

Dr. Lester Sumrall

HOW TO COPE

LIFE'S
PROBLEMS

VOL. 2

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

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

VOLUME 2

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 With Life's Problems, Volume 2*, by Dr. Lester Sumrall.

This a workbook with space allowed for your personal notes.

All scriptures, unless otherwise indicated, are taken from the *New King James Version of the Holy Bible*. Published by Thomas Nelson, Inc., Nashville, Tennessee, 1982.

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LESTER SUMRALL TEACHING SERIES

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Lesson 27

HOW TO COPE WITH LONELINESS

INTRODUCTION:

Psychiatrists believe loneliness is the basis of mankind's emotional and mental disorders. Loneliness hits every person at some time in his or her life. Loneliness is an emotional state. It is a condition of the soul.

God created man for companionship. God walked with man in the Garden of Eden so He would not be lonely. God created Eve for Adam so he would not be lonely.

Loneliness has no respect for individuals. One can be lonely in a big city or crowd.

When left alone, Man has a tendency toward desolation.

READING:

Genesis 2:18, *And the LORD God said, "It is not good that man should be alone; I will make him a helper comparable to him."*

John 17:20-21, *"I do not pray for these alone, but also for those who will believe in Me through their word;*

v. 21, that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me."

How to Cope with Loneliness

1. WHAT IS LONELINESS?

- A. A gloomy outlook on life is loneliness.
- B. Loneliness eats like a cancer. It can torment and drive a person toward suicide.
- C. Loneliness is an empty void within a person. It is a vacuum in man.

2. WHAT CAUSES LONELINESS?

- A. The memory of lost togetherness
- B. The fear of losing wealth and friendships
- C. Rejection
- D. Failure—nothing is as lonely as defeat.
- E. Transgression—David's sin left him alone.

3. THE ANSWER TO LONELINESS

- A. The answer to loneliness is the company of another person. Fellowship is the opposite of loneliness.
- B. Fellowship begins within the Trinity. They have fellowship with one another and with men.

I John 1:3, That which we have seen and heard we declare to you, that you also may have fellowship with us; and truly our fellowship is with the Father and with His Son Jesus Christ.

- C. Friendship brings life and peace. Jesus prayed for His disciples to be one as He and the Father are One.

John 17:21, "That they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me."

- D. We build relationships.
 - 1) Love is not just in word but in deed.
 - 2) The loneliest people are those who have not built bridges into the future.

4. TO COPE WITH LONELINESS

- A. Some people remain alone to fast and pray. It is better to share love and joy with others!
- B. God calls us the “body of Christ” because we are joined together.

Ephesians 4:16, From whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.

- C. The lasting answer to loneliness is attachment to the body of Christ.

NOTES

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HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 28

HOW TO COPE WITH HUMAN FAILURE

INTRODUCTION:

Man was created to succeed, dominate, and rule.

READING:

Genesis 1:26-27, *Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."*

v. 27, *So God created man in His own image; in the image of God He created him; male and female He created them.*

1. WHAT IS FAILURE?

- A. Someone or something that falls short of a goal is a failure.
 - 1) In school, failure is the inability to pass.
 - 2) In business, failure produces bankruptcy.
 - 3) In marriage, failure is the loss of companionship and destruction of the home which ends in divorce.
- B. Failure is the lack of sufficient resources.
- C. Failure is loss of strength.
 - 1) The loss of physical strength causes a lack of promotion.

How to Cope with Human Failure
Lesson 28

- 2) The loss of soulical strength causes the inability to face life's burdens.
- 3) The loss of spiritual strength causes inability to receive a vision and goal from God.

D. Failure is the loss of power. An automobile battery fails when it loses power.

2. HOW DOES FAILURE HAPPEN?

A. It is often caused by transgression. Sin and failure go together.

- 1) Judas Iscariot failed.
- 2) Adam failed.

B. It is often caused by not observing all facets of the project. Jesus said that we should count the cost before building, or we will fail.

Luke 14:28-30, *“For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it; v. 29, “lest, after he has laid the foundation, and is not able to finish, all who see it begin to mock him, v. 30, “saying, ‘This man began to build and was not able to finish.’”*

C. Doing the right thing incorrectly through ignorance or wrong timing

D. Quitting too soon

- 1) Thomas Edison tried 10,000 times before he found the right filament for his light bulb.
- 2) Babe Ruth kept swinging. He struck out more often than other players, but eventually became a baseball legend.
- 3) Henry Ford had a vision. Today the family car is a reality.

3. WHAT DOES FAILURE DO TO A PERSON?

A. Failure affects the mind. It can become listless and unwilling to learn.

B. Failure affects the emotions, producing dull and gloomy attitudes. It causes feelings of insecurity.

C. Failure affects strength and stamina.

4. HOW TO COPE WITH FAILURE

A. Seek divine guidance for direction to victory.

B. Seek supernatural power for victorious assistance.

How to Cope with Human Failure
Lesson 28

- C. Learn all the facts. Many times people think they have failed when actually they are successful.
- D. Do not quit. Pick up the pieces and start again. Winners never quit and quitters never win.
- E. Paul said in Philippians 4:12, *I know how to be abased, and I know how to abound....* Paul knew how to start a voyage and crash into the rocks of an island.

Acts 28:8-10, And it happened that the father of Publius lay sick of a fever and dysentery. Paul went in to him and prayed, and he laid his hands on him and healed him.

v. 9, So when this was done, the rest of those on the island who had diseases also came and were healed.

v. 10, They also honored us in many ways; and when we departed, they provided such things as were necessary.

- F. Joseph did his best and went to jail for it. Later he became the prime minister of Egypt.

Genesis 41:41-44, And Pharaoh said to Joseph, "See, I have set you over all the land of Egypt."

v. 42, Then Pharaoh took his signet ring off his hand and put it on Joseph's hand; and he clothed him in garments of fine linen and put a gold chain around his neck.

v. 43, And he had him ride in the second chariot which he had; and they cried out before him, "Bow the knee!" So he set him over all the land of Egypt.

v. 44, Pharaoh also said to Joseph, "I am Pharaoh, and without your consent no man may lift his hand or foot in all the land of Egypt."

- G. Daniel was a Hebrew slave who refused to fail.

Daniel 2:47-49, The king answered Daniel, and said, "Truly your God is the God of gods, the Lord of kings, and a revealer of secrets, since you could reveal this secret."

v. 48, Then the king promoted Daniel and gave him many great gifts; and he made him ruler over the whole province of Babylon, and chief administrator over all the wise men of Babylon.

v. 49, Also Daniel petitioned the king, and he set Shadrach, Meshach, and Abed-Nego over the affairs of the province of Babylon; but Daniel sat in the gate of the king.

NOTES

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LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 29

HOW TO COPE WITH EMPTINESS

INTRODUCTION:

Psychiatrists believe that the greatest mental illness in our generation is emptiness. This emptiness is the emptiness of the inner man. It is spiritual, moral, and intellectual emptiness.

READING:

Psalm 23:1-6, *The LORD is my shepherd; I shall not want.*

v. 2, *He makes me to lie down in green pastures: He leads me beside the still waters.*

v. 3, *He restores my soul: He leads me in the paths of righteousness for His name's sake.*

v. 4, *Yea, though I walk through the valley of the shadow of death, I will fear no evil: for You are with me; Your rod and Your staff, they comfort me.*

v. 5, *You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over.*

v. 6, *Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever.*

1. GOD CREATED MAN TO BE FULL

- A. Man was created to have dominion.

Genesis 1:26-27, *Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."*

How to Cope with Emptiness
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v. 27, *So God created man in His own image; in the image of God He created him; male and female He created them.*

- B. The Lord said man should live out his full length of days.

Exodus 20:12, *“Honor your father and your mother: that your days may be long upon the land which the LORD your God is giving you.”*

- C. Mankind is commanded to be filled with the Spirit of God

Ephesians 5:18, *And do not be drunk with wine, in which is dissipation; but be filled with the Spirit.*

- D. David said, *“...My cup runs over”* (Psalm 23:5).

- E. Jesus promised believers would be filled with the Holy Spirit.

Acts 1:8, *“But you shall receive power when the Holy Ghost has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea, and Samaria, and to the end of the earth.”*

- F. Paul prayed in Ephesians 3:19, *...To know the love of Christ, which passes knowledge, that you may be filled with all the fullness of God.*

2. WHAT IS EMPTINESS?

- A. To David, it was depression.

Psalm 42:5, *Why are you cast down, O my soul?... Hope in God, for I shall yet praise Him for the help of His countenance.*

- B. To King Saul, it was jealousy.

I Samuel 18:28-29, *Thus Saul saw and knew that the LORD was with David, and that Michal, Saul's daughter, loved him;*
v. 29, *And Saul was still more afraid of David. So Saul became David's enemy continually.*

- C. To the Queen of Sheba, it was unsatisfactory learning.

I Kings 10:1, *Now when the queen of Sheba heard of the fame of Solomon concerning the name of the LORD, she came to test him with hard questions.*

3. NATIONS ARE EMPTY

- A. Russia was empty. Its religion was a state church, which conformed to imperialism. Lenin and Stalin brought communism to try to fill the emptiness.
- B. Germany was empty. Its magnificent centers of education did not fill its emptiness. Adolph Hitler sought to fill this emptiness with war, bravery, and an empire.
- C. China was empty. The Maoist revolution sought to fill it.
- D. America is empty. An emptiness has inundated this generation of American youth. They seek to fill this emptiness with rock music, drugs, and sex.

4. THE ANTICHRIST WILL PROMISE TO FILL HUMAN EMPTINESS

A. Politically

Revelation 13:1-2, *Then I stood upon the sand of the sea. And saw a beast rising up out of the sea, having seven heads and ten horns, and on his horns ten crowns, and upon his heads a blasphemous name.*

v. 2, *Now the beast which I saw was like a leopard, his feet were like the feet of a bear, and his mouth like the mouth of a lion. The dragon gave him his power, his throne, and great authority.*

B. Religiously

- 1) Daniel 11:37, *“He shall regard neither the God of his fathers nor the desire of women, nor regard any god: for he shall exalt himself above all.”*
- 2) Revelation 13:4-8, *So they worshiped the dragon who gave authority to the beast; and they worshiped the beast, saying, “Who is like the beast? Who is able to make war with him?”*
 - v. 5, *And he was given a mouth speaking great things and blasphemies, and he was given authority to continue for forty-two months.*
 - v. 6, *Then he opened his mouth in blasphemy against God, to blaspheme His name, His tabernacle, and those who dwell in heaven.*
 - v. 7, *It was granted to him to make war with the saints and to overcome them. And authority was given him over every tribe, tongue, and nation.*
 - v. 8, *All who dwell on the earth will worship him, whose names have not been written in the Book of Life of the Lamb slain from the foundation of the world.*

How to Cope with Emptiness
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C. Economically

Daniel 8:25, *“Through his cunning he shall cause deceit to prosper under his rule; and he shall exalt himself in his heart. He shall destroy many in their prosperity. He shall even rise against the Prince of princes; but he shall be broken without human means.”*

5. HUMANITY HAS A VOID ONLY GOD CAN FILL

- A. Riches cannot fill it.
- B. Luxuries cannot fill it.
- C. Pleasures cannot fill it.
- D. High position cannot fill it.
- E. Knowledge cannot fill it.

6. MAN'S SOURCE OF OPPORTUNITY FOR FULLNESS

- A. Salvation fills the emptiness.
- B. Water baptism fills the emptiness.
- C. The Holy Spirit fills the emptiness.
- D. The Word of God fills the emptiness.
- E. Your testimony fills the emptiness.
- F. Prayer fills the emptiness.
- G. Giving fills the emptiness.
- H. Praise and worship fill the emptiness.

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Lesson 30

HOW TO COPE WITH THE GRAY WORLD

INTRODUCTION:

Gray has become the world's most popular color. It can be worn both at weddings and funerals. It can show either joy or sorrow. It is both formal and informal.

Gray is not black and yet it is not white. It is mixed. It is both. It is neither.

Today, we live in a world of gray. Do you live in any of these gray worlds?

READING:

Zechariah 14:6, It shall come to pass in that day, that there will be no light; the lights will diminish.

Isaiah 5:20, Woe to those who call evil good, and good evil; who put darkness for light, and light for darkness...

1. THE GRAY WORLD OF POLITICS

The world of politics is ruled by *compromise*. The politician in the gray world is a master at issue-evasion. He can talk all around a subject and never really answer the question. Nothing is right or wrong. Everything depends on the circumstances.

2. THE GRAY WORLD OF MORALS

In this world, sin is excused. A person's deeds are not considered to be either right or wrong.

In the Bible, sin is sin. In the gray world, there are "little sins" and "big sins." Some sins are all right. Some are not.

In the gray world of morality, people see decay and shake their heads. They do nothing. They say, "Isn't it awful?" Then they go back to working crossword puzzles.

3. THE GRAY WORLD OF RELIGION

In this world, the inhabitants just belong to a church. They seldom go to church. They listen to the sermons, but do not act on them.

- A. II Timothy 3:5, *Having a form of godliness but denying its power. And from such people turn away!*
- B. James 1:22, *But be doers of the word, and not hearers only, deceiving yourselves.*

In this gray world, there is no life, spirit, joy nor happiness.

4. THE PHYSICAL GRAY WORLD

Doctors speak of a "gray sickness." These people spend their lives in a half-awake/half-asleep state. They exhibit fatigue and weariness. Their lives are both half-alive and half-dead. These people are plagued with worry and fear. They are always tired. They are usually run-down and without energy.

5. THE SPIRITUAL GRAY WORLD

Inside the person living in the gray world is sadness, melancholy, discouragement, and aimlessness. He has no purpose or reason to live. He is without goals.

6. A MODERN-DAY PLAGUE

The gray world is a modern-day plague. Like twilight, it comes at the close of the day. Like twilight, issues are not seen clearly. The gray world paralyzes the very meaning of life.

7. OUR HOPE IS HEAVEN

There is no gray in heaven, only white. Everything is crystal clear!

- A. Revelation 22:5, *There shall be no night there: They need no lamp, nor light of the sun, for the Lord God gives them light. And they shall reign for ever and ever.*
- B. I Corinthians 13:10, *But when that which is perfect has come, then that which is in part will be done away.*

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Lesson 31

HOW TO COPE WITH UNANSWERED PRAYER

INTRODUCTION:

Only man is capable of inspired dialogue or communication with God. Prayer is natural to all intelligent creatures. All men pray one way or another. How do they cope with unanswered prayer?

READING:

Luke 18:1, *Then He spoke a parable to them, that men always ought to pray and not lose heart.*

1. WHAT IS PRAYER?

- A. Prayer is a conversation with deity.
- B. Prayer is precious to God. God records and keeps the prayers of His people.

Revelation 5:8, Now when He had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb, each having a harp, and golden bowls full of incense, which are the prayers of the saints.

Revelation 8:3, Then another angel, having a golden censer, came and stood at the altar. He was given much incense, that he should offer it with the prayers of all the saints upon the golden altar which was before the throne.

2. MAN IS TAUGHT TO PRAY

- A. The first, recorded prayer in history.

Genesis 4:26, *And as for Seth, to him also a son was born; and he named him Enosh. Then began men to call on the name of the LORD.*

- B. David taught a nation to pray.

I Chronicles 16:11, *Seek the LORD and His strength; Seek His face evermore!*

- C. Parents should teach their children to pray.

- D. Jesus taught the disciples to pray.

1) Luke 11:1-4, *Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray, as John also taught his disciples."*

v. 2, *So He said to them, "When you pray, say: Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven.*

v. 3, *Give us day by day our daily bread.*

v. 4, *And forgive us our sins, for we also forgive everyone who is indebted to us. And do not lead us into temptation, But deliver us from the evil one."*

2) Matthew 7:7-8, *"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you:*

v. 8, *"For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened."*

- E. The Holy Spirit teaches us to pray.

Romans 8:26, *Likewise the Spirit also helps our weaknesses. For we know not what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.*

3. THE HISTORY OF PRAYER

- A. Moses prayed for complaining Israel and stopped a plague.

Numbers 11:1-2 *Now when the people complained, it displeased the LORD; for the LORD heard it, and His anger was aroused. So the fire of the LORD burned among them, and consumed some in the outskirts of the camp.*

v. 2, *Then the people cried out to Moses, and when Moses prayed to the LORD, the fire was quenched.*

How to Cope with Unanswered Prayer
Lesson 31

- B. Elijah prayed for rain.

James 5:17-18, *Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months.*

v. 18, *And he prayed again, and the heaven gave rain, and the earth produced its fruit.*

4. WHO SHOULD PRAY FOR WHAT?

- A. John 16:23, *“And in that day you will ask Me nothing. Most assuredly, I say to you, whatever you ask the Father in My name He will give to you.”*
- B. Mark 11:24, *“Therefore I say to you, What ever things you ask when you pray, believe that you receive them, and you will have them.”*
- C. I John 5:14, *Now this is the confidence that we have in Him, that, if we ask anything according to His will, He hears us.*

5. THE PROBLEM OF UNANSWERED PRAYER

- A. A prayer may be unanswered if it interferes with God's judgment.
- B. God will allow a prayer to go unanswered if it is related to rebellion.
- C. Sometimes unanswered prayers are the result of an attack of the enemy.

Job 1:12, *And the LORD said to Satan, “Behold, all that he has is in your power; only do not lay a hand on his person.” So Satan went out from the presence of the LORD.*

- D. An unanswered prayer may be a matter of timing. Acts chapter three tells of a man who waited years for a healing. When his healing came, 5,000 people were converted.

I Samuel 14:37, *So Saul asked counsel of God, “Shall I go down after the Philistines? Will You deliver them into the hand of Israel?” But He did not answer him that day.*

- E. The answer could be a matter of fasting and prayer. The disciples prayed for a demoniac boy, and he was not healed. Fasting and prayer was needed.

Matthew 17:21, *“However, this kind does not go out except by prayer and fasting.”*

How to Cope with Unanswered Prayer
Lesson 31

- F. An answer may be delayed because of disobedience. Naaman was not healed until he followed the prophet's commandment.

II Kings 5:14, So went he down and dipped himself seven times in Jordan, according to the saying of the man of God; and his flesh was restored like the flesh of a little child, and he was clean.

- G. Unanswered prayer may result from a secret sin.

Psalm 66:18, If I regard iniquity in my heart, the LORD will not hear.

- H. Unanswered prayer may be the result of stubbornness.

Zechariah 7:12-13, "Yes, they made their hearts like flint, refusing to hear the law and the words which the LORD of hosts had sent by His Spirit through the former prophets. Thus great wrath came from the LORD of hosts.

v. 13, "Therefore it happened, that just as He proclaimed and they would not hear, so they called out, and I would not listen," says the LORD of hosts.

6. HOW TO COPE WITH UNANSWERED PRAYER

- A. A delay in the answer to prayer is not necessarily refusal. The lame man at the Beautiful Gate was healed after many years.

Acts 3:2, And a certain man, lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms from those who entered the temple.

- B. Pray in faith.

James 1:6, But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.

- C. Pray according to the will of God.

I John 5:14-15, Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.

v. 15, And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

- D. Pray unselfishly.

Mark 11:25, "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses."

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LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 32

HOW TO COPE WITH PRIDE

INTRODUCTION:

Pride is one of the most devastating emotions of the human heart. It may have destroyed more nations and men than any other negative force. It merits keen observation and a deep searching of the inner man.

READING:

Proverbs 16:18, *Pride goes before destruction, And a haughty spirit before a fall.*

I John 2:16, *...and the pride of life; is not of the Father but is of the world.*

1. WHAT IS PRIDE?

- A. Pride is a soulish disease.

Mark 7:21-22, *“For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, v. 22, thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness.”*

- B. Pride was in the heart of Nebuchadnezzar.

Daniel 5:20, *“But when his heart was lifted up, and his spirit was hardened in pride, he was deposed from his kingly throne, and they took his glory from him.”*

How to Cope with Pride
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- C. Pride is the excessive self-esteem of the human ego.
- D. Pride is an unreasonable conceit and feeling of superiority. It can be related to race, rank, beauty, talent, wealth, etc. It seeks vain-glory.
- E. Pride is the abhorrence of a person we feel is beneath our station in life.
- F. Pride is a disdainful look or behavior toward another person.
- G. Pride is a haughty feeling of excellence and virtue within the human mind. It boasts about itself.
- H. Pride is arrogance toward people of a lower estate.
- I. Pride is a parental sin. It gives birth to other sins. Pride leads to other vices.
- J. Pride receives no pleasure in having something. It only enjoys having more. It is not content with being rich; only being richer. It is not content to be clever; but must be more clever. It is not content to be good-looking and pretty; but desires to be better-looking than anyone else. Comparison creates pride. Pride is the satisfaction of being above everyone else.

2. WHERE WAS PRIDE FIRST FOUND?

- A. The anointed cherub was lifted up or exalted because of his beauty. He became corrupted because of his wisdom and brightness.

Ezekiel 28:17, *“Your heart was lifted up because of your beauty; you corrupted your wisdom for the sake of your splendor; I cast you to the ground, I laid you before kings, that they might gaze at you.”*

- B. Continuing this revelation, God said to Lucifer.

Isaiah 14:13-14, *“For you have said in your heart: ‘I will ascend into heaven, I will exalt my throne above the stars of God; I will also sit on the mount of the congregation on the farthest sides of the north; v. 14, I will ascend above the heights of the clouds, I will be like the Most High.’”*

Lucifer proclaimed five “I wills”.

- 1) *I will ascend into heaven...*
- 2) *I will exalt my throne...*
- 3) *I will also sit on the mount of the congregation...*
- 4) *I will ascend above the heights of the clouds...*
- 5) *I will be like the Most High...*

The devil’s “I wills” are the origin of pride.

3. WHAT ARE THE RESULTS OF PRIDE?

A. Pride craves approval. It is a show-off.

B. Pride is a destroyer.

Proverbs 29:23, A man's pride shall bring him low...

C. Pride stirs strife.

Proverbs 28:25, He who is of a proud heart stirs up strife...

D. Pride persecutes others.

Psalm 10:2, The wicked in his pride persecutes the poor...

E. Pride creates contention.

Proverbs 13:10, By pride comes nothing but strife...

F. Pride is a chain that binds.

Psalm 73:6, Therefore pride compasseth them about as a chain... (KJV).

G. Pride is a deception.

Obadiah 1:3, The pride of your heart has deceived you...

H. Pride puts down.

Daniel 4:37, ...And those who walk in pride He is able to put down.

4. HISTORIC EXAMPLES OF PRIDE

A. Pharaoh of Egypt

Exodus 5:2, And Pharaoh said, "Who is the LORD, that I should obey His voice to let Israel go? I do not know the LORD, nor will I let Israel go."

B. General Naaman of Syria.

II Kings 5:11, But Naaman became furious, and went away and said, "Indeed, I said to myself, 'He will surely come out to me, and stand and call on the name of the LORD his God, and wave his hand over the place, and heal the leprosy.'"

C. King Uzziah

II Chronicles 26:16, But when he was strong his heart was lifted up, to his destruction...

5. CHECK YOUR PRIDE

A person may think he is without pride, but what happens when:

- A. Someone does not like you?
- B. Someone snubs you?
- C. Somebody refuses to notice you?
- D. Someone else shows off with his clothes, money or automobile?

6. GOD IS WITHOUT PRIDE

- A. Proverbs 8:13, *...pride...I hate.*
- B. I John 2:16, *For all that is in the world; the lust of the flesh, the lust of the eyes, and the pride of life; is not of the Father but is of the world.*

7. DIVINE WARNINGS AGAINST PRIDE

- A. Romans 12:16, *Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.*
- B. I Corinthians 8:2, *And if anyone thinks that he knows anything, he knows nothing yet as he ought to know.*
- C. Proverbs 26:12, *Do you see a man wise in his own eyes? There is more hope for a fool than him.*
- D. Revelation 3:17, *“Because you say, ‘I am rich, have become wealthy, and have need of nothing’; and do not know that you are wretched, miserable, poor, blind, and naked.”*

8. HOW TO COPE WITH PRIDE

- A. Recognize its source.
- B. Recognize its deadly effects.
- C. Earnestly seek God for deliverance and He will place humility in your heart.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 33

HOW TO COPE WITH APATHY

INTRODUCTION:

Apathy is a curse. It destroys happiness and success. It kills human progress and takes the purpose out of living.

READING:

Psalm 42:5, *Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.*

1. WHAT IS APATHY?

- A. The word "apathy" is derived from the Greek word *apatheia*. It means a lack of emotion or interest, listlessness, indifference and unconcern.
- B. Apathy is widespread in our modern society. It is a condition of the human soul. It functions and emanates from the human mind and emotions. Both are soulical in nature.

2. SYMPTOMS OF APATHY

- A. Listlessness. A person roams from one place to another at home or around the city.
- B. A lack of ambition, goals or achievements
- C. A lack of interest in the needs or problems of others

How to Cope with Apathy
Lesson 33

- D. An 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, comprehend and discern, it is sick. The mental process should never be under bondage. An inactive mind desires to accomplish things, but it never does them.

- E. A disposition to depression
- F. Worries about yesterday, today and tomorrow
- G. Fear
- H. A lack of concentration

3. WHAT APATHY DOES TO YOUR PERSONALITY

- A. It stunts creativity.
- B. Apathy stops actions of progress, growth and development.
- C. Apathy is without a vision of future success for yourself, your family or your country. It causes despair.

4. POLITICAL APATHY

Political apathy is a curse in our country today.

- A. It is the feeling that the nation is beyond help.
- B. It is a belief that everyone is corrupt.
- C. Apathy is a refusal to vote or support good men in politics.
- D. Political apathy says, "Forget that this world is travailing in cruel oppression of militarism and atheism."

5. RELIGIOUS APATHY

- A. Religious apathy produces people who are critical of God and the Bible.
- B. To never witness or win a soul is apathetic.
- C. Apathy is unfaithfulness in worship.
- D. It is neglect in reading the Word of God.

How to Cope with Apathy
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6. COMMUNITY APATHY

- A. Civic pride is necessary to a good community.
- B. If you give up on your neighbors, your city will deteriorate.

7. HOW TO COPE WITH APATHY

- A. Discover and become aware of its conditions.
- B. Look for resources to assist you.
- C. Take a challenge and work at it.
- D. Accept Christ as your Savior and partner.

Philippians 4:13, *I can do all things through Christ who strengthens me.*

NOTES

A series of 22 horizontal lines intended for writing notes.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 34

HOW TO COPE WITH PAIN

INTRODUCTION:

Our generation spends over \$600 billion a year on health care. This modern age has the most pain-conscious people in history. Millions are terrified by pain and constantly take pills. Doctors call these people “hypochondriacs.”

Though we have been taught that pain is evil, humans are both born and die in pain. Everyday we know some sort of pain.

The average person escalates the slightest pain into a major ailment, disease or affliction. Americans turn on the fear of pain like a fire hydrant.

Radio and television have magnified pain with commercials until millions of people believe they have the ultimate illness.

Great chemical plants are pain-killing pill factories.

In our country today, doctors' offices are crowded with people who refuse to leave without a prescription to reduce pain. In many cases, these aches are psychogenic, caused by the mind.

READING:

Revelation 21:4, “*And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.*”

1. WHAT IS PAIN?

The dictionary defines pain as the physical or mental sensation a person feels when hurt, distressed or anguished.

2. SIN IS THE ORIGIN OF PAIN

- A. Adam and Eve knew all the evidences of pain through their tears and oppressions.

Genesis 3:16-19, *To the woman He said: "I will greatly multiply your sorrow and your conception; in pain you shall bring forth children; your desire shall be for your husband, and he shall rule over you."*

v. 17, *Then to Adam He said, "Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, 'You shall not eat of it': Cursed is the ground for your sake; in toil you shall eat of it all the days of your life.*

v. 18, *Both thorns and thistles it shall bring forth for you, and you shall eat the herb of the field.*

v. 19, *In the sweat of your face you shall eat bread till you return to the ground, for out of it you were taken; for dust you are, and to dust you shall return."*

- B. Isaiah understood pain.

Isaiah 21:3-4, *Therefore my loins are filled with pain; pangs have taken hold of me, like the pangs of a woman in labor. I was distressed when I heard it; I was dismayed when I saw it.*

v. 4, *My heart wavered, fearfulness frightened me; the night for which I longed He turned into fear for me.*

- C. Job endured pain.

Job 14:22, *But his flesh will be in pain over it, and his soul will mourn over it.*

Job 33:19, *"Man is also chastened with pain on his bed, and with strong pain in many of his bones."*

3. HOW MANY KINDS OF PAIN DO PEOPLE KNOW?

- A. Physical: Man can feel hundreds of kinds of pain in his body from toothache to toe-ache.
- B. Spiritual: This pain is a deep and lasting sorrow.

Psalms 55:3 *Because of the voice of the enemy, because of the oppression of the wicked; for they bring down trouble upon me, and in wrath they hate me.*

How to Cope with Pain
Lesson 34

C. Mental (Soulical): Emotional or mental pain can be very real.

4. WHAT CAUSES PAIN?

- A. There are many natural causes for pain, such as sin, sickness and accidents.
- B. There are also supernatural causes. The devil can simulate pain.
- C. Jesus said there is a spirit of infirmity.

Luke 13:11, And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up.

D. Dr. Norman Cousins has listed these causes of pain:

- 1) Tension
- 2) Insufficient sleep
- 3) Overeating
- 4) Smoking
- 5) The abuse of alcoholic beverages
- 6) Inadequate exercise
- 7) Bad air
- 8) Boredom

5. HOW TO UNDERSTAND PAIN

- A. Nothing panics some people as much as pain.
- B. The greatest illiteracy in the world today is ignorance about pain.
- C. Usually pain is a signal like a traffic light. Red means STOP!
- D. Pain can warn you about overeating.
- E. It can alert you to a lack of sleep.
- F. Pain can warn you of overwork.
- G. Pain can remind you of inadequate exercise. Sometimes pain is even caused by boredom or a quarrel.
- H. Pain pushes the panic button. Fear raises the alarm.
- I. Many times pain can be relieved when the abuse is eliminated.

6. HOW TO COPE WITH PAIN

- A. The built-in durability of the human organism is amazing.
 - 1) It is stable.
 - 2) It is balanced.
 - 3) It is resistant.
 - 4) It has health-producing forces.
 - 5) It does not need eternal patching, repair, surgery or experimentation.
- B. Medication to reduce pain can cause side effects and other illnesses.
- C. Seek to understand the reason why you have pain. If you eliminate the abuse, you will eliminate most of your pain.
- D. Find the source of your pain. If you wish, consult your doctor; or seek the Lord. Christ can heal.
- E. In this world, pain is a reality.

Romans 8:2, 18, 22 For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.

v. 18, For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

v. 22, For we know that the whole creation groans and labors with birth pangs together until now.

- F. Pain will be done away with forever!

Revelation 21:4, And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 35

HOW TO COPE WITH ALCOHOLISM

INTRODUCTION:

The highways of history are strewn and littered with the debris of men, families and nations destroyed by drunkenness.

The national bill for alcohol is \$85.8 billion yearly. Over five billion gallons of these beverages are consumed annually.

More than 15 million Americans are alcoholics.

READING:

Proverbs 20:1, *Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise.*

1. WHAT IS ALCOHOLISM?

- A. Alcoholism is the deliberate, voluntary and excessive drinking of man-made alcoholic beverages.
- B. The use of alcohol is a vain attempt to make you what you are not!
- C. Alcohol promises release and freedom from life's problems and sorrows, but it only produces bondage.
- D. Alcohol promises fun and excitement, but it produces more sorrow than any other thing on this globe.
- E. Alcohol promises a lift to bolster strength, but it produces weakness.

2. WHAT ALCOHOLISM IS NOT:

- A. It is not a disease.
- B. If alcoholism is a disease, as some doctors and legislators believe, it is the only disease that is bottled and sold. It is the only disease contracted by the will of man. It is the only disease which requires outlets, stores, cafes and taverns to spread it. It is the only disease that requires a license to propagate.
- C. If alcoholism is a disease, it is the only disease that produces revenue for the government, and promotes crime. It is the only habit-forming disease. It is the only disease that causes violent death on the highways. It is the only disease spread with millions of dollars worth of advertising. It is the only disease contracted voluntarily.

3. WHY ARE ALCOHOLIC BEVERAGES DANGEROUS?

- A. Alcoholism is slavery. The alcoholic is no longer his own master.
- B. It changes an individual's personality.
- C. It produces family tragedies.
- D. Alcohol causes industrial losses.
- E. Alcohol causes highway accidents.
- F. It bolsters crime.
- G. It causes delinquency.
- H. Alcohol creates poverty.

4. AMERICA'S ALCOHOLIC PROBLEM

- A. Over 15 million men, women and children show symptoms of alcoholism.
- B. Alcoholism often begins with the first social drink.
- C. Next, people take a drink to steady their nerves.
- D. Finally drinking becomes compulsive.

5. THE PENALTY OF ALCOHOLISM

- A. Sorrow
- B. Loss of love

How to Cope with Alcoholism
Lesson 35

- C. Loss of limb
- D. Loss of livelihood
- E. Loss of life, both natural and eternal

I Corinthians 6:10, *...nor drunkards...will inherit the kingdom of God.*

6. HOW TO COPE WITH ALCOHOLISM

- A. If you are not an alcoholic, do not take the first drink.
- B. One doctor told me that he became an alcoholic with his first drink.
- C. If you are an alcoholic or a social drinker, do these things:
 - 1) Recognize your need.
 - 2) Recognize your danger.
 - 3) Recognize your source of help.
 - 4) Surrender your life to Christ.
 - 5) Believe His Word.
 - 6) Walk in freedom and victory.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 36

HOW TO COPE WITH POVERTY

INTRODUCTION:

I have witnessed poverty in over 100 nations. I have seen poverty at its worst. Poverty is somewhat psychological and definitely comparative. The United States is a country of challenging opportunity.

READING:

III John 2, *Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*

1. WHAT GOD SAID ABOUT POVERTY

- A. God is interested in the poor. They are mentioned 204 times in the Bible.
- B. God gave man dominion over the earth. Man did not start poor. Nature is normally rich. An abnormal situation has to exist in nature for it to be poor.

Genesis 1:26-27, *Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."*

v. 27, *So God created man in His own image; in the image of God He created him; male and female He created them.*

How to Cope with Poverty
Lesson 36

- C. Interest should not be charged against the poor.

Exodus 22:25, *“If you lend money to any of My people who are poor among you, you shall not be like a moneylender to him; you shall not charge him interest.”*

- D. The poor are not to be oppressed.

Deuteronomy 24:12-15, *“And if the man is poor, you shall not keep his pledge overnight.*

v. 13, *“You shall in any case return the pledge to him again when the sun goes down, that he may sleep in his own garment and bless you; and it shall be righteousness to you before the LORD your God.*

v. 14, *“You shall not oppress a hired servant who is poor and needy, whether one of your brethren or one of the aliens who is in your land within your gates.*

v. 15, *“Each day you shall give him his wages, and not let the sun go down on it, for he is poor and has set his heart on it; lest he cry out against you to the LORD, and it be sin to you.”*

- E. The poor are to be remembered.

Psalm 41:1, *Blessed is he who considers the poor; the LORD will deliver him in time of trouble.*

Psalm 112:9, *He has dispersed abroad, He has given to the poor; His righteousness endures forever; His horn will be exalted with honor.*

2. WHAT CAUSES POVERTY?

There are many reasons for poverty.

- A. Tragedy and disaster can cause poverty, but these conditions need not keep you poor. You can rise again.
- B. Waste, neglect, and laziness lead to poverty.
- C. Ignorance, being taken advantage of, and wrong decisions produce poverty.
- D. In many cases, poverty is the result of sins such as sex, immorality, gambling, and alcoholism.

Proverbs 20:13, *Do not love sleep, lest you come to poverty; open your eyes, and you will be satisfied with bread.*

Proverbs 23:21, *For the drunkard and the glutton will come to poverty, and drowsiness will clothe a man with rags.*

3. POVERTY IS A DESTRUCTIVE PLAGUE

- A. Poverty causes evil through sickness, exposure and under-nourishment.
- B. Poverty causes spiritual depression.
- C. Poverty causes suffering.
- D. Poverty degrades mankind.

4. THERE IS MORE THAN ONE KIND OF POVERTY

- A. Moral poverty—low ethical activity
- B. Spiritual poverty—the worst kind of poverty
- C. Intellectual poverty—ignorance, a poor mental condition

5. HOW TO COPE WITH POVERTY

- A. See and understand your plight.
- B. Desire change.
- C. Find the source of growth. This source is Jesus Christ's salvation, peace and respect.
 - 1) Philippians 4:19, *And my God shall supply all your need according to His riches in glory by Christ Jesus.*
 - 2) Psalms 23:1, *The LORD is my shepherd; I shall not want.*
 - 3) Matthew 6:33, *"But seek first the kingdom of God and His righteousness, and all these things shall be added to you."*
- D. Be diligent.

Proverbs 6:10-11, *A little sleep, a little slumber, a little folding of the hands to sleep;*
v. 11, *so shall your poverty come on you like a prowler, and your need like an armed man.*

- E. Stop wasteful spending.

6. GOD IS NOT IMPOVERISHED

Revelation 21:10-11, 18-21, *And he carried me away in the Spirit to a great and high mountain, and showed me the great city, the holy Jerusalem, descending out of heaven from God,*

How to Cope with Poverty
Lesson 36

v. 11, *having the glory of God. Her light was like a most precious stone, like a jasper stone, clear as crystal.*

v. 18, *The construction of its wall was of jasper; and the city was pure gold, like clear glass.*

v. 19, *The foundations of the wall of the city were adorned with all kinds of precious stones: the first foundation was jasper, the second sapphire, the third chalcedony, the fourth emerald,*

v. 20, *the fifth sardonyx, the sixth sardius, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth chrysoprase, the eleventh jacinth, and the twelfth amethyst.*

v. 21, *The twelve gates were twelve pearls: each individual gate was of one pearl. And the street of the city was pure gold, like transparent glass.*

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 37

HOW TO COPE WITH REVENGE

INTRODUCTION:

Revenge means to take vengeance. There have been vengeful feuds which have lasted for centuries.

These rivalries occur between nations, families and individuals. "I will get even with you" are words of vengeance. Wars, murders and hatreds are the fruit of revenge.

READING:

Romans 12:19, *Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord.*

1. WHAT IS REVENGE?

- A. It comes from the Latin word *vindicare*, meaning "vindictive action."
- B. It inflicts damage, injury or punishment in return for injury or insult.
- C. It means to retaliate with a vindictive spirit.

2. IS THERE SATISFACTION IN REVENGE?

- A. There are some evils in which some satisfaction exists, but revenge has no satisfaction. It is a mental delusion.
- B. Revenge does not satisfy thirst or hunger nor does it clothe the body.
- C. There is no inward satisfaction in revenge. Revenge calls for retaliation from the other party. It is never satisfactory.

3. WHAT CAN REVENGE CAUSE YOU TO DO?

- A. Either mentally or emotionally, revenge can cause you to act in an irrational manner. You do not act with the same intelligence you normally use. The desire for revenge reduces your capacity to reason clearly.
- B. Divorce is an example of revenge. One of life's saddest sights is a man and woman who come into a courtroom and downgrade each other, when before they had once loved and cared for each other.
- C. Revenge is often motivated by half-truths or untruth.
- D. Revenge can cause acts of hatred and murder. It stems from bitterness.
- E. Revenge can change a human personality from goodness to meanness.
- F. Revenge is like cancer. It eats until it totally destroys.
- G. Revenge can produce terrible acts of ingratitude.
- H. Revenge is satanic. It causes you to commit evil acts.

4. A HISTORIC ACT OF REVENGE

John the Baptist was beheaded through revenge. He pointed his finger at King Herod and told him that it was not right for him to have his brother's wife. The queen, Herodias, was so angry that she had him killed.

Matthew 14:3-4, 10-11, *For Herod had laid hold of John and bound him, and put him in prison for the sake of Herodias, his brother Philip's wife.*

v. 4, *Because John had said to him, "It is not lawful for you to have her."*

v. 10, *So he sent and had John beheaded in prison.*

v. 11, *And his head was brought on a platter and given to the girl, and she brought it to her mother.*

5. WHAT GOD SAYS ABOUT REVENGE

- A. God said that you are forgiven in the same manner you forgive others. You cannot harbor a desire to get even in your heart and expect God to forgive you.

Mark 11:25-26, *"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.*

v. 26, *"But if you do not forgive, neither will your Father in heaven forgive your trespasses."*

How to Cope with Revenge
Lesson 37

- B. Jesus said if a man takes your shirt give him your cloak too, Do not try to grab something from him.

Matthew 5:40, *“If anyone wants to sue you and take away your tunic, let him have your cloak also.”*

6. NO NEED FOR REVENGE

- A. Moses did not desire to take revenge against Miriam for her rebellion.

Numbers 12:1-3, *Then Miriam and Aaron spoke against Moses because of the Ethiopian woman whom he had married; for he had married an Ethiopian woman.*

v. 2, *So they said, “Has the LORD indeed spoken only through Moses? Has He not spoken through us also?” And the LORD heard it.*

v. 3, *(Now the man Moses was very humble, more than all men who were on the face of the earth.)*

- 1) God judged Miriam and Aaron, because Moses did not take matters into his own hands.

Numbers 12:4-9, *Suddenly the LORD said to Moses, Aaron, and Miriam, “Come out, you three, to the tabernacle of meeting!” So the three came out.*

v. 5, *Then the LORD came down in the pillar of cloud and stood in the door of the tabernacle, and called Aaron and Miriam. And they both went forward.*

v. 6, *Then He said, “Hear now My words: If there is a prophet among you, I, the LORD, make Myself known to him in a vision; I speak to him in a dream.*

v. 7, *Not so with My servant Moses; he is faithful in all My house.*

v. 8, *I speak with him face to face, even plainly, and not in dark sayings; and he sees the form of the LORD. Why then were you not afraid To speak against My servant Moses?”*

v. 9, *So the anger of the LORD was aroused against them, and He departed.*

- 2) God struck Miriam with leprosy. Her brother Aaron, a part of the conspiracy against Moses, was the high priest, and had to take her to an isolation ward in the Sinai Desert. Moses prayed for her healing and God healed her.

Numbers 12:10-15, *And when the cloud departed from above the tabernacle, suddenly Miriam became leprous, as white as snow. Then Aaron turned toward Miriam, and there she was, a leper.*

How to Cope with Revenge
Lesson 37

v. 11, *So Aaron said to Moses, "Oh, my lord! Please do not lay this sin on us, in which we have done foolishly and in which we have sinned.*

v. 12, *"Please do not let her be as one dead, whose flesh is half consumed when he comes out of his mother's womb!"*

v 13, *So Moses cried out to the LORD, saying, "Please heal her, O God, I pray!"*

v. 14, *Then the LORD said to Moses, "If her father had but spit in her face, would she not be shamed seven days? Let her be shut out of the camp seven days, and afterward she may be received again."*

v. 15, *So Miriam was shut out of the camp seven days, and the people did not journey till Miriam was brought in again.*

- B. David did not take revenge against King Saul, even though Saul had tried to kill him.

I Samuel 24:6, *And he said to his men, "The LORD forbid that I should do this thing to my master, the Lord's anointed, to stretch out my hand against him, seeing he is the anointed of the LORD."*

7. HOW TO COPE WITH REVENGE

- A. You must realize that you have a spirit of revenge. Some people go their entire lives getting even and never realize it.
- B. Jesus came to forgive you. After you identify your need, look for help in Jesus and not science. Come to the Source of help. That Source is our Lord Jesus Christ.
- C. An outstanding example of Christ's forgiveness occurred when Jesus did not seek revenge against His murderers.

Luke 23:34, *Then Jesus said, "Father, forgive them, for they do not know what they do." And they divided His garments and cast lots.*

8. FORGIVENESS IS THE ANSWER TO REVENGE

Learn to forgive and forget, as God does with our sins. Subdue your anger, and learn about God's great love and forgiveness!

Hebrews 8:12, *For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more.*

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 38

HOW TO COPE WITH BOREDOM

INTRODUCTION:

Humans are born extroverts. Newborns yell at birth and are noisy as children. Children are naturally excited, inquisitive learners. To lose interest in life is to become bored.

READING:

Psalm 42:5, *Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.*

1. WHAT IS BOREDOM?

- A. Boredom comes to us from the Latin-rooted French word, *ennui* (pronounced “an-ew”). This word means a lack of interest, dullness, monotony, unhappiness, annoyance, weariness, dissatisfaction and inactivity.
- B. Boredom is an empty and aimless feeling often associated with problems without solutions.

2. WHO IS BORED?

- A. Boredom is a disease of modern life. Primitive people find activities. They enjoy living.
- B. I have heard people say, “I am bored to tears,” or “He bores me to death.”

Boredom attacks old people, young people, homemakers and factory workers. It attacks ministers, doctors, lawyers and industrialists.

3. WHAT CAUSES BOREDOM?

- A. It is the result of a lost challenge in life. A person finds himself without goals.
- B. Boredom is closely related to selfishness. It comes by not relating and adjusting to your local environment.
- C. It is born when the joy of achievement vanishes.
- D. It comes when there is a need for direct leadership.

4. WHAT WILL BOREDOM DO TO YOUR PERSONALITY?

It separates you from your friends and pleasures. It pushes you down the road to depression, causing sadness. It causes activity to cease and your days to become unproductive.

5. HOW TO COPE WITH BOREDOM

- A. Discover the excitement of Christ.
- B. Permit Christ to change and bless your life.

John 10:10, "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."
- C. Reach out a hand to help and love someone who needs you.
- D. Achieve a new goal in life by doing something you have never done before.
- E. Consider the rewards of eternity.

*Philippians 3:13-14, Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead,
v. 14, I press toward the goal for the prize of the upward call of God in Christ Jesus.*

Be a winner! Leave boredom behind. Rejoice in the Lord, and be glad!

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HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 39

HOW TO COPE WITH CONDEMNATION

INTRODUCTION:

The devil destroys many people through self-condemnation. Self-condemnation is a plague.

READING:

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

1. WHAT IS CONDEMNATION?

- A. Condemnation lies in the area of feelings and emotions. It is soulical.
- B. It is a function of the human conscience.
- C. It is the memory of former negative experiences.
- D. Condemnation is often the guilty feeling of moral incorrectness.

2. WHAT CAUSES CONDEMNATION?

- A. Hidden sins cause condemnation.

Proverbs 28:13, He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.

- B. Greed causes condemnation. Judas in his condemnation did not seek forgiveness.

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Matthew 27:4-5, *Saying, "I have sinned by betraying innocent blood." And they said, "What is that to us? You see to it!"*
v. 5, *Then he threw down the pieces of silver in the temple and departed, and went and hanged himself.*

- C. Adultery causes condemnation. Jesus said to the woman caught in adultery:

John 8:11, *...And Jesus said to her, "Neither do I condemn you; go and sin no more."*

- D. Family hatred can cause feelings of condemnation.

Joseph's brothers felt condemned when they remembered their sin against Joseph. They had hearts of remorse and felt that judgment was coming.

Genesis 42:21-22, *Then they said to one another, "We are truly guilty concerning our brother, for we saw the anguish of his soul when he pleaded with us, and we would not hear; therefore this distress has come upon us."*
v. 22, *And Reuben answered them, saying, "Did I not speak to you, saying, 'Do not sin against the boy'; and you would not listen? Therefore behold, his blood is now required of us."*

3. UNREAL CONDEMNATION

The devil often accuses us of being guilty of forgiven sins.

Revelation 12:10, *Then I heard a loud voice saying in heaven, "Now salvation, and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been cast down."*

Christ bore our condemnation.

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

4. BIBLE CHARACTERS WHO FELT CONDEMNATION

- A. Eve felt condemned first.

Genesis 3:13, *The woman said, "The serpent deceived me, and I ate."*

- B. Adam showed the first reaction to condemnation.

Genesis 3:8, *And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden.*

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- C. King Saul had self-condemnation which led to depression, obsession and finally suicide.
- D. When Nathan pointed at him and proclaimed *You are the man!* David knew he was condemned as guilty.

II Samuel 12:7, 13, *Then Nathan said to David, "You are the man! Thus says the LORD God of Israel: 'I anointed you king over Israel, and I delivered you from the hand of Saul.'"*

v. 13, *So David said to Nathan, "I have sinned against the LORD." And Nathan said to David, "The LORD also has put away your sin; you shall not die."*

5. WHAT WILL CONDEMNATION DO TO YOU?

- A. The thief on the cross dealt with condemnation when he prayed *remember me*.

Luke 23:42-43, *Then he said to Jesus, "Lord, remember me when You come into Your kingdom."*

v. 43, *And Jesus said to him, "Assuredly, I say to you, today you will be with Me in Paradise."*

- B. Simon Peter wept bitterly when he dealt with his condemnation.

Luke 22:61-62, *And the Lord turned and looked at Peter. And Peter remembered the word of the Lord, how He had said to him, "Before the rooster crows, you will deny Me three times."*

v. 62, *So Peter went out and wept bitterly.*

- C. The prodigal son returned home and overcame condemnation.

Luke 15:21-24, *"And the son said to him, 'Father, I have sinned against heaven and in your sight, and am no longer worthy to be called your son.'*

v. 22, *"But the father said to his servants, 'Bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet.*

v. 23, *'And bring the fatted calf here and kill it, and let us eat and be merry;*

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

- D. You can come to Christ; He wipes out condemnation.

John 1:29, *The next day John saw Jesus coming toward him, and said, "Behold! The Lamb of God who takes away the sin of the world!"*

NOTES

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 40

HOW TO COPE WITH MISTREATMENT

INTRODUCTION:

There is a lot of mistreatment in the world. The Bible is very specific regarding how we should treat each other.

- A. It tells masters how to treat their slaves.
- B. It tells employers how to treat their employees.
- C. It tells husbands how to treat their wives.
- D. It tells parents how to treat their children.

God desires that the totality of our society be treated kindly, courteously and in a Christian manner.

READING:

Matthew 5:11-12, *“Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake.*

v. 12, *“Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.”*

1. CAUSES OF MISTREATMENT

- A. Anger
- B. Hatred
- C. Jealousy

2. SORROW AND MISTREATMENT

Once at the Post Office my wife was spoken to very abruptly by a postal clerk, but she refused to be offended. The clerk told her later, "My wife died and I am the saddest man in the world." He was taking out his sorrow on others.

3. MISTREATMENT THROUGH MISUNDERSTANDING

I was conducting a meeting in Tennessee when the senior deacon of the church requested the meeting be closed. I prayed about it and the Lord said, "Go embrace him and give him a brotherly kiss." It was a very difficult thing to do since I hardly knew him. I obeyed and it was like kissing a telephone pole.

Later in prayer, I said, "Lord it did not work." The Lord said, "Repeat it."

When I repeated it the third time the man said, "I love you." He immediately went to the pastor and had the meeting prolonged as long as possible. He told the pastor, "This is the best evangelist we have ever had."

When he saw my willingness to love he became a changed person.

4. MISTREATMENT THROUGH ANGER

Sometimes anger and the devil cause mistreatment. Often a person mistreats a child because he is bigger than the child; an employer mistreats an employee because he is the boss. These are cases of people on ego trips. They need the other person, but anger causes them to mistreat the weaker person.

5. SICKNESS CAN CAUSE ONE TO MISTREAT FRIENDS

Physical illnesses can sometimes cause people to be short-tempered and easily irritated.

6. ALCOHOL AND DRUGS CAN CAUSE MISTREATMENT

Drugs and alcohol take away a person's sensitivity and human feelings. Many men abuse their wives and children while under the influence of these substances. They often squander the grocery money on their sinful habits.

7. HOW TO COPE WITH MISTREATMENT

A. As a Christian, you can take the matter to Christ in prayer.

B. Learn what the Savior has to say about the matter. Jesus said on the cross:

Luke 23:34, ... "Father, forgive them, for they do not know what they do." And they divided His garments and cast lots.

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- C. Ask God for a forgiving spirit.

Matthew 6:14, *“For if you forgive men their trespasses, your heavenly Father will also forgive you.”*

- D. Do something not demanded of you for the person who has hurt you. This reveals a Christian spirit.

Matthew 5:41, *“And whoever compels you to go one mile, go with him two.”*

- E. Begin to rejoice in the final victory. Paul sang at midnight with stripes on his back in the Philippian jail.

Acts 16:25, *But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.*

- F. Act toward other people the way you would like them to act toward you.

Matthew 7:12, *Therefore, whatever you want men to do to you, do also to them, for this is the Law and the Prophets.*

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HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 41

HOW TO COPE WITH SOCIAL INJUSTICE

INTRODUCTION:

In the ancient world, the royalty, nobility and wealthy rode while their servants walked. Solomon had a vision of it reversed—walking princes and riding servants.

Unscrupulous upstarts frequently usurp the highest places while truly great people humbly accept obscurity. This is a riddle in providence. Its solution will someday gladden the hearts of the upright. It will be so common that none of us should be amazed when the weak rule.

READING:

Ecclesiastes 10:7, *I have seen servants on horses, while princes walk on the ground like servants.*

1. HAMAN, THE SCHEMER

Haman was highly honored by the king while Mordecai sat in the gate with death clouding over him.

Esther 3:2, 5-6, *And all the king's servants who were within the king's gate bowed and paid homage to Haman, for so the king had commanded concerning him. But Mordecai would not bow or pay homage.*

v. 5, *When Haman saw that Mordecai did not bow or pay him homage, Haman was filled with wrath.*

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Lesson 41

v. 6, *But he disdained to lay hands on Mordecai alone, for they had told him of the people of Mordecai. Instead, Haman sought to destroy all the Jews who were throughout the whole kingdom of Ahasuerus; the people of Mordecai.*

2. DAVID, THE BRAVE WARRIOR

David wandered in the mountains, sleeping in caves. Saul reigned in state in his palace. Saul was full of hate, jealousy, anger and murder.

I Samuel 22:1, *David therefore departed from there and escaped to the cave of Adullam. And when his brothers and all his father's house heard it, they went down there to him.*

3. JEZEBEL AND ELIJAH

Elijah was hiding in a cave, while Jezebel was living in the palace. Who wished to take the place of this proud rebel? Who, on the other hand, might not envy the despised prophet? When the wheel turns, the lowest rise while the highest sink. Eternity will right the wrongs of time.

I Kings 19:1-2, *And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword.*

v. 2, *Then Jezebel sent a messenger to Elijah, saying, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time."*

4. INJUSTICE TO CHRIST

A. When our Lord was upon the earth, He walked the footpath of weariness and service as servant of servants, even though He is the King of kings.

Mark 10:45, *"For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many."*

B. Why wonder if His followers, who are princes of royal blood, should also be looked down upon as inferior and contemptible persons?

John 15:18-21, *"If the world hates you, you know that it hated Me before it hated you.*

v. 19, *"If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you.*

v. 20, *"Remember the word that I said to you, 'A servant is not greater than his master.' If they persecuted Me, they will also persecute you. If they kept My word, they will keep yours also.*

v. 21, *"But all these things they will do to you for My name's sake, because they do not know Him who sent Me."*

- C. The world is upside down; the first are last and the last first.

Matthew 19:30, *“But many who are first will be last, and the last first.”*

5. CHRIST BEFORE PILATE—THE WEAKER MAN RULED

- A. John 18:33-37, *Then Pilate entered the Praetorium again, called Jesus, and said to Him, “Are You the King of the Jews?”*
v. 34, *Jesus answered him, “Are you speaking for yourself about this, or did others tell you this concerning Me?”*
v. 35, *Pilate answered, “Am I a Jew? Your own nation and the chief priests have delivered You to me. What have You done?”*
v. 36, *Jesus answered, “My kingdom is not of this world. If My kingdom were of this world, My servants would fight, so that I should not be delivered to the Jews; but now My kingdom is not from here.”*
v. 37, *Pilate therefore said to Him, “Are You a king then?” Jesus answered, “You say rightly that I am a king. For this cause I was born, and for this cause I have come into the world, that I should bear witness to the truth. Everyone who is of the truth hears My voice.”*
- B. John 19:10-11, *Then Pilate said to Him, “Are You not speaking to me? Do You not know that I have power to crucify You, and power to release You?”*
v. 11, *Jesus answered, “You could have no power at all against Me unless it had been given you from above. Therefore the one who delivered Me to you has the greater sin.”*

6. PAUL AND NERO

- A. Paul was a truly great man; yet, Nero degraded and beheaded him.
- B. Two millennia later, Paul is in his rightful position. Through his writings and his works he is known throughout the world.
- C. Today we name our sons “Paul” and our dogs “Nero.”

7. HOW TO COPE WITH SOCIAL INJUSTICE

- A. Internal imbalance

Do not fall into the error of letting passions and carnal appetites ride in triumph while nobler powers walk in the dust. Grace must reign as a prince and make the members of the body instruments of righteousness.

The Holy Spirit loves order. He sets our powers and faculties in proper rank and place, giving the highest room to those spiritual faculties which link us with the Great King. Do not disturb the divine arrangement, but ask for grace so we

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may bring our bodies into subjection. We were not created to allow our passions to rule over us, but that we, as kings, may reign in Christ Jesus over the triple kingdom of our spirit, soul and body to the glory of God the Father.

B. Outside injustice

Psalm 75:6-7, *For exaltation comes neither from the east nor from the west nor from the south.*

v. 7, *But God is the Judge: He puts down one, and exalts another.*

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LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 42

HOW TO COPE WITH COWARDICE

INTRODUCTION:

Some men are strong-hearted and brave, while others are not. Gideon sent faint-hearted men home.

READING:

Psalm 78:9, *The children of Ephraim, being armed and carrying bows, turned back in the day of battle.*

I Kings 2:28, *Then news came to Joab, for Joab had defected to Adonijah, though he had not defected to Absalom. So Joab fled to the tabernacle of the LORD, and took hold of the horns of the altar.*

Judges 7:3, *Now therefore, proclaim in the hearing of the people, saying, "Whoever is fearful and afraid, let him turn and depart at once from Mount Gilead." And twenty-two thousand of the people returned, and ten thousand remained.*

1. WHAT IS COWARDICE?

It comes from the French word *couard*, meaning literally, "tail between the legs." Cowardice is a lack of courage, uncontrollable fear and shrinkage from trouble or danger.

2. WHAT CAUSES COWARDICE?

- A. Fear is the chief cause of faint-heartedness.
- B. Unbelief can produce cowardice.

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- C. Sin is the main cause of cowardice.

Proverbs 28:1, *The wicked flee when no one pursues, but the righteous are bold as a lion.*

- D. Lack of knowledge can cause cowardice. Elisha asked the Lord to open his servant's eyes. The servant was fearful because he could not see the Lord's provision.

II Kings 6:16-17, *So he answered, "Do not fear, for those who are with us are more than those who are with them."*

v. 17, *And Elisha prayed, and said, "LORD, I pray, open his eyes that he may see." Then the LORD opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha.*

3. WHAT DOES COWARDICE DO TO HUMAN MORALE?

- A. It causes remorse and shame
B. It causes regret.
C. It causes fear. David's brothers were afraid of Goliath.

I Samuel 17:24, *And all the men of Israel, when they saw the man, fled from him and were dreadfully afraid.*

- D. It brings defeat. Half-hearted people cannot win victories.

4. HOW TO COPE WITH COWARDICE

- A. Put on the armor of God.

Ephesians 6:10-18, *Finally, my brethren, be strong in the Lord and in the power of His might.*

v. 11, *Put on the whole armor of God, that you may be able to stand against the wiles of the devil.*

v. 12, *For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.*

v. 13, *Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.*

v. 14, *Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,*

v. 15, *and having shod your feet with the preparation of the gospel of peace;*

v. 16, *above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.*

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v. 17 *And take the helmet of salvation, and the sword of the Spirit, which is the word of God;*

v. 18, *praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.*

- B. Peter was a coward, but he was changed by the power of Christ at Pentecost.

Acts 2:4, 14, *And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.*

v. 14, *But Peter, standing up with the eleven, raised his voice and said to them, "Men of Judea and all who dwell in Jerusalem, let this be known to you, and heed my words."*

- C. Recognize the problem.

- D. Find a source of strength.

- E. Strike the enemy a blow.

James 4:7, *Therefore submit to God. Resist the devil and he will flee from you.*

- F. Quote scripture.

Ephesians 6:17, *And take the helmet of salvation, and the sword of the Spirit, which is the word of God.*

- G. Pray.

Ephesians 6:18, *Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.*

- H. Fellowship with strong Christians.

Hebrews 10:25, *Not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.*

- I. God wants us to:

- 1) Stand, when the standing is rough.
- 2) Go, when the going gets tough.

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HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 43

HOW TO COPE WITH TEMPTATION

INTRODUCTION:

Temptation is the allurement and offer of illicit gain. It is an unlawful or immoral proposition to the ego.

READING:

I Corinthians 10:13, *No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.*

Matthew 6:13, *“And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.”*

1. DOES GOD TEMPT MAN?

James 1:13, *Let no one say when he is tempted, “I am tempted by God”; for God cannot be tempted by evil, nor does He Himself tempt anyone.*

2. THE FIRST TEMPTATION

Genesis 3:1, *Now the serpent was more cunning than any beast of the field which the LORD God had made. And he said to the woman, “Has God indeed said, ‘You shall not eat of every tree of the garden’?”*

3. WHO IS TEMPTED?

- A. Every person who ever lived.

I Corinthians 10:13, No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

- B. Job was one of the first. He was tempted by the devil.

- 1) He lost his possessions.

*Job 1:14-17, And a messenger came to Job and said, "The oxen were plowing and the donkeys feeding beside them,
v. 15, "when the Sabeans raided them and took them away; indeed they have killed the servants with the edge of the sword; and I alone have escaped to tell you!"
v. 16, While he was still speaking, another also came and said, "The fire of God fell from heaven and burned up the sheep and the servants, and consumed them; and I alone have escaped to tell you!"
v. 17, While he was still speaking, another also came and said, "The Chaldeans formed three bands, raided the camels and took them away, yes, and killed the servants with the edge of the sword; and I alone have escaped to tell you!"*

- 2) He lost his children.

*Job 1:18-19, While he was still speaking, another also came and said, "Your sons and daughters were eating and drinking wine in their oldest brother's house,
v. 19, "and suddenly a great wind came from across the wilderness and struck the four corners of the house, and it fell on the young people, and they are dead; and I alone have escaped to tell you!"*

- 3) He lost his health.

*Job 2:7-9 So Satan went out from the presence of the LORD, and struck Job with painful boils from the sole of his foot to the crown of his head.
v. 8, And he took for himself a potsherd with which to scrape himself while he sat in the midst of the ashes.
v. 9, Then his wife said to him, "Do you still hold fast to your integrity? Curse God and die!"*

- 4) Yet Job remained sinless.

Job 1:22, In all this Job did not sin nor charge God with wrong.

4. WHY ARE PEOPLE TEMPTED?

- A. Satan hates God and wants to hurt His children.

John 10:10, *“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”*

- B. Temptation tests your faith.

James 1:2-3, 12, *My brethren, count it all joy when you fall into various trials, v. 3, knowing that the testing of your faith produces patience.*

v. 12, *Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.*

- C. Temptation is the result of lust.

James 1:14, *But each one is tempted when he is drawn away by his own desires and enticed.*

5. WAYS MEN ARE TEMPTED

- A. The children of Israel desired flesh.

Numbers 11:4, *Now the mixed multitude who were among them yielded to intense craving; so the children of Israel also wept again and said: “Who will give us meat to eat?”*

- B. Lust causes sin.

James 1:14, *But each one is tempted when he is drawn away by his own desires and enticed.*

- C. Riches cause temptation.

I Timothy 6:9, *But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition.*

- D. Temptation is prophetic.

Revelation 3:10, *“Because you have kept My command to persevere, I also will keep you from the hour of trial which shall come upon the whole world, to test those who dwell on the earth.”*

6. HOW TO COPE WITH TEMPTATION

- A. II Peter 2:9, *Then the Lord knows how to deliver the godly out of temptations and to reserve the unjust under punishment for the day of judgment.*
- B. Hebrews 2:18, *For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.*
- C. Christ is our example.
- 1) Hebrews 4:15, *For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.*
 - 2) Matthew 4:1-11 *Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.*
 - v. 2, *And when He had fasted forty days and forty nights, afterward He was hungry.*
 - v. 3, *Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread."*
 - v. 4, *But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"*
 - v. 5, *Then the devil took Him up into the holy city, set Him on the pinnacle of the temple,*
 - v. 6, *and said to Him, "If You are the Son of God, throw Yourself down. For it is written: 'He shall give His angels charge over you,' and, 'In their hands they shall bear you up, Lest you dash your foot against a stone.'"*
 - v. 7, *Jesus said to him, "It is written again, 'You shall not tempt the LORD your God.'"*
 - v. 8, *Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory.*
 - v. 9, *And he said to Him, "All these things I will give You if You will fall down and worship me."*
 - v. 10, *Then Jesus said to him, "Away with you, Satan! For it is written, 'You shall worship the LORD your God, and Him only you shall serve.'"*
 - v. 11, *Then the devil left Him, and behold, angels came and ministered to Him.*

Christ won; you can win!

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LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 44

HOW TO COPE WITH JEALOUSY

INTRODUCTION:

Jealousy is a parent sin which can birth other complications. It can develop into anger and bring death.

READING:

Proverbs 6:34, *For jealousy is a husband's fury; therefore he will not spare in the day of vengeance.*

1. WHAT IS JEALOUSY?

- A. The word jealousy comes from the Latin word *zelosus* which means, "to be very watchful or careful in guarding or keeping one's right's property, and social status."
- B. The negative side means "to be resentfully suspicious of a rival or a rival's influence, such as a husband who is jealous of other men."
- C. Jealousy is envy.
- D. Jealousy requires exclusive loyalty. The Lord is a jealous God.

Exodus 20:5, *You shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers on the children to the third and fourth generations of those who hate Me.*

2. RIGHTEOUS JEALOUSY

- A. God is jealous and demands exclusive loyalty in worship.
- B. Numbers 25:11, *Phinehas, the son of Eleazar, the son of Aaron the priest, hath turned My wrath away from the children of Israel, while he was zealous for My sake among them, that I consumed not the children of Israel in My jealousy. (KJV).*
- C. Deuteronomy 29:20, *“The LORD would not spare him; for then the anger of the LORD and His jealousy would burn against that man, and every curse that is written in this book would settle on him, and the LORD would blot out his name from under heaven.”*
- D. Deuteronomy 32:21, *“They have provoked Me to jealousy by what is not God; they have moved Me to anger by their foolish idols. But I will provoke them to jealousy by those who are not a nation; I will move them to anger by a foolish nation.”*
- E. Ezekiel 38:19, *“For in My jealousy and in the fire of My wrath I have spoken: Surely in that day there shall be a great earthquake in the land of Israel.”*
- F. Zechariah 1:14, *So the angel that communed with me said unto me, Cry thou, saying, Thus saith the LORD of hosts; I am jealous for Jerusalem and for Zion with a great jealousy. (KJV)*
- G. Zephaniah 1:18, *Neither their silver nor their gold shall be able to deliver them in the day of the Lord's wrath; but the whole land shall be devoured by the fire of His jealousy, for He will make speedy riddance of all those who dwell in the land.*
- H. Zephaniah 3:8, *“Therefore wait for Me,” says the LORD, “Until the day I rise up for plunder; My determination is to gather the nations to My assembly of kingdoms, to pour on them My indignation, all my fierce anger; all the earth shall be devoured with the fire of My jealousy.”*
- I. I Kings 14:22, *Now Judah did evil in the sight of the LORD, and they provoked Him to jealousy with their sins which they committed, more than all that their fathers had done.*
- J. I Corinthians 10:22, *Or do we provoke the Lord to jealousy? Are we stronger than He?*

3. UNRIGHTEOUS, JEALOUS FIRES BURN LONG

People should not provoke one another to jealousy.

Proverbs 6:34, *For jealousy is a husband's fury; therefore he will not spare in the day of vengeance.*

4. UNRIGHTEOUS JEALOUSY CAN BE A CRUEL DESTROYER

Song of Solomon 8:6, *Set me as a seal upon your heart, as a seal upon your arm; for love is as strong as death, jealousy as cruel as the grave; its flames are flames of fire, a most vehement flame.*

A jealous person is cruel. He has no feelings for his fellow man. Jealousy is total selfishness.

5. UNRIGHTEOUS JEALOUSY IS THE FRUIT OF THE FLESH

Galatians 5:18-21, *But if you are led by the Spirit, you are not under the law.*
v. 19, *Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness,*
v. 20, *idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies,*
v. 21, *envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.*

6. JEALOUSY DESTROYS LIFE, LOVE AND JOY

- A. Human jealousy is self-destructive.
- B. Jealousy is often unreasonable.
- C. It is often unfounded.

7. HOW TO COPE WITH JEALOUSY

- A. Identify negative jealousy.
- B. Seek the true source of neutralizing emotions
- C. Permit Jesus to change the inner man.
- D. Resist the devil's temptation to be jealous.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 45

HOW TO COPE WITH TRAGEDY

INTRODUCTION:

Our world has a history of tragedy. The story of mankind can be written in tragedy. Every person eventually experiences some sort of tragedy. What do you do when tragedy strikes?

READING:

Job 1:13-22, *Now there was a day when his sons and daughters were eating and drinking wine in their oldest brother's house;*

v. 14, *and a messenger came to Job and said, "The oxen were plowing and the donkeys feeding beside them,*

v. 15, *"when the Sabeans raided them and took them away; indeed they have killed the servants with the edge of the sword; and I alone have escaped to tell you!"*

v. 16, *While he was still speaking, another also came and said, "The fire of God fell from heaven and burned up the sheep and the servants, and consumed them; and I alone have escaped to tell you!"*

v. 17, *While he was still speaking, another also came and said, "The Chaldeans formed three bands, raided the camels and took them away, yes, and killed the servants with the edge of the sword; and I alone have escaped to tell you!"*

v. 18, *While he was still speaking, another also came and said, "Your sons and daughters were eating and drinking wine in their oldest brother's house,*

v. 19, *"and suddenly a great wind came from across the wilderness and struck the four corners of the house, and it fell on the young people, and they are dead; and I alone have escaped to tell you!"*

v. 20, *Then Job arose, tore his robe, and shaved his head; and he fell to the ground and worshiped.*

How to Cope with Tragedy
Lesson 45

v. 21, *And he said: "Naked I came from my mother's womb, And naked shall I return there. The LORD gave, and the LORD has taken away; Blessed be the name of the LORD."*

v. 22, *In all this Job did not sin nor charge God with wrong.*

1. WHAT DO WE MEAN BY TRAGEDY?

- A. Tragedy may be an unusual disappointment.
- B. It may be a severe hurt or accident.
- C. The loss of treasure, a loved one or a friend is tragic.

2. THE FIRST TRAGEDY WAS THE FALL OF MAN

Genesis 3:14-19, *So the LORD God said to the serpent: "Because you have done this, you are cursed more than all cattle, and more than every beast of the field; on your belly you shall go, and you shall eat dust all the days of your life.*

v. 15, *And I will put enmity between you and the woman, and between your seed and her Seed; He shall bruise your head, and you shall bruise His heel."*

v. 16, *To the woman He said: "I will greatly multiply your sorrow and your conception; in pain you shall bring forth children; your desire shall be for your husband, And he shall rule over you."*

v. 17, *Then to Adam He said, "Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, 'You shall not eat of it': Cursed is the ground for your sake; in toil you shall eat of it all the days of your life.*

v. 18, *Both thorns and thistles it shall bring forth for you, and you shall eat the herb of the field.*

v. 19, *In the sweat of your face you shall eat bread till you return to the ground, for out of it you were taken; for dust you are, and to dust you shall return."*

3. THE SECOND TRAGEDY: CAIN KILLED ABEL

Tragedy can be caused by sin and rebellion or jealousy and hatred.

Genesis 4:8-12, *Now 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 killed him.*

v. 9, *Then the LORD said to Cain, "Where is Abel your brother?" He said, "I do not know. Am I my brother's keeper?"*

v. 10, *And He said, "What have you done? The voice of your brother's blood cries out to Me from the ground.*

v. 11, *"So now you are cursed from the earth, which has opened its mouth to receive your brother's blood from your hand.*

v. 12, *"When you till the ground, it shall no longer yield its strength to you. A fugitive and a vagabond you shall be on the earth."*

4. THERE ARE COSMIC TRAGEDIES

- A. Storms
- B. Floods
- C. Earthquakes

5. THERE ARE TRAGEDIES OF WAR

- A. Total devastation of cities and nations
- B. The deaths of loved ones

6. THERE ARE PERSONAL TRAGEDIES

- A. Drowning
- B. Car accidents
- C. Fires
- D. Sickness

7. HOW TO COPE WITH TRAGEDY

- A. Do not feel you are the only one who has ever known tragedy.
- B. Seek for a strength other than human or natural. Jesus Christ is the only one who can bear your tragedy.

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

Isaiah 53:4, Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted.

- C. Do not bear bitterness. Bitterness will not heal your sorrow.
- D. Start a positive course of action to love, bless and heal others.
- E. Plan to spend eternity in a place where tragedy can never occur.

Revelation 21:4, "And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."

Revelation 22:3, And there shall be no more curse, but the throne of God and of the Lamb shall be in it, and His servants shall serve Him.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 46

HOW TO COPE WITH THE UNKNOWN

INTRODUCTION:

Much of humanity is haunted by the unknown.

Soothsayers and fortunetellers make millions of dollars by promising to delve into the unknown. Nobody can tell what a day will bring.

Our parents constantly tell us, "Don't get lost." This is the world of the unknown.

READING:

Psalm 91:5-6, *You shall not be afraid of the terror by night, nor of the arrow that flies by day,
v. 6, Nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday.*

1. WHAT IS THE UNKNOWN?
 - A. The inexperienced
 - B. The unstudied
 - C. The untried

2. THE UNKNOWN AND EVIL
 - A. A heathen usually equates the unknown with evil. This is far from being true.
 - B. Many beautiful things can come from the world of the unknown.

3. THE UNKNOWN AND DANGER

In the past, people have said, “You will fall off the earth,” or “A bear will get you.”

4. FEAR AND THE UNKNOWN

- A. Fear and unbelief can easily shatter your efforts to enter areas you have never known before.
- B. Never fear the unknown.
- C. Some people will not move to another city because it is unknown. Some people will not change churches because of the unknown. They are dominated by fear.

5. WEAKNESS AND THE UNKNOWN

- A. The opposite of growth is sameness and death.
- B. Evading the unknown is weakness. It can keep you from making new friends, learning new things and new ideas!

6. PREJUDICE AND THE UNKNOWN

Prejudice is an archenemy of understanding the unknown.

7. THE UNKNOWN IS LIKE A WILDERNESS OR VOID

- A. It is wrong to say there is emptiness in the unknown.
- B. The unknown is spontaneous. It makes things happen which bring the unexpected. It is discovery.
- C. Rigid people never grow. They stay the same for days and weeks.

We could ask, “Have you been teaching for 30 years?” or “Have you been teaching one year, 30 times?” “Have you lived 10,000 days?” or “Have you lived the same day 10,000 times?”
- D. Avoidance of the unknown may be paralyzing.
- E. Suppose you were in a foreign land without any money. How would you meet the unknown and conquer?
- F. You learn more from failure than from success.
- G. Eating the same food all the time is a sign of not accepting the unknown.

8. GREAT MEN STUDY THE UNKNOWN

A. The unknown is the true workshop of art and science.

- 1) Albert Einstein devoted his life to exploring the unknown in science. He believed that the most beautiful thing a person can experience is the unknown.
- 2) Madame Curie pierced the unknown and discovered radium.
- 3) Thomas Edison thrived on the unknown and created the incandescent light bulb.
- 4) Robert Frost wrote in his poem, *The Road Not Taken*:

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.¹*

- 5) Pioneers pierced the unknown and opened the American frontier.
- 6) Columbus entered the unknown and found a new world.
- 7) David Livingston delved into the unknown, drew maps of Africa and opened up the continent.

B. In the Bible, Abraham discovered the unknown. He knew when Sodom and Gomorrah were to be destroyed. He was the only person on earth who knew it before it happened.

Genesis 18:16-17, *Then the men rose from there and looked toward Sodom, and Abraham went with them to send them on the way.*
v. 17, *And the LORD said, "Shall I hide from Abraham what I am doing."*

C. Moses was interested in the unknown.

Exodus 3:3, *Then Moses said, "I will now turn aside and see this great sight, why the bush does not burn."*

9. THE UNKNOWN AND SPIRITUAL GIFTS

God has planted nine spiritual gifts in the church which reveal the unknown.

¹ Frost, Robert, *The Road Not Taken*, stanza 4. Written in 1916.

How to Cope with the Unknown
Lesson 46

I Corinthians 12:8-10, *For to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit,*
v. 8, *to another faith by the same Spirit, to another gifts of healings by the same Spirit,*
v. 9, *to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues.*

- A. The word of wisdom reveals the unknown in the future.
- B. The word of knowledge reveals the unknown in the present. It exists but is beyond our sense knowledge.
- C. Discerning of spirits reveals God divinely looking inside a heart.
- D. The gift of faith penetrates the unknown.
- E. The working of miracles produces acts beyond human ability or knowledge.
- F. Gifts of healing surpass medical knowledge.
- G. The gift of prophecy edifies, exhorts and comforts in a way beyond any human knowledge.
- H. Speaking in tongues is beyond human knowledge.
- I. Interpretation of tongues is a supernatural revelation of the unknown.

10. HOW TO COPE WITH THE UNKNOWN

- A. The unknown must be conquered through study or entering it.
- B. Paul said in Romans 1:15, *...I am ready...* He was prepared for the unknown.
- C. Stop avoiding unknown and untrodden paths! Christ will be with you every step of the way.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 47

HOW TO COPE WITH DEVIATE SEX

INTRODUCTION:

The world is in turmoil and the church is in confusion over deviate sex. God was the originator of sex. It was created to be a holy and divine thing.

READING:

I Corinthians 6:9-10, *Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites,*

v. 10, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God.

The Amplified New Testament reads: *Do you not know that unrighteous and the wrongdoers will not inherit or have any share in the kingdom of God? Do not be deceived (misled); neither the impure and immoral, nor idolaters, nor adulterers, nor those who participate in homosexuality,*

v. 10, ...will inherit or have any share in the kingdom of God.¹

The Lamsa version translates the passage as: *Do you know that the wicked shall not inherit the kingdom of God? Be not misled; neither the immoral nor idolaters nor adulterers nor the corrupt nor men who lie with males,*

v. 10, ...shall inherit the kingdom of God.²

¹ The Lockman Foundation, The Amplified Bible, (Grand Rapids, MI: Zondervan Bible Publishers, 1965).

² Lamsa, George M., The Holy Bible, (Philadelphia: A. J. Holman, Co., 1957).

How to Cope with Deviate Sex
Lesson 47

1. WHAT IS DEVIATE SEX?

It is oral sex, masturbation, sex with animals, homosexuality and lesbianism.

2. WHAT IS WRONG WITH SEXUAL DEVIATION?

- A. The union of a man and woman has the unique capability of producing immortality.
- B. Other than God, only people are destined to bring into being an intelligent creature who can never die.
- C. Eternity is long; and the dignity of man is so great that God is determined to protect the source of immortality.
- D. Human life is sacred. To play with it is to distort it. To manipulate it is evil.
- E. God gave man normal desires for procreation. When this desire becomes lustful, perverted and deviated from holiness, the judgment of God comes against those persons or that community.

3. ARE SEXUAL DEVIATES BORN THAT WAY?

- A. In my vast experience, I have never known a person who was born with the desire for deviate sexual relations.
- B. Deviation comes from the devil who hates the human race. It also begins with the guidance of older sinners who teach younger ones and arouse unnatural lusts in them until they become possessed.

4. WHAT IS THE GAY REVOLUTION?

- A. Never before has there been as rapid a change in humanity's moral standards as during this generation.
- B. Gay power is exerting itself in amazing strength in America's politics, business, society and religion.

5. WHAT SHOULD THE CHURCH DO?

- A. Some religious leaders have preferred to remain silent on the issue. They whisper to each other what is wrong, and hope it will go away.
- B. Only the church possesses the truth about deviate sex. That truth is found in the Bible.

6. HOW TO COPE WITH SEX EDUCATION

- A. When people have children they should accept the responsibility of teaching them about life. If they refuse, then evil-minded companions will teach them. The secular, public school is not the place to teach youth about sex. They refuse to use God's Word as a guide, or any other moral yardstick. There should be special classes in the church if they are necessary.
- B. The refusal of proper sex education to a child is the same as refusing him a drink of pure water and making him drink from the gutter. Millions of people drink this stagnant water.

7. THE SEXUAL REVOLUTION IS AGAINST THE BIBLE

- A. Essentially the vast sexual revolution is an attack against God's Word and His authority.
- B. Many people turn the human body into a tavern of riot, abuse and destruction.
- C. The Bible represents and designates the body as the temple of the Holy Spirit.
I Corinthians 6:19, Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?
- D. Some secular teachers state that Biblical teachings lead to frustrations, anxieties, inhabitations and mental disturbances. They believe people should do and say everything and anything to rid themselves of frustration and guilt.
- E. Some people teach that the Bible doctrines are unhealthy and harmful.
- F. Dr. James Kennedy of Coral Ridge, Florida, said that he heard a man say he had never kissed his wife until they were engaged. He also hears another woman say she had frequent sexual relations outside marriage.

Secular education teaches us that the lifestyle of the man would lead to a mental institution, and the woman would be enjoying the fullness of life.

Dr. Kennedy continued by adding, "The man is Billy Graham. The woman is an inmate at a mental institution, overwhelmed with guilt and completely broken in psyche."
- G. Ever since the Garden of Eden, the devil has tempted people with: "Do it my way. Do not listen to God. He is narrow-minded. He will just make you miserable." That temptation is a lie.
- H. Just like what happened to Eve, one bite can bring shame, humiliation, guilt, sickness and death.

8. HOW TO COPE WITH DEVIATE SEX

A. Make Christ the King of your life. Make Him your Lord and Savior. Give Him total control.

B. Obey the Bible. Resist the devil.

James 4:7, Therefore submit to God. Resist the devil and he will flee from you.

C. Discipline your inner urges.

Colossians 3:5, Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry.

D. Identify the source of your feelings, urges and desires. This new freedom from immortality will bring you peace, happiness and health!

II Timothy 2:22, Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

This is true moral security. It is spiritual reality.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 48

HOW TO COPE WITH SPIRITUAL DEADNESS

INTRODUCTION:

Man's quest for power beyond his natural strength is historic. Mankind continually seeks knowledge beyond his natural knowledge. Man's quest constantly pushes him beyond his outer limits.

Man's quest is a motivating and dominating force. This inner drive can endure persecution and torture (Paul suffered beating, stoning and shipwrecks) to achieve spiritual leadership and fulfillment.

READING:

Acts 1:8, "*But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.*"

1. WHAT IS POWER?

- A. Power is energy.
- B. Power is control, over both the inanimate and animate.
- C. Power is a journey, not a destination. One must never stop his pursuit of energy.

2. NO PART OF HUMAN LIFE IS UNTOUCHED BY POWER

- A. Power enters vocation, business and family.
- B. There is an aristocratic power in riches. Over 310 American companies have revenues exceeding \$100 million a year.
- C. America has the Oval Office. Russia has the Kremlin. Both of these places are seats of political power.
- D. Great financial conglomerates control the trade market. The word, conglomerate, was originally a geological term for rocks which ranged in size from pebbles to boulders and were mixed together. Conglomerates are power.

3. COSMIC POWER

- A. Nuclear power
- B. Geothermal power
- C. Hydrogenation power
- D. Fossil fuel power
- E. Solar power

4. THE FUNDAMENTAL LAW OF POWER

The first law of thermodynamics says, “No energy or matter can be created or destroyed. It may only be changed in form.” Coal produces electricity. Iron ore becomes an automobile, but these are changes—not creations.

5. LOST POWER

At least 50% of all energy is wasted. Electrically, almost 65% of the energy produced is wasted. Man eagerly looks for new sources of power and energy.

Actually, mankind is ruled by the elements. The elements make the Sahara a desert and the Amazon basin a rain forest. Earthquakes, cloud movements and winds are symbols of the power which determines destiny.

6. THE POWER OF THE MEDIA

There are giants of power in the newspaper, radio and television. These powers often supersede political power. Relatively few people dominate the mass media.

7. THE POWER OF CITIZENS

When a man like Ralph Nadar gathers people to protest, the power of citizens is demonstrated.

8. MOSES HAD SPIRITUAL POWER

Moses knew spiritual power. He lifted his rod and the Red Sea opened. This is power in God.

Exodus 14:21, Then Moses stretched out his hand over the sea; and the LORD caused the sea to go back by a strong east wind all that night, and made the sea into dry land, and the waters were divided.

9. MOSES SHARED HIS POWER

Moses shared his power from God with the 70 elders of Israel.

Numbers 11:24-25, So Moses went out and told the people the words of the LORD, and he gathered the seventy men of the elders of the people and placed them around the tabernacle.

v. 25, Then the LORD came down in the cloud, and spoke to him, and took of the Spirit that was upon him, and placed the same upon the seventy elders; and it happened, when the Spirit rested upon them, that they prophesied, although they never did so again.

10. JOSHUA KNEW SPIRITUAL POWER

Joshua caused the sun to stand still while he fought a war.

Joshua 10:12-14, Then Joshua spoke to the LORD in the day when the LORD delivered up the Amorites before the children of Israel, and he said in the sight of Israel: "Sun, stand still over Gibeon; and Moon, in the Valley of Aijalon."

v. 13, So the sun stood still, And the moon stopped, Till the people had revenge upon their enemies. Is this not written in the Book of Jasher? So the sun stood still in the midst of heaven, and did not hasten to go down for about a whole day.

v. 14, And there has been no day like that, before it or after it, that the LORD heeded the voice of a man; for the LORD fought for Israel.

11. HOW TO COPE WITH SPIRITUAL DEADNESS

A. Receive power of the Holy Spirit.

Acts 1:8, "But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."

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B. Receive and use the gifts of the Spirit.

I Corinthians 12:8-10, *For to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, v. 9, to another faith by the same Spirit, to another gifts of healings by the same Spirit, v. 10, to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues.*

C. Believe and act upon the power of the Great Commission.

Mark 16:14-18, *Later He appeared to the eleven as they sat at the table; and He rebuked their unbelief and hardness of heart, because they did not believe those who had seen Him after He had risen. v. 15, And He said to them, "Go into all the world and preach the gospel to every creature. v. 16, "He who believes and is baptized will be saved; but he who does not believe will be condemned. v. 17, "And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; v, 18, "they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."*

D. Matthew 28:18, *And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth."*

Let us come alive in Christ Jesus!

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 49

HOW TO COPE WITH IRRESPONSIBILITY

INTRODUCTION:

The responsible person really lives.

Responsibility begins at a young age.

Our most important responsibility is our responsibility to God.

READING:

Matthew 21:28-30, *“But what do you think? A man had two sons, and he came to the first and said, ‘Son, go, work today in my vineyard.’*

v. 29, *“He answered and said, ‘I will not,’ but afterward he regretted it and went.*

v. 30, *“Then he came to the second and said likewise. And he answered and said, ‘I go, sir,’ but he did not go.”*

1. WHAT IS IRRESPONSIBILITY?
 - A. Not fulfilling your promise.
 - B. Saying one thing but doing another is irresponsible.
 - C. Irresponsibility is not caring about keeping your word.

2. WHO IS IRRESPONSIBLE?

- A. A person who chooses not to perform.
- B. A person who says one thing but does another is irresponsible.
- C. A person who is listless and unteachable.
- D. The person who is an unenergetic daydreamer.

3. ADAM WAS IRRESPONSIBLE THROUGH TRANSGRESSION

God could not trust Adam.

Genesis 3:17, Then to Adam He said, "Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, 'You shall not eat of it': Cursed is the ground for your sake; in toil you shall eat of it all the days of your life."

4. ABRAHAM WAS A MAN OF GREAT RESPONSIBILITY AND INTEGRITY

Genesis 18:19, "For I have known him, in order that he may command his children and his household after him, that they keep the way of the LORD, to do righteousness and justice, that the LORD may bring to Abraham what He has spoken to him."

5. LOT WAS IRRESPONSIBLE

He gave up a partnership, his cattle and his family.

*Genesis 13:11-12, Then Lot chose for himself all the plain of Jordan, and Lot journeyed east. And they separated from each other.
v. 12, Abram dwelt in the land of Canaan, and Lot dwelt in the cities of the plain and pitched his tent even as far as Sodom.*

6. JOSEPH WAS RESPONSIBLE FOR THE NATION OF EGYPT

*Genesis 41:39-40, Then Pharaoh said to Joseph, "Inasmuch as God has shown you all this, there is no one as discerning and wise as you.
v. 40, "You shall be over my house, and all my people shall be ruled according to your word; only in regard to the throne will I be greater than you."*

7. MOSES WAS RESPONSIBLE FOR ISRAEL'S DELIVERANCE

Exodus 3:15-18, Moreover God said to Moses, "Thus you shall say to the children of Israel: 'The LORD God of your fathers, the God of Abraham, the God of Isaac,

How to Cope with Irresponsibility
Lesson 49

and the God of Jacob, has sent me to you. This is My name forever, and this is My memorial to all generations.'

v. 16, *"Go and gather the elders of Israel together, and say to them, 'The LORD God of your fathers, the God of Abraham, of Isaac, and of Jacob, appeared to me, saying, "I have surely visited you and seen what is done to you in Egypt;*

v. 17, *"and I have said I will bring you up out of the affliction of Egypt to the land of the Canaanites and the Hittites and the Amorites and the Perizzites and the Hivites and the Jebusites, to a land flowing with milk and honey."'*

v. 18, *"Then they will heed your voice; and you shall come, you and the elders of Israel, to the king of Egypt; and you shall say to him, 'The LORD God of the Hebrews has met with us; and now, please, let us go three days' journey into the wilderness, that we may sacrifice to the LORD our God.'"*

8. JOHN MARK TURNED BACK AND WENT HOME

Acts 15:36-40, Then after some days Paul said to Barnabas, "Let us now go back and visit our brethren in every city where we have preached the word of the Lord, and see how they are doing."

v. 37, *Now Barnabas was determined to take with them John called Mark.*

v. 38, *But Paul insisted that they should not take with them the one who had departed from them in Pamphylia, and had not gone with them to the work.*

v. 39, *Then the contention became so sharp that they parted from one another. And so Barnabas took Mark and sailed to Cyprus;*

v. 40, *but Paul chose Silas and departed, being commended by the brethren to the grace of God.*

9. PETER'S BACKSLIDING WAS IRRESPONSIBLE

Matthew 26:69-74, Now Peter sat outside in the courtyard. And a servant girl came to him, saying, "You also were with Jesus of Galilee."

v. 70, *But he denied it before them all, saying, "I do not know what you are saying."*

v. 71, *And when he had gone out to the gateway, another girl saw him and said to those who were there, "This fellow also was with Jesus of Nazareth."*

v. 72, *But again he denied with an oath, "I do not know the Man!"*

v. 73, *And a little later those who stood by came up and said to Peter, "Surely you also are one of them, for your speech betrays you."*

v. 74, *Then he began to curse and swear, saying, "I do not know the Man!" Immediately a rooster crowed.*

10. HOW TO COPE WITH IRRESPONSIBILITY

A. Know yourself. Do not be fooled.

B. Listen carefully to your promises and keep them. Perform all your duties.

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C. Ask God for special strength.

Philippians 4:13, *I can do all things through Christ who strengthens me.*

D. Desire to be responsible. Responsibility can develop and mature.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 50

HOW TO COPE WITH CHILD ABUSE

INTRODUCTION:

The world is often stunned by the cases of child abuse and neglect.

READING:

Proverbs 22:6, *Train up a child in the way he should go, and when he is old he will not depart from it.*

1. WHAT IS CHILD ABUSE?
 - A. Abuse is evidenced by children with cuts, bruises, welts, concussions and electric shock.
 - B. Abuse leads to moral and spiritual devastation. Sometimes it even causes death.
2. HOW MANY CHILDREN ARE ABUSED?
 - A. A million cases of abuse are reported each year in the United States.
 - B. At least 2,000 children are killed by abuse annually in the United States.
3. WHY IS THERE CHILD ABUSE?
 - A. Parents who were abused as children often abuse their children.

How to Cope with Child Abuse

- B. Alcoholism and drug abuse often contribute to child abuse and neglect.
- C. Psychosis produces abuse.
- D. Eighty percent of prison inmates claim to have been abused as children by their parents or guardians.
- E. Anger and an uncontrollable temper lead to child abuse.

4. STREET CHILDREN ARE NEGLECTED CHILDREN

- A. They are homeless.
- B. They suffer from hunger.
- C. They live by fighting in the streets.

5. CHILD ABUSE CAN BE DIVIDED INTO FOUR CATEGORIES

- A. Physical abuse—Which can involve serious beating with hands, sticks, feet, etc.
- B. Neglect—The child is left alone, hungry and afraid.
- C. Psychological abuse—Which stems from emotional torment, fear and hatred.
- D. Sexual abuse—A major problem today.

6. HOW TO COPE WITH CHILD ABUSE

- A. There are several therapy programs.
- B. The new birth brings a new nature.

II Corinthians 5:17, Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

- C. Learn your divine responsibility to God and your children.

Ephesians 6:4, And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 51

HOW TO COPE WITH FEELINGS OF INSECURITY

INTRODUCTION:

Many people suffer from deep feelings of insecurity. It can be spiritual, moral, economic or physical insecurity.

READING:

Proverbs 28:26, *He who trusts in his own heart is a fool, but whoever walks wisely will be delivered.*

1. WHAT IS INSECURITY?
 - A. It is a devastating feeling of inadequacy.
 - B. It is the quality or state of not being secure.
 - C. It can be the loss of security.
 - D. It may be the loss of strength to protect oneself.

2. HOW DOES INSECURITY HAPPEN?
 - A. It comes through a lack of knowledge, ignorance of the facts.
 - B. It comes through a lack of experience.

How to Cope with Feelings of Insecurity
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- C. It comes through the lack of expected support.
- D. It comes through dramatic changes in established or regular habits.

3. WHAT DOES INSECURITY DO?

- A. Insecurity can cause panic.
- B. Insecurity can cause regression—one ceases to advance.
- C. Insecurity can cause depression or sadness.
- D. Insecurity can cause indecision.
- E. Insecurity brings fear.
- F. Insecurity brings about a state of confusion.

4. WHO OR WHAT PRODUCES HUMAN INSECURITY?

- A. Parents produce insecurity when they desert or abandon their children.
- B. Divorce can leave a husband or wife insecure.
- C. A business loss can leave a person with insecurity.
- D. Alcoholism produces insecurity.
- E. The loss of family members through death can cause insecurity.
- F. The loss of employment or retirement often produces insecurity.

5. HOW TO COPE WITH INSECURITY

- A. Admit your need. Do not hide your feelings of insecurity. Consult a qualified person for help.
- B. Turn positively to God.
- C. Believe the promises of the Bible.
 - 1) II Timothy 2:19, *Nevertheless the solid foundation of God stands, having this seal: "The Lord knows those who are His," ...*
 - 2) Jude 1:24, *Now to Him who is able to keep you from stumbling, and to present you faultless before the presence of His glory with exceeding joy.*
 - 3) Psalm 40:2, *He also brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my steps.*

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- 4) Proverbs 3:23, *Then you will walk safely in your way, and your foot will not stumble.*
- 5) Hebrews 13:5, *Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."*

6. MY PERSONAL HELP FROM GOD'S WORD

- A. Isaiah 41:10-11, *"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand."*
v. 11, *"Behold, all those who were incensed against you shall be ashamed and disgraced; they shall be as nothing, and those who strive with you shall perish."*
- B. Luke 4:18, *The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed.*
- C. John 15:16, *"You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you."*

STUDY GUIDE

LESTER SUMRALL TEACHING SERIES

HOW TO COPE WITH LIFE'S PROBLEMS VOLUME II

Lesson 52

HOW TO COPE WITH BEING UNWANTED

INTRODUCTION:

I saw a car on the junk heap. It was once a beautiful new automobile.

I saw a drunk in the gutter—unwanted. He was once a strong young man.

I saw a harlot full of disease—unwanted. She was once a pure young girl.

READING:

Luke 15:3-7 *So He spoke this parable to them, saying:*

v. 4, *“What man of you, having a hundred sheep, if he loses one of them, does not leave the ninety-nine in the wilderness, and go after the one which is lost until he finds it?”*

v. 5, *“And when he has found it, he lays it on his shoulders, rejoicing.*

v. 6, *“And when he comes home, he calls together his friends and neighbors, saying to them, ‘Rejoice with me, for I have found my sheep which was lost!’”*

v. 7, *“I say to you that likewise there will be more joy in heaven over one sinner who repents than over ninety-nine just persons who need no repentance.”*

1. THE LOST COIN

Luke 15:8-10, *“Or what woman, having ten silver coins, if she loses one coin, does not light a lamp, sweep the house, and search carefully until she finds it?”*

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- v. 9, *“And when she has found it, she calls her friends and neighbors together, saying, ‘Rejoice with me, for I have found the piece which I lost!’*
v. 10, *“Likewise, I say to you, there is joy in the presence of the angels of God over one sinner who repents.*

2. THE LOST SON

Luke 15:1-7, 11-24, *Then all the tax collectors and the sinners drew near to Him to hear Him.*

v. 2, *And the Pharisees and scribes complained, saying, “This Man receives sinners and eats with them.”*

v. 3, *So He spoke this parable to them, saying:*

v. 4, *“What man of you, having a hundred sheep, if he loses one of them, does not leave the ninety-nine in the wilderness, and go after the one which is lost until he finds it?*

v. 5, *“And when he has found it, he lays it on his shoulders, rejoicing.*

v. 6, *“And when he comes home, he calls together his friends and neighbors, saying to them, ‘Rejoice with me, for I have found my sheep which was lost!’*

v. 7, *“I say to you that likewise there will be more joy in heaven over one sinner who repents than over ninety-nine just persons who need no repentance.”*

v. 11, *Then He said: “A certain man had two sons.*

v. 12, *“And the younger of them said to his father, ‘Father, give me the portion of goods that falls to me.’ So he divided to them his livelihood.*

v. 13, *“And not many days after, the younger son gathered all together, journeyed to a far country, and there wasted his possessions with prodigal living.*

v. 14, *“But when he had spent all, there arose a severe famine in that land, and he began to be in want.*

v. 15, *“Then he went and joined himself to a citizen of that country, and he sent him into his fields to feed swine.*

v. 16, *“And he would gladly have filled his stomach with the pods that the swine ate, and no one gave him anything.*

v. 17, *“But when he came to himself, he said, ‘How many of my father’s hired servants have bread enough and to spare, and I perish with hunger!*

v. 18, *‘I will arise and go to my father, and will say to him, “Father, I have sinned against heaven and before you,*

v. 19, *“and I am no longer worthy to be called your son. Make me like one of your hired servants.”’*

v. 20, *“And he arose and came to his father. But when he was still a great way off, his father saw him and had compassion, and ran and fell on his neck and kissed him.*

v. 21, *“And the son said to him, ‘Father, I have sinned against heaven and in your sight, and am no longer worthy to be called your son.’*

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v. 22, *“But the father said to his servants, ‘Bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet.*

v. 23, *‘And bring the fatted calf here and kill it, and let us eat and be merry;*

v. 24, *‘for this my son was dead and is alive again; he was lost and is found.’ And they began to be merry.”*

3. WHAT IT MEANS TO BE UNWANTED

- A. One of life’s greatest joys is to be really wanted.
- B. The world's worst human sorrow in our society may be the feeling of being unwanted.
- C. Millions of people now living were and are not wanted by family or friends.
- D. The land of India is full of unwanted people. It has a caste system, which causes whole groups of people to become unwanted outcasts.
- E. Old people are put away and not wanted by their families.
- F. Children in Chicago, New York and other cities roam the streets unwanted.

4. HAGAR AND HER SON WERE UNWANTED

Genesis 21:14, 17, 20, *So Abraham rose early in the morning, and took bread and a skin of water; and putting it on her shoulder, he gave it and the boy to Hagar, and sent her away. Then she departed and wandered in the Wilderness of Beersheba.*

v. 17, *And God heard the voice of the lad. Then the angel of God called to Hagar out of heaven, and said to her, “What ails you, Hagar? Fear not, for God has heard the voice of the lad where he is.”*

v. 20, *So God was with the lad; and he grew and dwelt in the wilderness, and became an archer.*

5. LEAH WAS UNWANTED

She was a plain girl who was unwanted by her family.

- A. Leah was Laban's daughter and Rachel’s sister.

Genesis 29:17, *Leah’s eyes were delicate, but Rachel was beautiful of form and appearance.*

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- B. She was unwanted in marriage.

Genesis 29:25, So it came to pass in the morning, that behold, it was Leah. And he said to Laban, "What is this you have done to me? Was it not for Rachel that I served you? Why then have you deceived me?"

- C. God knew that she was unwanted.

Genesis 29:31, When the LORD saw that Leah was unloved, He opened her womb; but Rachel was barren.

6. UNWANTED AT HOME

To feel unwanted is a traumatic experience. It brings a cloud over a home. There was an important family in Washington, DC who had a severely retarded child. They wanted her, loved her and called her their "jewel."

7. THE WOMAN CAUGHT IN ADULTERY—UNWANTED BY SOCIETY

John 8:3-4, 10-11, Then the scribes and Pharisees brought to Him a woman caught in adultery. And when they had set her in the midst, v. 4, they said to Him, "Teacher, this woman was caught in adultery, in the very act."

v. 10, When Jesus had raised Himself up and saw no one but the woman, He said to her, "Woman, where are those accusers of yours? Has no one condemned you?"

v. 11, She said, "No one, Lord." And Jesus said to her, "Neither do I condemn you; go and sin no more."

8. UNWANTED AT WORK

It is impossible to perform positively and effectively when you feel like you are not wanted.

9. HOW TO COPE WITH BEING UNWANTED

- A. You have to want to be wanted.
- B. You must take the initiative and love your loved ones. Tell them that you want and love them.
- C. Give a gift to someone you love.
- D. Make yourself wanted and needed by others.

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- E. Remember that God wants you. He gave His Son to save you. He is not willing for anyone to perish. He wants everybody to enter into eternal life.

John 3:16, For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

- F. Remember Jesus wants you. He gave His life for you.

Ephesians 5:25, Husbands, love your wives, just as Christ also loved the church and gave Himself for her.

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