree to prove that he was forgiven. Instead of a handkerchief, they hung a sheet on the tree.

4. HOW TO COPE WITH A FEELING OF UNFORGIVENESS

- A. Think honestly about both sides of the problem.
- B. Consult a person of ability, such as a minister or spiritual leader.
- C. Accept the Spirit of Christ who forgave all those who hurt Him.

5. RESULTS OF FORGIVENESS

Romans 14:17, *For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.*

- A. There will be peace that is deep and lasting.
- B. Joy overflowing
- C. Fulfillment in having won a friend

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

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VOLUME I

Lesson 14

HOW TO COPE WITH REJECTION

INTRODUCTION:

In a children's story, the ugly duckling was rejected. The story says the ugly duckling was born in a poultry yard. The chickens made fun of him, so he went into the world to seek his fortune. There he was also persecuted because he was so ugly. He saw the graceful swans and envied them. After a long cold winter, spring arrived. He looked at his reflection in the water and discovered that he had become a beautiful white swan.

READING:

Matthew 21:42, *Jesus saith unto them, Did ye never read in the scriptures, The stone which the builders rejected, the same is become the head of the corner: this is the Lord's doing, and it is marvellous in our eyes?*

Isaiah 53:3, *He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.*

1. ADAM WAS THE FIRST TO FEEL REJECTED AND DEJECTED

Adam felt rejected and hid himself in the bushes.

Genesis 3:10, *And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.*

How to Cope with Rejection
Lesson 14

2. CAIN WAS REJECTED

Genesis 4:7, *If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door*

3. SINNERS REJECT GOD'S LAW

Jeremiah 6:19, *Hear, O earth: behold, I will bring evil upon this people, even the fruit of their thoughts, because they have not hearkened unto my words, nor to my law, but rejected it.*

4. CHRIST WAS REJECTED BY HIS GENERATION

Luke 17:25, *But first must He suffer many things, and be rejected of this generation.*

5. WHY DO HUMANS REJECT OTHER HUMANS?

- A. Many are rejected because of their unusualness; they do not follow the crowd.
- B. Some are rejected because they refuse to act as others do.
- C. Another cause of rejection is a difference in culture.
 - 1) Acts 2:7, . . . *are not all these which speak Galileans?*
 - 2) Foreigners often feel rejected.

6. REJECTION CAN BE THE RESULT OF CARELESSNESS

- A. Some people do not watch over their families.
- B. Others do not watch over their businesses.
- C. Many people do not watch over spiritual things.

7. SOME ARE REJECTED BECAUSE OF MEANNESS AND SIN

- A. Peter felt rejected.

Matthew 26:75, *And Peter remembered the word of Jesus, which said unto him, Before the cock crow, thou shalt deny me thrice. And he went out, and wept bitterly.*

How to Cope with Rejection
Lesson 14

B. Esau was rejected.

Hebrews 12:17, *For ye know how that afterward, when he would have inherited the blessing, he was rejected: for he found no place of repentance, though he sought it carefully with tears.*

8. JESUS WILL NOT REJECT

Proverbs 18:24, *A man that hath friends must show himself friendly: and there is a friend that sticketh closer than a brother.*

Psalms 27:10, *When my father and my mother forsake me, then the LORD will take me up.*

9. DIVINE REJECTION

God rejects sin.
God rejects rebellion.
God rejects unbelief.

10. CHRIST KNEW REJECTION

Jesus knew rejection from the religious and political system as well as His disciple Judas.

He was rejected by the masses. Luke 17:25, *... be rejected of this generation.*

Isaiah 53:3, *He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.*

Matthew 21:42, *Jesus saith unto them, Did ye never read in the scriptures, The stone which the builders rejected, the same is become the head of the corner: this is the Lord's doing, and it is marvellous in our eyes?*

11. REJECTION WITH PATIENCE

I Peter 2:20, *For what glory is it, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God.*

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE

VOLUME I

Lesson 15

HOW TO COPE WITH BEING UNLOVED

INTRODUCTION:

This is one of the most pertinent lessons in this series.

READING:

God's Love—Jeremiah 31:3, *The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.*

How to Love—I John 3:18, *My little children, let us not love in word, neither in tongue; but in deed and in truth.*

The Divine Command—I Corinthians 14:1, *Follow after charity, and desire spiritual gifts . . .*

1. MAN NEEDS LOVE

- A. Lovelessness is the deeply-rooted cause of almost every human problem.
- B. Everyone is starving for love.
- C. God planted this insatiable desire and hunger for love.
- D. Love is the most significant thing on this earth.
- E. People are to be loved.
- F. Things are to be appreciated.

2. THE BATTLE FOR LOVE

- A. Love and hate sprang full-grown onto the stage of human action as demonstrated with the first two brothers, Abel and Cain. Cain demonstrated hate while Abel demonstrated love.
- B. There is a perpetual conflict between love and hate. God is revealed when humans love one another. The devil is revealed when humans hate.
- C. Inhumanity to people through hate destroys society. Our world realizes this fact.
- D. Love can survive many hazards and hardships, but it cannot survive neglect. Love must be cared for.

3. WHAT IS LOVE?

In the Greek language there are different words for love.

A. Agape

- 1) This is God's love to His Son.

John 17:26, And I have declared unto them thy name, and will declare it: that the love wherewith thou hast loved me may be in them, and I in them.

- 2) Agape is God's love toward the human race.

John 3:16, For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

This love was revealed in the gift of His Son.

- 3) This is the kind of love God has for those who believe in the Lord Jesus Christ.

Romans 5:8, But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

- 4) This word is used to express the essential love of God.

I John 4:8, He that loveth not knoweth not God; for God is love.

Love can only be known from the action it prompts. This sacrificial love was seldom found in classic Greek.

How to Cope with Being Unloved
Lesson 15

- 5) Christian love is the fruit of the Spirit.

Galatians 5:22, But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith . . .

- 6) Christian love is implicit obedience to God's commandments.

John 14:15, If ye love Me, keep My commandments.

John 15:10, If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.

B. Phileo

- 1) This love is represented in tender affection.
- 2) It means to be fond of. It is a feeling and not the basic principle of love.
- 3) This word is never used in a command to love God.
- 4) This kind of love can love life only to preserve it. Its does not have the real objective of loving God.
- 5) It is from this Greek word that we get a lot of English words, such as *philanthropy*, which is human kindness, and *Philadelphia*, the city of brotherly love.
- 6) All sentiment is not worth one action of love.

C. Eros

- 1) This is self-gratifying love, passion-seeking fulfillment, and self-centered affection.
- 2) This kind of love is also short-lived.
- 3) This is not the biblical kind of love.

4. TO BE UNLOVED CAN CAUSE . . .

- A. Frustration
- B. Loneliness
- C. Self-pity
- D. Indifference
- E. Emptiness
- F. Hostility

How to Cope with Being Unloved
Lesson 15

- G. Hatred
- H. Resentment
- I. Jealousy
- J. Fears

5. HUMAN LOVE WEARS THIN UNDER THE PRESSURES OF MODERN LIFE

A 14-year-old boy committed suicide after leaving a note which said, "Nobody cared for me but my dog. Please feed my dog after I'm gone."

6. THE GREATEST PROBLEM

The greatest problem in the world is not its inability to produce love. The problem is the world's unwillingness to share love.

7. THE HUMAN TOUCH

In China, I was seated on the front seat waiting to speak. A very dirty little street boy wearing rags entered the building and sat down by me. Unconsciously, I put my arm around his shoulder and smoothed his hair and touched his ear. He looked up at me and said, "You love me, don't you?"

8. HOW TO COPE WITH BEING UNLOVED

- A. Turn to God for the answer.
- B. See if there is unloveliness in you which keeps others from loving you.
- C. Realize the problem may be prophetic.

II Timothy 3:1-2, . . . *in the last days perilous times shall come.*
v. 2, *For men shall be lovers of their own selves . . .*

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

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VOLUME I

Lesson 16

HOW TO COPE WITH BITTERNESS

INTRODUCTION:

People say, “He is a bitter old man,” or “She is a bitter old woman.”

READING:

II Corinthians 7:10, *For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.*

1. WHAT IS BITTERNESS?

- A. Bitterness comes from an Anglo-Saxon word meaning “to bite; a sharp or disagreeable taste; having deep and continuing sorrow; being grievous about an event or toward a person.”
- B. Bitterness is a problem of the human soul. It makes the soulical man sick.
- C. Bitterness means to harbor feelings of anger or disappointment.

2. HOW DOES A HUMAN BECOME BITTER?

- A. There are persons who maintain feelings of bitterness for many years.
- B. A human can develop a bitter attitude. This means that bitterness does not just happen by accident. It is premeditated.
- C. You can look at life through glasses of bitterness and every problem is magnified and ugly.

3. WHAT WILL BITTERNESS DO TO A HUMAN?

- A. Bitterness can cause a personality to change from pleasantness and kindness to ugliness.
- B. The Bible speaks of the root of bitterness. Bitterness has a root from which it grows.

Hebrews 12:15, . . . *lest any root of bitterness springing up trouble you, and thereby many be defiled.*

- C. A person can be more bitter than he thinks or believes he is. A bitter person often refuses to believe he is bitter.
- D. Bitterness usually wears a mask which disguises its real self.
- E. A child can become bitter when unloved. This is also true of a wife or a husband.
- F. Divorce creates bitterness in many directions.
- G. Neglect is a prime cause of bitterness.

4. THE FRUIT OF BITTERNESS

- A. Bitterness of heart can cause people to demean themselves, discrediting their usefulness.
- B. Bitterness results in hostility, often toward the innocent.
- C. Bitterness causes traumatic experiences and emotional shock with lasting effects which destroy happiness and peace. Bitterness can cause physical illness.
- D. Bitterness can begin in youth and grow and develop until ultimately it destroys its victim.

5. OFTEN DEATH—ESPECIALLY PREMATURE DEATH—WILL CAUSE BITTERNESS

- A. It may produce bitterness toward the doctor.
- B. Sometimes it fosters bitterness toward church or pastor.
- C. The most tragic situation is bitterness toward God.

How to Cope with Bitterness
Lesson 16

6. HUMANS WITH NO PERSONAL RELATIONSHIP WITH GOD CAN EASILY BECOME BITTER

- A. Without God's love in your heart you can become bitter at God, at the world, and at other humans.
- B. Bitterness can cause one to doubt the existence of God or complain to God about world conditions.
- C. Tragedies such as storms, wrecks, fires, and sickness can cause bitterness.

7. HOW TO COPE WITH BITTERNESS

- A. Admit you have a problem. Denying the problem delays the solution.
- B. Take action.
 - 1) It does not matter what happens. It is how you react that makes the difference.
 - 2) One woman said, "Many people do not want to face the problem. It is easier to stay bitter than to change."
 - 3) Seek God for help.

8. THEY COPE

- A. Peter wept bitterly after he denied Christ.

Matthew 26:75, And Peter remembered the word of Jesus, which said unto him, Before the cock crow, thou shalt deny me thrice. And he went out, and wept bitterly.

- B. The Prodigal Son uprooted the bitterness in his heart when he said, "I am not worthy to be your son."

Luke 15:19, And am no more worthy to be called thy son: make me as one of thy hired servants.

- C. In Christ, forgiveness comes to the human heart and bitterness goes.
- D. Ephesians 4:31-32, *Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:*
v. 32, And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

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VOLUME I

Lesson 17

HOW TO COPE WITH THE SIN PROBLEM

INTRODUCTION:

This is essentially a therapeutic study. It was prepared for the student entering a new life of victory and anointing in Christ.

READING:

I John 2:1-2, *My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous: v. 2, And he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world.*

I John 2:29, *If ye know that he is righteous, ye know that every one that doeth righteousness is born of him.*

I John 3:9, *Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.*

1. WHAT IS SIN?

- A. The Hebrew and Greek words translated “transgression” mean “the willful breaking of religious or moral law; any revolt or violation against God.”
- B. Sin is rebellion against God. Sin is willful transgression against the revealed knowledge of God.

I John 3:4, *Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.*

How to Cope with the Sin Problem
Lesson 17

- C. All unrighteousness is sin.

I John 5:17, *All unrighteousness is sin; and there is a sin not unto death.*

2. THE ORIGIN OF SIN

- A. Sin began in Eden.

Romans 5:19, *For as by one man's disobedience many were made sinners . . .*

- B. God warned Adam regarding rebellion when He placed him in the Garden of Eden.

Genesis 2:15-17, *And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.*

v. 16, *And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat:*

v. 17, *But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.*

3. GOD'S ATTITUDE TOWARD SIN

- A. II Peter 3:9, *The Lord is . . . not willing that any should perish, but that all should come to repentance.*

- B. I Timothy 2:4, *Who will have all men to be saved, and to come unto the knowledge of the truth.*

4. WHAT SIN DOES TO THE HUMAN BEING

- A. Sin deceives. Eve was deceived by the serpent.

A man thinks he feels better when he drinks liquor. Finally he discovers the deception—he is miserable and his family is miserable. He becomes a slave to alcohol. Tobacco and sex also enslave and destroy. Sin is always a deception.

- B. Sin darkens the understanding.

Ephesians 2:3, *Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.*

How to Cope with the Sin Problem
Lesson 17

C. Sin defiles a conscience.

Hebrews 10:22, *Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.*

D. Sin makes a man a servant or a slave.

John 8:34, *Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin.*

E. Sin makes a man blind to the truth.

II Corinthians 4:4, *In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.*

F. Sin alienates man from God.

Colossians 1:20, *And, having made peace through the blood of his cross, by him to reconcile all things unto himself; by him, I say, whether they be things in earth, or things in heaven.*

G. Sin causes man to be without hope.

Ephesians 2:11, *Wherefore remember, that ye being in time past Gentiles in the flesh, who are called Uncircumcision by that which is called the Circumcision in the flesh made by hands;*

5. THE PENALTY OF SIN

A. I Corinthians 6:9-11, *Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, v. 10, Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God. v. 11, And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.*

B. Romans 6:23, *For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.*

6. HOW TO COPE WITH SIN

- A. Romans 6:6, *Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.*
- B. It is not through man's power that sin is corrected.

Jeremiah 13:23, *Can the Ethiopian change his skin, or the leopard his spots? then may ye also do good, that are accustomed to do evil.*

- C. Man is told to repent.

Acts 2:38, *Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.*

“Repent” means to change one's mind about God, Christ, and sin. True repentance demands that one accept Jesus Christ as Savior and Lord.

Romans 10:9-10, *That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.*

v. 10, *For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.*

Acts 20:21, *Testifying both to the Jews, and also to the Greeks, repentance toward God, and faith toward our Lord Jesus Christ.*

Romans 5:1, *Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:*

John 1:12, *But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:*

- D. We are not condemned because of our sin but because we have refused and rejected the remedy for sin. Believe upon Jesus.

John 3:14, *And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:*

- E. Hebrews 7:26, *For such an high priest became us, who is holy, harmless, undefiled, separate from sinners, and made higher than the heavens;*

How to Cope with the Sin Problem
Lesson 17

- F. You must totally surrender to the will of God concerning your life. Dedicate your life to serving God. Dedication is first and attitude, then action. Dedication means humility of conduct and willingness to cooperate with God's plan for your life.

Ephesians 2:8, *For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:*

7. SINS OF THE BODY

These body sins originate in the inner man. Examples of body sins are: lips that lie, hands that steal, and feet that walk to the wrong places.

8. SINS OF THE SOUL

These are the sins of the mind, sins of the emotions, and sins of the will.

9. SIN OF THE SPIRIT

This is the sin of unbelief.

10. SINS OF OMISSION AND COMMISSION

- A. To know to do good but not to do it is a sin.

James 4:17, *Therefore to him that knoweth to do good, and doeth it not, to him it is sin.*

- B. How shall we escape if we neglect salvation?

Hebrews 2:3, *How shall we escape, if we neglect so great salvation; which at the first began to be spoken by the Lord, and was confirmed unto us by them that heard him;*

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

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VOLUME I

Lesson 18

HOW TO COPE WITH THE LACK OF SELF-CONFIDENCE

INTRODUCTION:

This lesson is not a study of psychology. It is a lesson for Christians on how to sustain and improve their spiritual and natural lives through self-confidence. Christian discipleship is not theoretical, but practical and vital.

The lack of self-confidence has destroyed more good than the world will ever know. It has held back geniuses from creating, artists from painting, and preachers from preaching. Lack of self-confidence has wasted man's creative potential. It has caused unhappiness. It has contributed to human failure.

No human is born with confidence. Confidence is trust and a human must develop it. You can develop self-confidence and maintain it.

Lack of confidence is personality defeat. It crushes the spirit of the person and causes maladjustment, sometimes with devastating results.

READING:

Romans 8:37, *Nay, in all these things we are more than conquerors through him that loved us.*

Acts 1:8, *But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.*

How to Cope with the Lack of Self-Confidence
Lesson 18

1. WHAT IS A LACK OF SELF-CONFIDENCE?

A. First, one must know what confidence is. It comes to us from a Latin word meaning:

- 1) To trust
- 2) To put faith in
- 3) To have reliance
- 4) To feel secure
- 5) The opposite of overconfidence or presumption

B. Lack of self-confidence is revealed in:

- 1) Diffidence or timidity
- 2) Distrust
- 3) Discouragement
- 4) Despair
- 5) Discontent
- 6) Disappointment
- 7) Depression

2. WHAT CAN CAUSE A LACK OF SELF-CONFIDENCE?

- A. Loss of personal self-respect through sin
- B. Being given too much responsibility too early in life
- C. Coming under heavy criticism while young
- D. A natural impediment as in speech or physical being
- E. Being unprepared for a given task

3. SYMPTOMS OF A LACK OF SELF-CONFIDENCE

- A. Fear
- B. Feeling unsure. If an athlete feels certain he can clear the hurdle, then he can jump it; if he feel unsure, he will probably hit the bar.

If a singer is confident he can reach a high note, he most likely will; if he is afraid, he will miss it.

4. HOW TO INCREASE YOUR SELF-CONFIDENCE

- A. The new birth, or salvation, brings tremendous self-confidence.
- B. Receiving the Holy Spirit will bring confidence. The apostles receive self-confidence after being baptized with the Holy Spirit.

Jesus said in Acts 1:8, *But ye shall receive power, after that the Holy Ghost is come upon you . . .*

Peter faced the rulers and proclaimed that it is better to obey God rather than man.

Acts 5:29, *Then Peter and the other apostles answered and said, We ought to obey God rather than men.*

Stephen faced the religious rulers of the synagogue.

Acts 6:8, 15, *And Stephen, full of faith and power, did great wonders and miracles among the people.*

v. 15, *And all that sat in the council, looking stedfastly on him, saw his face as it had been the face of an angel.*

- C. Looking right and dressing right creates self-confidence. Make your appearance attractive and appropriate. You will not worry about how you look when you are well-groomed. Your looks often determine your acceptance or rejection with new acquaintances.
- D. Try hard. The art of trying creates confidence.
- E. Self-confidence grows out of competence. Competence comes from hard work.
- F. Be prepared in advance. Eddie Rickenbacker, during his dog fights in the sky, discovered that machine guns often jammed. At night, while his fellow pilots slept, Rickenbacker inserted his bullets in the magazine of his machine gun to make sure that everything was perfect. When he flew into battle he had confidence and victory!
- G. To possess self-confidence you must understand yourself. You must understand your attitude.
- H. Your feelings or emotions must be founded in Christ.

5. MEN WHO LACKED SELF-CONFIDENCE BUT CHANGED

It is amazing how a defeated person can be miraculously transformed into a victorious challenger!

- A. Moses told God that he could not speak.

Exodus 4:10, And Moses said unto the LORD, O my Lord, I am not eloquent, neither heretofore, nor since thou hast spoken unto thy servant: but I am slow of speech, and of a slow tongue.

- B. Jeremiah said, "I am a child."

Jeremiah 1:6, Then said I, Ah, Lord GOD! behold, I cannot speak: for I am a child.

- C. Howard Carter had a speech impediment.

6. BELIEVE THE BIBLE'S PROMISES

- A. Philippians 4:13, *I can do all things through Christ which strengtheneth me.*

- B. I John 4:4, *Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.*

- C. Luke 10:19, *Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.*

- D. Acts 1:8, *But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.*

- E. Psalm 91:7, *A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.*

- F. Psalm 18:29, *For by thee I have run through a troop; and by my God have I leaped over a wall.*

7. GOD WANTS YOU TO BE SELF-CONFIDENT

- A. It is not bigotry or self-pride to be confident.

- B. Confidence is knowing that through Christ all things are possible.

How to Cope with the Lack of Self-Confidence
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8. SELF-CONFIDENCE IS NOT A COSMETIC TO COVER THE FACE

Self-confidence is not an outside cover, but comes from deep inside and is the outflowing of internal strength.

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VOLUME I

Lesson 19

HOW TO COPE WITH REBELLION

INTRODUCTION:

In recent times many people have come to me seeking to be free from rebellion. It is a very real problem. The word “rebellion” does not occur in the New Testament.

READING:

II Timothy 3:1-5, *This know also, that in the last days perilous times shall come.*
v. 2, *For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy,*
v. 3, *Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good,*
v. 4, *Traitors, heady, highminded, lovers of pleasures more than lovers of God;*
v. 5, *Having a form of godliness, but denying the power thereof: from such turn away.*

Proverbs 17:11, *An evil man seeketh only rebellion: therefore a cruel messenger shall be sent against him.*

Romans 13:1-2, *Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God.*
v. 2, *Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation.*

1. WHAT IS REBELLION?

Webster says rebellion is resisting authority or control, insubordination, disobedience, lawless iniquity.

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A. Rebellion against religion

Joshua 22:29, God forbid that we should rebel against the LORD, and turn this day from following the LORD, to build an altar for burnt offerings, for meat offerings, or for sacrifices, beside the altar of the LORD our God that is before his tabernacle.

B. Rebellion against the law

Nehemiah 9:26, Nevertheless they were disobedient, and rebelled against thee, and cast thy law behind their backs, and slew thy prophets which testified against them to turn them to thee, and they wrought great provocations.

2. REBELLION BECOMES A DISEASE ONCE IT GETS INTO THE INNER MAN, AND HAS MANY MANIFESTATIONS

A. Rebellion against God, religion, the church, and the ministry

B. Against family, especially the parents

C. Against school, education, and learning

D. Against the establishment, such as government and the police

3. GOD'S VIEW OF REBELLION

A. Rebellion can be:

1) In a nation, for example Israel

Isaiah 63:10, . . . rebelled, and vexed His Holy Spirit . . .

Ezekiel 2:6, . . . though they be a rebellious house.

Daniel 9:5, . . . have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from Thy precepts . . .

2) In a city, for example Sodom and Gomorrah

Genesis 18:20, And the LORD said, Because the cry of Sodom and Gomorrah is great, and because their sin is very grievous;

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- 3) In a family, for example Lot's family

Genesis 19:14, And Lot went out, and spake unto his sons in law, which married his daughters, and said, Up, get you out of this place; for the LORD will destroy this city. But he seemed as one that mocked unto his sons in law.

- 4) In a person, for example King Saul

I Samuel 15:11, It repenteth me that I have set up Saul to be king: for he is turned back from following me, and hath not performed my commandments. And it grieved Samuel; and he cried unto the LORD all night.

- B. God says rebellion is refusing to obey His voice and walk in the ways which He has set before us by His servants, the prophets. Rebellion is departing from God's precepts, commandments, and judgments.

Daniel 9:5, 9-10, We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments:

v. 9, To the Lord our God belong mercies and forgivenesses, though we have rebelled against him;

v. 10, Neither have we obeyed the voice of the LORD our God, to walk in his laws, which he set before us by his servants the prophets.

- C. The people were rebellious and cast God's law behind their backs.

Nehemiah 9:26, Nevertheless they were disobedient, and rebelled against thee, and cast thy law behind their backs, and slew thy prophets which testified against them to turn them to thee, and they wrought great provocations.

- D. Rebellion grows like a poisonous weed.

- E. Rebellion is as the sin of witchcraft to God.

I Samuel 15:23, For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from being king.

4. THE HISTORY OF REBELLION

A. Satan is the supreme rebel.

- 1) Isaiah 14:12, . . . *fallen from heaven, O Lucifer, son of the morning! . . .*
- 2) Ezekiel 28:11-19, *Moreover the word of the LORD came unto me, saying,*
 - v. 12, *Son of man, take up a lamentation upon the king of Tyrus, and say unto him, Thus saith the Lord GOD; Thou sealest up the sum, full of wisdom, and perfect in beauty.*
 - v. 13, *Thou hast been in Eden the garden of God; every precious stone was thy covering, the sardius, topaz, and the diamond, the beryl, the onyx, and the jasper, the sapphire, the emerald, and the carbuncle, and gold: the workmanship of thy tabrets and of thy pipes was prepared in thee in the day that thou wast created.*
 - v. 14, *Thou art the anointed cherub that covereth; and I have set thee so: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire.*
 - v. 15, *Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee.*
 - v. 16, *By the multitude of thy merchandise they have filled the midst of thee with violence, and thou hast sinned: therefore I will cast thee as profane out of the mountain of God: and I will destroy thee, O covering cherub, from the midst of the stones of fire.*
 - v. 17, *Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground, I will lay thee before kings, that they may behold thee.*
 - v. 18, *Thou hast defiled thy sanctuaries by the multitude of thine iniquities, by the iniquity of thy traffic; therefore will I bring forth a fire from the midst of thee, it shall devour thee, and I will bring thee to ashes upon the earth in the sight of all them that behold thee.*
 - v. 19, *All they that know thee among the people shall be astonished at thee: thou shalt be a terror, and never shalt thou be any more.*
- 3) John 8:44, *Ye are of your father the devil, and the lusts of your father ye will do . . . there is no truth in him . . .*
- 4) I Timothy 3:6, . . . *lest being lifted up with pride he fall into the condemnation of the devil.*

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- 5) Revelation 12:7-9, *And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels, v. 8, And prevailed not; neither was their place found any more in heaven.*
v. 9, *And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.*

B. Adam and Eve were the first human rebels.

- 1) They were given a commandment.

Genesis 2:16-17, *And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat:*
v. 17, *But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.*

- 2) Their rebellion against the Word of the Lord brought:

- a) Death

Romans 5:12, 21, *Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:*

v. 21, *That as sin hath reigned unto death, even so might grace reign through righteousness unto eternal life by Jesus Christ our Lord.*

- b) Expulsion from the garden of God's provision

Genesis 3:23, *Therefore the LORD God sent him forth from the garden of Eden, to till the ground from whence he was taken.*

- c) Curse on the earth

Genesis 3:17, *And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life;*

- d) Pain and sorrow

Genesis 3:16, *Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.*

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- C. The flood was a result of rebellion.

Genesis 6:7-8, *And the LORD said, I will destroy man whom I have created from the face of the earth; both man, and beast, and the creeping thing, and the fowls of the air; for it repenteth me that I have made them.*
v. 8, *But Noah found grace in the eyes of the LORD.*

- D. Nimrod led the entire race into rebellion.

Genesis 10:8-10, *And Cush begat Nimrod: he began to be a mighty one in the earth.*
v. 9, *He was a mighty hunter before the LORD: wherefore it is said, Even as Nimrod the mighty hunter before the LORD.*
v. 10, *And the beginning of his kingdom was Babel, and Erech, and Accad, and Calneh, in the land of Shinar.*

- E. The tower of Babel was an expression of man's rebellion.

Genesis 11:1-9, *And the whole earth was of one language, and of one speech.*
v. 2, *And it came to pass, as they journeyed from the east, that they found a plain in the land of Shinar; and they dwelt there.*
v. 3, *And they said one to another, Go to, let us make brick, and burn them thoroughly. And they had brick for stone, and slime had they for mortar.*
v. 4, *And they said, Go to, let us build us a city and a tower, whose top may reach unto heaven; and let us make us a name, lest we be scattered abroad upon the face of the whole earth.*
v. 5, *And the LORD came down to see the city and the tower, which the children of men builded.*
v. 6, *And the LORD said, Behold, the people is one, and they have all one language; and this they begin to do: and now nothing will be restrained from them, which they have imagined to do.*
v. 7, *Go to, let us go down, and there confound their language, that they may not understand one another's speech.*
v. 8, *So the LORD scattered them abroad from thence upon the face of all the earth: and they left off to build the city.*
v. 9, *Therefore is the name of it called Babel; because the LORD did there confound the language of all the earth: and from thence did the LORD scatter them abroad upon the face of all the earth.*

- F. Absalom rebelled against his father and God.

II Samuel 15:12, *And Absalom sent for Ahithophel the Gilonite, David's counsellor, from his city, even from Giloh, while he offered sacrifices. And the conspiracy was strong; for the people increased continually with Absalom.*

5. THE BIBLICAL PENALTY FOR REBELLION IS DEATH

- A. Deuteronomy 21:18, 21, *If a man have a stubborn and rebellious son, which will not obey the voice of his father, or the voice of his mother, and that, when they have chastened him, will not hearken unto them:*

v. 21, *And all the men of his city shall stone him with stones, that he die: so shalt thou put evil away from among you; and all Israel shall hear, and fear.*

- B. Numbers 15:30, *But the soul that doeth ought presumptuously . . . that soul shall be cut off from among his people.*

6. HOW TO COPE WITH REBELLION

- A. Realize rebellion exists.
- B. Know the source of the problem. You must recognize why it is there and against whom it is manifested.
- C. Come to Christ for total consecration.

7. REBELLION IS PROPHETIC

II Timothy 3:1-5, *This know also, that in the last days perilous times shall come.*

v. 2, *For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy,*

v. 3, *Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good,*

v. 4, *Traitors, heady, highminded, lovers of pleasures more than lovers of God;*

v. 5, *Having a form of godliness, but denying the power thereof: from such turn away.*

II Thessalonians 2:1-10, *Now we beseech you, brethren, by the coming of our Lord Jesus Christ, and by our gathering together unto him,*

v. 2, *That ye be not soon shaken in mind, or be troubled, neither by spirit, nor by word, nor by letter as from us, as that the day of Christ is at hand.*

v. 3, *Let no man deceive you by any means: for that day shall not come, except there come a falling away first, and that man of sin be revealed, the son of perdition;*

v. 4, *Who opposeth and exalteth himself above all that is called God, or that is worshipped; so that he as God sitteth in the temple of God, showing himself that he is God.*

v. 5, *Remember ye not, that, when I was yet with you, I told you these things?*

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- v. 6, *And now ye know what withholdeth that he might be revealed in his time.*
- v. 7, *For the mystery of iniquity doth already work: only he who now letteth will let, until he be taken out of the way.*
- v. 8, *And then shall that Wicked be revealed, whom the Lord shall consume with the spirit of his mouth, and shall destroy with the brightness of his coming:*
- v. 9, *Even him, whose coming is after the working of Satan with all power and signs and lying wonders,*
- v. 10, *And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved.*

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VOLUME I

Lesson 20

HOW TO COPE WITH PREJUDICE

INTRODUCTION:

Humans think of prejudice as partiality among the races. God says that any man in any nation who fears Him and works righteousness is accepted by God. Therefore, we are to accept that person.

READING:

Acts 10:34-35, *Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons:*

v. 35, *But in every nation he that feareth him, and worketh righteousness, is accepted with him.*

1. WHAT IS THE MEANING OF PREJUDICE?

Webster's Dictionary says that prejudice is "a judgment or opinion formed before the facts are known; preconceived idea; suspicion, intolerance, or hatred of other races, creeds, religions, occupations, etc."

2. WHO HAS PREJUDICE?

A. Miriam was prejudice against Moses' wife.

Numbers 12:1, *And Miriam and Aaron spake against Moses because of the Ethiopian woman whom he had married: for he had married an Ethiopian woman.*

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- B. A man in Java said that God baked man. If he stayed in the oven too little time, he was white in color; if he stayed too long, he was black. Those who were baked correctly were Javanese brown—perfect!
- C. The Indians of Alaska scare children with threats that a white man will get them.
- D. In the heat of an argument, an Eskimo woman who was married to a white man said, “White woman good enough for you. Eskimo woman too good.”
- E. My wife and I had been invited to a banquet in China. One of the Chinese guests said to us, “Have you observed that you are the only foreigners here? You are honored to be in our presence.”

3. PREJUDICE VS. GOD’S LAW

- A. God, through Moses, set up divine laws concerning prejudice.

Leviticus 19:15, . . . thou shalt not respect the person of the poor, nor honour the person of the mighty: but in righteousness shalt thou judge thy neighbour.

- B. The apostle James in the New Testament confirmed God’s law concerning respect of persons. All partiality is forbidden by God.

James 2:3, 9, And ye have respect to him that weareth the gay clothing, and say unto him, Sit thou here in a good place; and say to the poor, Stand thou there, or sit here under my footstool:

v. 9, But if ye have respect to persons, ye commit sin, and are convinced of the law as transgressors.

- C. Regarding race prejudice

Acts 17:26, And hath made of one blood all nations of men for to dwell on all the face of the earth, and hath determined the times before appointed, and the bounds of their habitation;

4. IN WHAT WAYS IS MAN PREJUDICED?

- A. Religious prejudice
- B. Racial prejudice—Hitler’s rule is an outstanding example.
- C. Carnal prejudice—Prejudice against wealth or poverty
- D. Gender prejudice

How to Cope with Prejudice
Lesson 20

5. HOW TO COPE WITH PREJUDICE

- A. Recognize that you have prejudice.
- B. Confess it to God.
- C. Do the opposite of your prejudice. It will correct itself.
- D. Love thy neighbor as thyself, without prejudice.

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VOLUME I

Lesson 21

HOW TO COPE WITH ANXIETY

INTRODUCTION:

This is a very important study. Every human being has experienced anxiety.

What is anxiety? It is negative thinking about persons, places, or things. If you are anxious, it reveals that your mind is distressed or that apprehension of danger or misfortune is tormenting you!

Anxiety is a form of fear. Usually an anxious person will say, "I'm afraid of what may happen." Anxiety has forboding about the future.

READING:

Matthew 6:33-34, *But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*

v. 34, *Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.*

1. WHAT CAUSES ANXIETY?

- A. Lack of trust
- B. Disbelief in Christ
- C. Temptations of Satan
- D. Disappointment in circumstances and relationships
- E. Unrest of the mind. Some people are tossed about in their minds like a boat in a tempestuous sea.

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- F. Not seeing an all-sufficient God
- G. Distorted situations

2. HOW TO COPE WITH ANXIETY

- A. Know that God has all things under control.

II Peter 3:7, *But the heavens and the earth, which are now, by the same word are kept in store, reserved unto fire against the day of judgment and perdition of ungodly men.*

- B. Psalm 37:39-40, *But the salvation of the righteous is of the LORD: he is their strength in the time of trouble.*

v. 40, *And the LORD shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him.*

- C. Psalm 46:1-2, *God is our refuge and strength, a very present help in trouble.*
v. 2, *Therefore will not we fear . . . (or be anxious)*

- D. Learn to control the thoughts where anxiety breeds. Learn not to allow anxiety to be birthed. Anxiety mounts up in your thoughts and then flows out of your mouth. Once you speak aloud your fears, your doubts, your apprehensions, and your anxieties, you are enslaved by the words of your mouth. You are defeated and controlled by anxiety instead of by God's Spirit through His Word.

- E. Proverbs 21:23, *Whoso keepeth his mouth and his tongue keepeth his soul from troubles (or anxieties).*

Anxiety begins with thoughts. Your faith is as strong as the amount of God's Word you have abiding inside of you. Jesus is the Word of God. When you receive Jesus, you receive a measure of faith. When you have that shield you can refuse to speak out negative thoughts.

- F. Jesus says in Matthew 6:34, . . . *Take no thought for the morrow.*

Philippians 4:19, *But my god shall supply all your need according to His riches in glory by Christ Jesus.*

- G. Many people experience anxiety for their families. They want them to be saved. God does too. His Word says that He is not willing that any should perish, but that all should come to the knowledge of the truth. Paul told the Philippian jailer in Acts 16:31, . . . *Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house.* Stand in faith against the devil for your loved ones. Refuse to think of them as anything but saved and serving God with their whole heart; then they will be saved.

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Lesson 21

- H. Philippians 4:6, *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.*

Matthew 21:22, *And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.*

Mark 11:24, *Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.*

- I. Realize your need.
J. Vocalize your need. God has a lot to say about anxiety.

Philippians 4:6, *Be careful for nothing . . .*

In Matthew 6, Christ says five times to take no thought about your stature, or well-being, etc.

3. ANXIETY CAN CAUSE:

- A. Mental upset and depression
B. Spiritual inadequacy
C. Domestic turmoil
D. Business failure
E. Physical illness—ulcers, cancers, etc.

Proverbs 17:22, *A merry heart does good, like medicine, but a broken spirit dries the bones* (NKJV).

God's Word is the answer to anxiety. It gives the courage to climb the most towering mountains. His Word will sustain us and soothe our anxieties.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE

VOLUME I

Lesson 22

HOW TO COPE WITH SORROW

INTRODUCTION:

This is the most necessary subject needed in our modern world. Every human being ultimately tastes the gall of bitterness and suffers great sorrow. Many of our friends fall under its weight.

Sorrow has a common denominator; sowing and reaping.

READING:

Isaiah 51:11, *Therefore the redeemed of the LORD shall return, and come with singing unto Zion; and everlasting joy shall be upon their head: they shall obtain gladness and joy; and sorrow and mourning shall flee away.*

1. WHAT IS SORROW?

- A. The Greek word *sorge* means “mental suffering; emotions caused by loss or by disappointment.”
- B. Sorrow is felt through regret, mourning, and lamentation.
- C. Sorrow causes an inner weeping, and a heaviness in the human heart.
- D. There are two kinds of sorrow.
 - 1) Godly sorrow brings repentance and life.
 - 2) Sorrow of the world brings death.

II Corinthians 7:10, For godly sorrow worketh repentance to salvation not to be repented of: but sorrow of the world worketh death.

2. HOW WAS SORROW BORN?

- A. Sorrow leaped full grown upon the stage of human affairs.
- B. Sorrow entered the human family as a result of disobedience to God's commandment. Eve had to have her children in pain and sorrow as a result of her disobedience. Adam was expelled from the Garden of Eden to earn his livelihood by the sweat of his brow. When Cain killed Abel, great sorrow came to Adam and Eve. One son was a murderer and the other one was dead. Since that moment, pain and sorrow have plagued the human race.

Genesis 3:16-17, Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.

v. 17, And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life;

3. WHAT BRINGS SORROW?

- A. Sorrow can be caused by what we do or do not do.
- B. Sorrow is caused by what others do or do not do to us.
- C. Sorrow caused by others is unavoidable. Sorrows from our own decisions and deeds are preventable sorrows.
- D. There are pseudo-sorrows which are sorrows we suffer about things which do not exist.
- E. There are circumstantial sorrows which turn into joy when the circumstances are over. Joseph is a very fine example of this. His life was sorrowful until he became the prime minister of Egypt and the savior of the nation by storing the corn.

Genesis 50:20, But, as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.

4. UNPREVENTABLE SORROWS

A. David mourned Absalom.

II Samuel 18:33, *And the king was much moved, and went up to the chamber over the gate, and wept: and as he went, thus he said, O my son Absalom, my son, my son Absalom!*

II Samuel 19:1-4, *And it was told Joab, Behold, the king weepeth and mourneth for Absalom.*

v. 2, *And the victory that day was turned into mourning unto all the people: for the people heard say that day how the king was grieved for his son.*

v. 3, *And the people gat them by stealth that day into the city, as people being ashamed steal away when they flee in battle.*

v. 4, *But the king covered his face, and the king cried with a loud voice, O my son Absalom, O Absalom, my son, my son!*

B. At Lazarus' death, Jesus entered into the sorrow of Mary and Martha whom He loved dearly; though Jesus knew what He would do.

John 11:35, *Jesus wept.*

C. Sorrow is caused when you trust someone and he speaks things in agreement to you. Later you discover that he was insincere in his heart.

Psalm 41:9, *. . . mine own familiar friend, in whom I trusted . . . hath lifted up his heel against me.*

5. PREVENTABLE SORROWS

There are sorrows caused by sin. The first preventable sorrow was caused by sin.

A. The Bible reveals that God has a law of sowing and reaping. If we sow sin, we will reap sorrow. If we sow righteousness, we reap mercy. We must be very careful and not blame God for sorrows which are the result of our iniquities.

Galatians 6:7-8, *Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.*

v. 8, *For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.*

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- B. David committed adultery with Bathsheba and sorrow plagued him the rest of his life.

II Samuel 11:27, And when the mourning was past, David sent and fetched her to his house, and she became his wife, and bare him a son. But the thing that David had done displeased the LORD.

- C. Preventable sorrow is sometimes caused by missing an opportunity. This sorrow is a regret for good deeds not done. We say, "If only I had done that, I would not have sorrow." Regret always looks backward.

6. PSEUDO-SORROWS ARE REAL

Pseudo means fake, spurious, pretend, and counterfeit.

- A. Jacob had great sorrow concerning the death of Joseph, his favorite son. The brothers of Joseph had sold him to the Ishmaelites and told their father that Joseph was dead. Joseph was not dead; God was preparing him to be the savior of his family and Egypt.

Genesis 37:35, And all his sons and all his daughters rose up to comfort him; but he refused to be comforted; and he said, For I will go down into the grave unto my son mourning. Thus his father wept for him.

- B. Pseudo-sorrow is what the disciples experienced regarding Jesus' death on the cross. This pseudo-sorrow is interesting because Jesus began early in His intimate fellowship with the disciples to tell them He would suffer death. They sorrowed in dismay and defeat. Their sorrow was turned to joy on the third day when Jesus arose from the dead and appeared to them.

John 16:20, Verily, verily, I say unto you, That ye shall weep and lament, but the world shall rejoice: and ye shall be sorrowful, but your sorrow shall be turned into joy.

7. CIRCUMSTANTIAL SORROW

- A. Circumstantial sorrow is shown in Abraham's concubine, Hagar when she was cast out of her home because she had obeyed her mistress and produced an heir. Great sorrow was felt in the desert when the baby boy was ready to die. During her great sorrow, God promised Hagar that a great nation would come from her son Ishmael.

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Genesis 21:17-18, *And God heard the voice of the lad; and the angel of God called to Hagar out of heaven, and said unto her, What aileth thee, Hagar? fear not; for God hath heard the voice of the lad where he is.*

v. 18, *Arise, lift up the lad, and hold him in thine hand; for I will make him a great nation.*

- B. Naomi knew circumstantial sorrow through no fault of her own. She lost her husband and then her two sons died. She brought her daughter-in-law Ruth to meet Boaz. They married and were placed in the Messianic line of the Lord Jesus.

Ruth 1:20-21, *And she said unto them, Call me not Naomi, call me Mara: for the Almighty hath dealt very bitterly with me.*

v. 21, *I went out full, and the LORD hath brought me home again empty: why then call ye me Naomi, seeing the LORD hath testified against me, and the Almighty hath afflicted me?*

8. HOW TO COPE WITH SORROW

- A. Sorrows, like the clouds, will pass away.

Psalm 30:5, . . . *weeping may endure for a night, but joy cometh in the morning.*

- B. You must cast your cares on Jesus. He cares for you and will bear your griefs.

I Peter 5:7, *Casting all your care upon Him; for He careth for you.*

- C. God's ultimate promise

Revelation 21:3-5, *And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God.*

v. 4, *And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.*

v. 5, *And he that sat upon the throne said, Behold, I make all things new. And he said unto me, Write: for these words are true and faithful.*

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VOLUME I

Lesson 23

HOW TO COPE WITH HUMAN GRIEF

INTRODUCTION:

Grief is a French word speaking of intense emotional suffering of deep sadness or sorrow.

I Samuel 1:16 speaks of . . . *abundance of complaint and grief* . . .

II Chronicles 6:29 proclaims that . . . *everyone shall know his own sore and his own grief* . . .

READING:

Isaiah 53:3-4, *He is despised and rejected of men; a man of sorrows, and acquainted with grief* . . .

v. 4, *Surely he hath borne our griefs, and carried our sorrows* . . .

1. HISTORY HAS KNOWN HUMAN GRIEF

- A. Adam and Eve were expelled from the Garden of Eden with hearts full of grief.

Genesis 3:23, *Therefore the LORD God sent him forth from the garden of Eden, to till the ground from whence he was taken.*

- B. Mother Eve looked upon the dead body of her son Abel with grief.

- C. Nothing has so dominated human existence as grief.

II Chronicles 6:29, . . . *when every one shall know his own sore and his own grief, and shall spread forth his hands in this house:*

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- D. Naomi experienced grief in Moab when she lost her husband and two sons.

Ruth 1:20-21, *And she said unto them, Call me not Naomi, call me Mara: for the Almighty hath dealt very bitterly with me.*

v. 21, *I went out full, and the LORD hath brought me home again empty: why then call ye me Naomi, seeing the LORD hath testified against me, and the Almighty hath afflicted me?*

- E. Mary and Martha grieved at the death of their brother Lazarus.

John 11:19, *And many of the Jews came to Martha and Mary, to comfort them concerning their brother.*

2. WHAT ARE THE CAUSES OF HUMAN GRIEF?

- A. Disappointment in people or events can bring grief.
B. Taking away a thing we cherish can cause us to grieve.

3. GRIEF OFTEN HAS NO VOCAL EXPRESSION

- A. Some soul-grief is beyond vocalization. At a funeral of a young child, I noticed that the neighbors patted the father on the shoulder. Their grief was beyond words. A touch was the only way to convey it.
B. Grief can destroy your happiness, your peace, and even take your life.

4. SIGNS OF GRIEF

- A. Weeping is the most common sign of grief.

Psalm 6:7, *Mine eye is consumed because of grief; it waxeth old because of all mine enemies.*

- B. Putting dust on the head was an ancient expression of grief.

Joshua 7:6, *And Joshua rent his clothes, and fell to the earth upon his face before the ark of the LORD until the eventide, he and the elders of Israel, and put dust upon their heads.*

- C. Wringing of the hands is a sign of deep grief.

5. CHRIST IN THE GARDEN OF GETHSEMANE

He bore grief in body, soul, and spirit. His grief was for the transgressions of others.

Luke 22:44, *And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.*

6. HOW TO COPE WITH GRIEF

A. Analyze the cause of grief.

B. Know that Christ is willing to bear your grief for you.

Isaiah 53:4, *Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted.*

C. Lay your grief upon Him.

I Peter 5:7, *Casting all your care upon him; for he careth for you.*

D. Rejoice in your spirit.

Nehemiah 8:10, *Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.*

E. Sing a song.

Ephesians 5:19, *Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;*

F. Pray a prayer.

James 5:13, *Is any among you afflicted? let him pray. Is any merry? let him sing psalms.*

G. Find a friend to share.

Ecclesiastes 4:9-10, *Two are better than one; because they have a good reward for their labour.*

v. 10, *For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.*

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VOLUME I

Lesson 24

HOW TO COPE WITH TENSION

INTRODUCTION:

Human tensions are horrendously accelerated today. Modern life is tension-filled. Tension takes a high toll on health because it has a breaking point and can kill you.

READING:

Isaiah 30:15, *For thus saith the Lord GOD, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.*

Isaiah 26:3, *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

1. WHAT IS TENSION?

It is a complex, body-defense system in which the nerves trigger hormones that flood the bloodstream with adrenalin and mobilize the body. The results are a drawing in of the nervous system, unrelaxed muscles, and tying the insides in knots. It affects the total personality.

2. TENSIONS ARE KNOWN BY ALL

Stage fright, a change at work, or a misunderstanding at home can produce tension. Humans must learn to control tension.

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Lesson 24

3. WHAT CAUSES TENSION?

- 1) Irritation
- 2) Anger
- 3) Worry
- 4) Disappointment
- 5) Fear
- 6) Passion
- 7) Hatred
- 8) Anxiety
- 9) Failure
- 10) Confusion

4. TENSION CAN BUILD TO A BREAKING POINT

It is a feeling of insecurity. Tension is explosive—it makes people say what they do not mean, go where they should not go, and do what they should not do.

5. CONTROLLING TENSION

A. The world offers:

- 1) Pills
- 2) Drugs
- 3) Alcohol
- 4) Pleasures
- 5) Tobacco

B. It is God or gadgets. Men trust in gadgets which cannot relieve tension or create love.

6. WHAT CAN CONTROL YOUR TENSION?

- A. Inner strength
- B. Inner peace
- C. Inner joy
- D. Inner quietness

7. PEOPLE HANDLE TENSION IN DIFFERENT WAYS

- A. The phlegmatic is an introvert who says little but builds tension.
- B. The morbid person commits an evil deed to relieve tension.
- C. The extrovert becomes loud and boisterous.

8. HOW TO COPE WITH TENSION

- A. Know Christ as Lord and Savior
- B. Know God's Word and believe it.
- C. Follow Jesus.
 - 1) Jesus spoke peace to troubled waves and tensions ceased.

Mark 4:39, And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

- 2) Jesus spoke peace to the demoniac and he sat down in his right mind.

Mark 5:15, And they come to Jesus, and see him that was possessed with the devil, and had the legion, sitting, and clothed, and in his right mind: and they were afraid.

- 3) Christ can rule unruly wills.
- 4) Christ holds uncontrollable tempers.
- 5) Christ relaxes taut nervous systems.

9. PROMISES OF RELIEVED TENSION

- A. Proverbs 3:5-6, *Trust in the Lord with all thine heart, and lean not unto thine own understanding.*
v. 6, *In all thy ways acknowledge Him and He shall direct thy paths.*
- B. I Peter 5:7, *Casting all your care upon Him; for He careth for you.*

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VOLUME I

Lesson 25

HOW TO COPE WITH LUST

INTRODUCTION:

This is a sensitive subject.

READING:

I John 2:16-17, *For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.*

v. 17, *And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.*

1. WHAT IS LUST?

- A. Lust is an inordinate desire to gratify the base senses of the body and soul.
- B. Lust is a sensual desire motivated by greed.
- C. To be lustful is to be possessed by an overmastering power of seduction.

2. WHAT IS THE SOURCE OF LUST?

Jesus said in John 8:44, *Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.*

3. HOW WAS LUST BORN?

- A. Lust was born through a cunning deception of the devil.

Eve lusted for the forbidden fruit. There was plenty of fruit, but she lusted for this particular fruit because she was enticed of Satan.

Genesis 3:1-6, Now the serpent was more subtle than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?

v. 2, And the woman said unto the serpent, We may eat of the fruit of the trees of the garden:

v. 3, But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.

v. 4, And the serpent said unto the woman, Ye shall not surely die:

v. 5, For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.

v. 6, And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

- B. David became deeply involved in lust because he was not doing his work. He was not at his post of duty. He found himself gazing into his neighbor's yard.

II Samuel 11:1-4, And it came to pass, after the year was expired, at the time when kings go forth to battle, that David sent Joab, and his servants with him, and all Israel; and they destroyed the children of Ammon, and besieged Rabbah. But David tarried still at Jerusalem.

v. 2, And it came to pass in an eveningtide, that David arose from off his bed, and walked upon the roof of the king's house: and from the roof he saw a woman washing herself; and the woman was very beautiful to look upon.

v. 3, And David sent and inquired after the woman. And one said, Is not this Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite?

v. 4, And David sent messengers, and took her; and she came in unto him, and he lay with her; for she was purified from her uncleanness: and she returned unto her house.

- C. People lust after strange and foreign flesh.

Proverbs 6:25, Lust not after her beauty in thine heart; neither let her take thee with her eyelids.

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D. Lust is born out of unholy desire.

Matthew 5:28, *But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.*

E. It can also come from a gluttonous desire of meat for the belly.

Numbers 11:34, *And he called the name of that place Kibrothhattaavah: because there they buried the people that lusted.*

4. HOW IS LUST OBSERVED?

Lust can be exhibited by:

- A. Words speaking of sin, dirt, or uncleanness
- B. Eyes carrying a message of ungodly desire
- C. Mouth smiling or laughing, obviously enticing one to sin
- D. Hand movements which convey unholy desires
- E. Dress which is indecent exposure

5. THE WAGES OF LUST

- A. James 1:15, *Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.*
- B. Romans 6:12, *Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.*

6. HOW TO COPE WITH LUST

- A. I Peter 4:2, *That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of God.*
- B. Galatians 5:24, *And they that are Christ's have crucified the flesh with the affections and lusts.*
- C. I Peter 2:11, *Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;*
- D. Romans 13:14, *But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.*
- E. Galatians 5:16, *This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.*

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LESTER SUMRALL TEACHING SERIES

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VOLUME I

Lesson 26

HOW JESUS COPED WITH HUMAN PROBLEMS

INTRODUCTION:

Jesus Christ experienced every possible human emotion and conquered it.

READING:

Hebrews 4:12-16, *For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.*

v. 13, *Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.*

v. 14, *Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession.*

v. 15, *For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.*

v. 16, *Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.*

1. HOW JESUS COPED WITH HIS FIRST CONFRONTATION

The first place in the Bible where Jesus conquered a public problem was when He was twelve years old in Jerusalem. He was asking questions of the doctors and answering their questions.

Jesus was in command of the situation. He demonstrated how to conquer superiors. He leaned upon God for wisdom. He had the courage to say what He believed.

How Jesus Coped with Human Problems
Lesson 26

Luke 2:46-47, *And it came to pass, that after three days they found him in the temple, sitting in the midst of the doctors, both hearing them, and asking them questions.*
v. 47, *And all that heard him were astonished at his understanding and answers.*

2. HOW JESUS COPEd WITH EMBARRASSMENT

At a wedding in Cana, Jesus overcame the circumstances and dispelled embarrassment.

John 2:7-10, *Jesus saith unto them, Fill the waterpots with water. And they filled them up to the brim.*
v. 8, *And he saith unto them, Draw out now, and bear unto the governor of the feast. And they bare it.*
v. 9, *When the ruler of the feast had tasted the water that was made wine, and knew not whence it was: (but the servants which drew the water knew;) the governor of the feast called the bridegroom,*
v. 10, *And saith unto him, Every man at the beginning doth set forth good wine; and when men have well drunk, then that which is worse: but thou hast kept the good wine until now.*

3. COPING WITH UNBELIEF

At the temptation, the devil sought to put unbelief in Him. It was the Word of God that gave Him deliverance.

Matthew 4:1-3, *Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.*
v. 2, *And when he had fasted forty days and forty nights, he was afterward an hungered.*
v. 3, *And when the tempter came to him . . .*

4. COPING WITH SELFISHNESS

Jesus refused to change stone to bread.

Matthew 4:3-4, *And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.*
v. 4, *But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.*

5. COPING WITH PRIDE

Jesus refused to jump.

Matthew 4:5-7, Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple,

v. 6, And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

v. 7, Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God.

6. COPING WITH LOYALTY TO GOD

He refused to worship Satan.

Matthew 4:8-11, Again, the devil taketh him up into an exceeding high mountain, and showeth him all the kingdoms of the world, and the glory of them;

v. 9, And saith unto him, All these things will I give thee, if thou wilt fall down and worship me.

v. 10, Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

v. 11, Then the devil leaveth him, and, behold, angels came and ministered unto him.

7. COPING WITH REJECTION

The devil tried to put fear in Jesus through rejection.

Peter denied Him.

Matthew 26:69-75, Now Peter sat without in the palace: and a damsel came unto him, saying, Thou also wast with Jesus of Galilee.

v. 70, But he denied before them all, saying, I know not what thou sayest.

v. 71, And when he was gone out into the porch, another maid saw him, and said unto them that were there, This fellow was also with Jesus of Nazareth.

v. 72, And again he denied with an oath, I do not know the man.

v. 73, And after a while came unto him they that stood by, and said to Peter, Surely thou also art one of them; for thy speech bewrayeth thee.

v. 74, Then began he to curse and to swear, saying, I know not the man. And immediately the cock crew.

v. 75, And Peter remembered the word of Jesus, which said unto him, Before the cock crow, thou shalt deny me thrice. And he went out, and wept bitterly.

How Jesus Coped with Human Problems
Lesson 26

Judas sold Him.

Matthew 26:47-49, And while he yet spake, lo, Judas, one of the twelve, came, and with him a great multitude with swords and staves, from the chief priests and elders of the people.

v. 48, Now he that betrayed him gave them a sign, saying, Whomsoever I shall kiss, that same is he: hold him fast.

v. 49, And forthwith he came to Jesus, and said, Hail, master; and kissed him.

8. COPING WITH INSECURITY

Jesus trusted God even when He was without natural provisions.

Matthew 8:20, And Jesus saith unto him, The foxes have holes, and the birds of the air have nests; but the Son of man hath not where to lay his head.

9. COPING WITH COSMIC POWER

When a violent storm arose on the Sea of Galilee, He spoke with firmness and positiveness and never feared.

Mark 4:37-39, And there arose a great storm of wind, and the waves beat into the ship, so that it was now full.

v. 38, And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?

v. 39, And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

10. COPING WITH PAIN

Christ coped with the pain from the stripes, nails, and sword that wounded his body.

Matthew 27:26, 35, Then released he Barabbas unto them: and when he had scourged Jesus, he delivered him to be crucified.

v. 35, And they crucified him, and parted his garments, casting lots: that it might be fulfilled which was spoken by the prophet, They parted my garments among them, and upon my vesture did they cast lots.

How Jesus Coped with Human Problems
Lesson 26

11. COPING WITH HATE

Christ coped with hatred from the Pharisees. He even prayed for His executioners, “Father, forgive them. . . .”

Luke 23:34, Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots.

12. COPING WITH LONELINESS

Jesus Christ coped with loneliness in the Garden of Gethsemane when all His disciples had left Him alone.

*Matthew 26:40-41, And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour?
v. 41, Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.*

HOW TO COPE, Vol. 1

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Dr. Lester Sumrall
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The voice of **Dr. Lester Sumrall** remains prominent in the Christian world today. More than 65 years of ministry in over 100 nations made Dr. Sumrall a respected source of wisdom and understanding. He was an author, teacher, missionary, evangelist, and the pastor and founder of Christian Center Church in South Bend, Indiana. Throughout his lifetime, Dr. Sumrall worked tirelessly to fulfill The Great Commission by carrying the gospel to the ends of the earth. In 1957 he founded LeSEA, a multi-faceted global outreach. Today LeSEA's outreaches blanket the world through television, satellite, FM and shortwave radio, and LeSEA Global Feed the Hungry®.