

G-18. Prayer Lesson #3 HOW to be FREE from WORRY!

The Prayers of PETITION!

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Worrying Brings FEAR and Fear Bings DOUBT!

Let us begin this study in God's word by reading
Philippians chapter 4, verses 6 and 7.

The reason that I write out the Scripture reference like
this is to teach new Christians how to read Philippians 4:6,7.

I mean when I saw this notation in a Christian book, I
had no idea what it meant until someone told me.

I had never even owned a Bible before let alone read
the Bible before.

So, Philippians is the **NAME** of one of the 27 books
that are found in the New Testament.

The number 4 means **chapter four**. And the numbers
6,7 after the colon are the **verse numbers**.

Thus, each book of the Bible has CHAPTERS, and
each chapter of the book has VERSES.

Philippians 4:6,7.

*“Be careful about nothing, but in everything by **prayer** and **supplication** with **THANKSGIVING** let your **requests** be made known unto God.*

*Philippians 4:7. And the PEACE of God, which passes all understanding, shall KEEP your **hearts and minds** through Christ Jesus.”*

Please notice that the first word that I emphasized in this passage of Scripture is the word “CAREFUL”.

If we look this word “CAREFUL” up in the Strong's Exhaustive Concordance and scroll down to our Scripture reference, [Philippians 4:6](#), we will find the Strong's number

3309 in *italics*, which means that it is a New Testament word that is translated from the Greek.

Then if we look at this Strong's number, 3309, up in the back of our concordance we will find the Greek word “MERIMNAO” which is a verb that means to WORRY, to have ANXIETY, or to be CONCERNED.

This word is translated as take thought, care for, careful, taking thought, and have care.

So then, the phrase “be CAREFUL for **NOTHING**” is giving us INSTRUCTION as to the first principle of prayer, which is **NOT** to WORRY, **NOT** to be ANXIOUS, **NOT** to be CONCERNED, as in FEARFUL that our prayers will not be heard and answered.

In other words, we are **NOT to TAKE THOUGHT of ANYTHING** that causes us to FEAR, WORRY, or DOUBT that our prayer will not be answered according to the WAY that we presented our request to Almighty God.

Now the next part of this verse after the phrase “Be CAREFUL about NOTHING” is the word “BUT” which gives us an alternative other than WORRYING and being ANXIOUS or FEARFUL.

This alternative is called PRAYER. Let's read the first part of this passage of Scripture again with the emphasis on the word “BUT” while asking yourself the question “BUT WHAT?”

Let us read Philippians 4:6,7 again but let us emphasize other words. This is another way to correctly study the Bible. We emphasize one word at a time in each verse of Scripture and ask ourselves the question, “What does that word mean in the context of this verse of Scripture?”

Philippians 4:6,7.

*“Be careful about nothing, **BUT** (But WHAT? BUT) *in EVERYTHING* (Referring to EVERYTHING that causes you CONCERN, or causes you to WORRY and be ANXIOUS or FEARFUL. So then, do NOT be FEARFUL or ANXIOUS about ANYTHING, BUT RATHER) **BY PRAYER and SUPPLICATION with THANKSGIVING let your REQUESTS** (Or your*

concerns that bring CARE) *be made known unto God....*”

If you do not CARE whether or not you have some heat from the furnace on a cold winter day and you do not have enough money to pay the power bill then you will not have any worry or anxiety.

But because we do CARE about freezing we need to cast our CARE upon the Lord for He CARES for us. God is CONCERNED about our every need.

So then, we can clearly see the instruction in God’s WORD for us **NOT** to be FEARFUL or WORRIED about ANYTHING.

But INSTEAD, we are to take these CONCERNS and ANXIETIES that come upon us and CAST them upon our Lord God, because Almighty God our heavenly Father deeply cares for us on every level of our lives.

Please read 1 Peter 5:6-11 which says.

*“**HUMBLE** yourselves, **THEREFORE**,
under the mighty hand of God, (WHY?) that He
may exalt you in due time:(So HOW do we HUMBLE
ourselves?)*

*1 Peter 5:7. **Casting ALL your CARE**
upon him; (WHY?) for He CARES for you. (In other
words, do not be lifted up with pride saying that you can do it all
on your own and you do not need God’s help.*

We do need God’s help because we cannot defeat our
enemy Satan on our own in our own strength.

Satan’s works are to steal, kill, and destroy. It is Satan
who oppresses mankind with sickness and disease. So then,)

*1 Peter 5:8. Be sober, be vigilant; (WHY?)
because your adversary the devil, as a roaring
lion, walks about, **SEEKING** whom he may
devour: (This means that Satan can NOT devour the
Christians who are keeping themselves under the protection of
God)*

*1 Peter 5:9. Whom **RESIST** steadfast in **the faith**, knowing that the same afflictions are accomplished in your brethren that are in the world.*

1 Peter 5:10. But the God of all grace, who has called us unto his eternal glory by Christ Jesus, after that you have suffered a while, make you perfect, establish, strengthen, settle you.

1 Peter 5:11. To him be glory and dominion forever and ever. Amen. ”

So then, how do we HUMBLE ourselves and NOT be filled with worry, anxiety, and fear?

In verse 6, we see the phrase “*Humble yourselves, THEREFORE...* ” and whenever you see the word “THEREFORE” you need to find out what it is **there for**.

In other words, in the last part of the previous verse, verse 5 we are told that God resists the proud, BUT He **gives grace to the HUMBLE**.

So, THEREFORE, we are instructed to HUMBLE ourselves UNDER the MIGHTY HAND of Almighty God our heavenly Father, BECAUSE He CARES for us.

This means that Almighty God the Father desires to give us the GRACE to overcome the trial that we are facing.

And God's grace helps us NOT to WORRY or FEAR, while we are facing the trying of our faith.

In other words, God's grace is STRENGTH that empowers our FAITH to overcome the WORKS of the Devil.

Now for some of you who are just LEARNING about PRAYER, you may not have yet developed the confidence of Almighty God ANSWERING your prayer.

As Proverbs tells us, you may be leaning to your OWN understanding, rather than fully TRUSTING in the Lord.

Take a moment and read Proverbs 3:5.

“TRUST in the LORD with all your heart, and lean NOT unto your own understanding.”

You see, the enemy comes to us sometimes with his lies, saying things like the following questions. “What good will it do to PRAY?” “Do you really think God is going to hear your prayer?”

“What right do you have to trouble God with your petty needs?” “Do you not know that God only helps those who help themselves?” “Why are you asking him to help you, when you can go out and find your own job on your own?”

There are thousands of these lies that the enemy uses on mankind to get us to DOUBT in order to keep us from PRAYING to God and CASTING all our CARES upon Him BELIEVING that Almighty God will hear and answer our prayer.

But the TRUTH of the matter is that Almighty God desires that each and every one of us TRUST in Him by coming to Him in our time of need and CASTING ALL of our CARE,

ALL of our WORRY, ALL of our ANXIETY, ALL of our FEAR upon Him.

And we do this because Almighty God and His Son, Jesus, sincerely and deeply have concern for each and every one of us as well as each and every one of our needs.

So then, we HUMBLE ourselves by hiding God's WORD in our hearts and TRUSTING in His WORD of TRUTH more than what our natural logic dictates to us.

Normally when we hear the word, "CAREFUL" we tend to think about being cautious, or being protective and we often do not take thought of WHY we are being cautious or protective.

What I mean by this is let us say, for example, we are CAREFUL when carrying an expensive delicate breakable item BECAUSE we are FEARFUL that we might drop and break the item.

Now, let us add to this that we do not have the confidence to successfully carry this item safely without taking CARE but at the same time know that this item must be moved.

So then, HOW do we relieve ourselves from this worry or fear of dropping and breaking this item knowing that

we, in ourselves, are not capable of successfully moving the item?

Naturally, we transfer this burden of worry and fear upon another whom we TRUST to do the job SUCCESSFULLY.

In other words, we CAST this CARE upon ANOTHER in whom we TRUST fully to do the job and we stay CLEAR OUT of the WAY until the job is DONE!

This is what PRAYER is to one who FULLY TRUSTS in Almighty God to get the job DONE.

A farmer, who plants a seed in the ground, FULLY TRUSTS that the seed will grow and produce what it is designed to produce.

We learned in lesson #1 that Jesus likened God's WORD to that of a SEED in the parable of the sower sowing seed.

In short, YOU, that is to say, your HEART is the SOIL or GROUND in which the WORD of TRUTH is planted.

So the first step to learning to be free from worry and having perfect peace is to have that KNOWLEDGE and the

UNDERSTAND that God is ALWAYS FAITHFUL to perform His word.

After that, it is a matter of being led by the Holy Spirit to READ God's word on your own. And by reading God's word on your own, I mean STUDYING God's word trust in the Holy Spirit to lead and guide you into all TRUTH.

So the rest of this study is your HOMEWORK so to speak. I want you to read and STUDY the Scriptures below as I have taught you in the studies under the heading [G-18. Prayer Lesson 3-How to be Free from Worry!](#)

Read through the Scripture below and emphasize the words that you feel that the Holy Spirit is leading you to look up and study deeper their true intended meaning.

Highlight the words that really stand out to you. Put your own comments within the Scriptures.

And if you are not sure you have the correct interpretation of that verse then place three question marks after your comment so you will know to dig deeper as you read through your own study again and again.

Each time you read what the Holy Spirit has shown to you, he will show you more and your knowledge of God will INCREASE.

Copy and paste the following verses of Scripture on your computer and then ask God to reveal to you how to study His word so that you can APPLY His word to be free from worry and have perfect peace.

May God bless you richly as you study His living word.

Matthew 6:5-8.

“And when you pray, you shall not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

Matthew 6:6. But you, when you pray, enter into your closet, and when you have shut your door, pray to your Father which is in secret; and your Father which sees in secret shall reward you openly.

Matthew 6:7. But when you pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

Matthew 6:8. Be not you, therefore, like unto them: for your Father knows what things you have need of before you ask Him.”

Matthew 7:7-11.

“Ask, and it shall be given you; seek, and you shall find; knock, and it shall be opened unto you:

Matthew 7:8. For every one that asks receives; and he that seeks finds, and to him that knocks it shall be opened.

Matthew 7:9. Or what man is there of you, whom if his son asks bread, will he give him a stone?

Matthew 7:10. Or if he asks a fish, will he give him a serpent?

Matthew 7:11. If you then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask Him?”

Matthew 18:19,20.

“Again I say unto you, That if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven.

Matthew 18:20. For where two or three are gathered together in my name, there am I in the midst of them.”

Matthew 21:17-22.

“And he left them, and went out of the city into Bethany, and he lodged there.

Matthew 21:18. Now in the morning as he returned into the city, he hungered.

Matthew 21:19. And when he saw a fig tree in the way, he came to it, and found nothing thereon, but leaves only, and said unto it, Let no fruit grow on thee henceforward forever. And presently the fig tree withered away.

Matthew 21:20. And when the disciples saw it, they marveled, saying, How soon is the fig tree withered away!

Matthew 21:21. Jesus answered and said unto them, Verily (Or truly) I say unto you, If you have faith, and doubt not, you shall not only do this which is done to the fig tree, but also if you shall say unto this mountain, Be you removed, and be you cast into the sea; it shall be done.

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

Luke 11:1-13.

*“And it came to pass, that, as he was
praying in a certain place, when he ceased, one
of his disciples said unto him, Lord, teach us to
pray, as John also taught his disciples.*

*Luke 11:2. And he said unto them, When
you pray, say, Our Father which art in heaven,
Hallowed be your name. Your kingdom come.
Your will be done, as in heaven, so in earth.*

*Luke 11:3. Give us day by day our daily
bread.*

Luke 11:4. And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation, but deliver us from evil.

Luke 11:5. And he said unto them, Which of you shall have a friend, and shall go unto him at midnight, and say unto him, Friend, lend me three loaves;

Luke 11:6. For a friend of mine in his journey has come to me, and I have nothing to set before him?

Luke 11:7. And he from within shall answer and say, Trouble me not: the door is now shut, and my children are with me in bed; I cannot rise and give you.

Luke 11:8. I say unto you, Though he will not rise and give him, because he is his friend, yet because of his importunity he will rise and give him as many as he needs.

Luke 11:9. And I say unto you, Ask, and it shall be given you; seek, and you shall find; knock, and it shall be opened unto you.

Luke 11:10. For every one that asks receives; and he that seeks finds, and to him that knocks it shall be opened.

Luke 11:11. If a son shall ask bread of any of you that is a father, will he give him a stone? Or if he asks a fish, will he for a fish give him a serpent?

*Luke 11:12. Or if he shall ask an egg,
will he offer him a scorpion?*

*Luke 11:13. If you then, being evil, know
how to give good gifts unto your children: how
much more shall your heavenly Father give the
Holy Spirit to them that ask him?”*

John 14:12-14.

*“Verily, verily, (Or truly, truly) I say unto
you, He that believes on me, the works that I do
shall he do also; and greater works than these
shall he do; (WHY?) because I go unto my Father.*

John 14:13. And whatsoever you shall ask in my name, that will I do, that the Father may be glorified in the Son.

John 14:14. If you shall ask anything in my name, I will do it.”

John 15:1-16.

“I am the true vine, and my Father is the husbandman.

John 15:2. Every branch in me that bears no fruit he takes away: and every branch that bears fruit, he purges it, that it may bring forth more fruit.

John 15:3. Now you are clean through the word which I have spoken unto you.

John 15:4. Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can you, except you abide in me.

John 15:5. I am the vine, you are the branches: He that abides in me, and I in him, the same brings forth much fruit: for without me you can do nothing.

John 15:6. If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.

John 15:7. If you abide in me, and my words abide in you, you shall ask what you will, and it shall be done unto you.

John 15:8. Herein is my Father glorified, that you bear much fruit; so shall you be my disciples.

John 15:9. As the Father has loved me, so have I loved you: continue you in my love.

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

John 15:11. These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

John 15:12. This is my commandment, That you love one another, as I have loved you.

John 15:13. Greater love has no man than this, that a man lay down his life for his friends.

John 15:14. You are my friends if you do whatsoever I command you.

John 15:15. Henceforth I call you not servants; for the servant knows not what his lord does: but I have called you friends; for all things that I have heard of my Father I have made known unto you.

John 15:16. You have not chosen me, but I have chosen you, and ordained you, that you should go and bring forth fruit, and that your fruit should remain: that whatsoever you shall

ask of the Father in my name, He may give it to you.”

John 16:16-24.

“A little while, and you shall not see me: and again, a little while, and you shall see me because I go to the Father.

John 16:17. Then said some of his disciples among themselves, What is this that he says unto us, A little while, and you shall not see me: and again, a little while, and you shall see me: and Because I go to the Father?

John 16:18. They said, therefore, What is this that he says, A little while? We cannot tell what he says.

John 16:19. Now Jesus knew that they were desirous to ask him, and said unto them, Do you inquire among yourselves of that I said, A little while, and you shall not see me: and again, a little while, and you shall see me?

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

John 16:21. A woman when she is in travail has sorrow because her hour has come: but as soon as she is delivered of the child, she remembers no more the anguish, for the joy that a man is born into the world.

John 16:22. And you now, therefore, have sorrow: but I will see you again, and your heart shall rejoice, and your joy no man takes from you.

John 16:23. And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever you shall ask the Father in my name, he will give it to you.

John 16:24. Hitherto have you asked nothing in my name: ask, and you shall receive, that your joy may be full.”

1 Kings 3:3-28.

“And Solomon loved the LORD, walking in the statutes of David his father: only he sacrificed and burnt incense in high places.

1 Kings 3:4. And the king went to Gibeon to sacrifice there; for that was the great high place: a thousand burnt offerings did Solomon offer upon that altar.

1 Kings 3:5. In Gibeon the LORD appeared to Solomon in a dream by night: and God said, Ask what I shall give thee.

1 Kings 3:6. And Solomon said, You have shown unto your servant David my father great mercy, according to, he walked before You in truth, and in righteousness, and in uprightness of heart with You; and You have

kept for him this great kindness, that You have given him a son to sit on His throne, as it is this day.

1 Kings 3:7. And now, O LORD my God, You have made your servant king instead of David my father: and I am but a little child: I know not how to go out or come in.

1 Kings 3:8. And your servant is in the midst of Your people which You have chosen, a great people, that cannot be numbered nor counted for multitude.

1 Kings 3:9. Give therefore your servant an understanding heart to judge Your people, that I may discern between good and bad: for

who is able to judge this, Your so great a people?

1 Kings 3:10. And the speech pleased the Lord, that Solomon had asked this thing.

1 Kings 3:11. And God said unto him, Because you have asked this thing, and have not asked for your self long life; neither have asked riches for your self nor have asked the life of your enemies, but has asked for your self-understanding to discern judgment.

1 Kings 3:12. Behold, I have done according to your words: lo, I have given you a wise and an understanding heart; so that there was none like you before you, neither after you shall any arise like unto you.

1 Kings 3:13. And I have also given you that which you have not asked both riches, and honor: so that there shall not be any among the kings like unto you all your days.

1 Kings 3:14. And if you will walk in my ways, to keep My statutes and My commandments, as your father David did walk, then I will lengthen your days.

1 Kings 3:15. And Solomon awoke; and, behold, it was a dream. And he came to Jerusalem, and stood before the ark of the covenant of the LORD, and offered up burnt offerings, and offered peace offerings, and made a feast to all his servants.

1 Kings 3:16. Then came there two women, that were harlots, unto the king, and stood before him.

1 Kings 3:17. And the one woman said, O my lord, I and this woman dwell in one house; and I was delivered of a child with her in the house.

1 Kings 3:18. And it came to pass the third day after that I was delivered, that this woman was delivered also: and we were together; there was no stranger with us in the house, save we two in the house.

1 Kings 3:19. And this woman's child died in the night; because she overlaid it.

1 Kings 3:20. And she arose at midnight, and took my son from beside me, while your handmaid slept, and laid it in her bosom, and laid her dead child in my bosom.

1 Kings 3:21. And when I rose in the morning to give my child suck, behold, it was dead: but when I had considered it in the morning, behold, it was not my son, which I did bear.

1 Kings 3:22. And the other woman said, Nay; but the living is my son, and the dead is your son. And this said, No; but the dead is your son, and the living is my son. Thus they spoke before the king.

1 Kings 3:23. Then said the king, The one says, This is my son that lives, and your son is the dead: and the other says Nay; but your son is the dead, and my son is the living.

1 Kings 3:24. And the king said, Bring me a sword. And they brought a sword before the king.

1 Kings 3:25. And the king said, Divide the living child in two, and give half to the one, and half to the other.

1 Kings 3:26. Then spake the woman whose the living child was unto the king, for her bowels yearned upon her son, and she said, O my lord, give her the living child, and in no wise

slay it. But the other said, Let it be neither mine nor yours, but divide it.

1 Kings 3:27. Then the king answered and said, Give her the living child, and in no wise slay it: she is the mother thereof.

1 Kings 3:28. And all Israel heard of the judgment which the king had judged; and they feared the king: for they saw that the wisdom of God was in him, to do judgment.”

James 1:5-8.

“If any of you lack wisdom, let him ask of God, that gives to all men liberally, and upbraids not; and it shall be given him.

*James 1:6. But let him ask in faith,
nothing wavering. For he that wavers is like a
wave of the sea driven with the wind and tossed.*

*James 1:7. For let not that man think
that he shall receive anything of the Lord.*

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

1 John 5:14,15.

*“And this is the confidence that we have
in him, that, if we ask anything according to his
will, he hears us:*

*1 John 5:15. And if we know that he
hears us, whatsoever we ask, we know that we
have the petitions that we desired of him.”*

Philippians 4:6,7.

“Be careful about nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

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

Fear and worry come from not having the PEACE OF God.

So I wrote another study on this subject about how all Christians can have that perfect peace that passes all our own understanding.

Please read the study [**G-10. HOW YOU CAN HAVE PERFECT PEACE!**](#)

Thanks for reading and STUDYING the word of Almighty God.

And may God always bless you richly as you continue to seek His truth by correctly interpreting all the Scriptures in the light of the WHOLE word of Almighty God.

Thanks for reading, and may God bless you richly as you continue to seek **the TRUTH of the WHOLE word of** Almighty God.

And to me, the truth concerning who Jesus TRULY is, according to the Bible ITSELF, is the Biblical Unitarian view of Jesus.

Once Christians, Jews, Muslims, and even atheists understand **the REASON** that Yahweh CREATED the Son of MAN, Jesus, **was to have DOMINION over the work of** Yahweh's hands.

And after you understand that the REASON that Yahweh did that is **to STILL His ENEMIES**, Satan and the fallen angels.

Then you can understand that God made His human Son **to become “a”** Lord, **“a”** King, and **“a”** God, under and

subject to his God and Father in order **to JUDGE Satan and the fallen angels.**

For a deeper understanding of this WAR that Lucifer and one third of the angels waged against the throne of Almighty God, please read the studies under the subject category called **** Q-0 Why Are We Here? Is God at WAR? ****.

More studies are coming in this SHORTER Biblical Unitarian view of who Jesus is according to the WHOLE word of God.

If you have a PARTICULAR verse of Scripture that you would like to know the sound Biblical Unitarian meaning, then please email me at **MarkatAMatterOfTruth@Gmail.com** and let me know.

For further and more in-depth studies on this subject of Jesus being created to STILL the enemies of Yahweh, please read the studies called **[D-25. A NEW LOOK at JOHN 1:1-In the BEGINNING](#)**, and **[D-28. The PRE-ADAMIC LUCIFERIAN FLOOD!](#)**

At the top of my homepage, there are subjects or categories which contain compiled lists of **** ALL Studies! **** I

have written on that particular subject. So, if a link within a study is broken, then click on **** ALL Studies! **** to find the suggested study.

Or you can scroll down to the **MORE dropdown menu** list to find those studies as well.

Thanks again for reading, and may God bless you richly as you continue to seek the TRUTH of the WHOLE word of Almighty God.

And to me, the truth concerning who Jesus TRULY is, according to the Bible ITSELF, is the Biblical Unitarian view of Jesus.

And again, **for ALL** of the studies on the **Biblical Unitarian view of Jesus**, please click on the subject heading **** D-0 The BIBLICAL UNITARIAN VIEW of Jesus! ****

And for the SUBJECT on the true foundation of the church, please click on the subject heading **** C-0 The TRUE FOUNDATION of the Church! ****

This way you can just send ONE link to those who you want to share the TRUE sound Biblical FOUNDATIONAL teachings of the church that Jesus and his Apostles taught in the first century church.

Your brother in our Lord Jesus Christ,
Brother Mark.

My heartfelt prayer is that all Christians RETURN to the TRUE FOUNDATION of the church that is taught by the very Apostles of Jesus in the first century.

So let us all come into the UNITY of the faith and return to what Jesus and his Apostles taught us in SIMPLICITY in the New Testament.

To learn more TRUTH, then please return to:

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Always be faithful to share, to preach, and to teach the whole gospel of Jesus Christ!