

## FUNDAMENTALS OF FAITH

### Do Not Fret & Get Upset

- I. **We're not supposed to carry cares in our heart and mind all the time-All of us have trudged around, heavy, bothered, upset with no joy or peace, but when we are doing that we are not doing what the Lord told us to do-**
- 1Sm1:6**-Her adversary (Pin-nina) also **provoked** (trouble, grieve, have sorrow, vex) her sore (severe), for to make her **fret** (violently agitated, irritate), because the Lord had shut up her womb. **7** And as he did so year by year, when she went up to the house of the Lord, so she **provoked** (trouble, grieve, have sorrow, vex) her; therefore she wept, and did not eat. **8** Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart **grieved** (vex, displease)? am not I better to thee than ten sons? **9** So Hannah rose up after they had eaten in Shiloh, and after they had drunk. Now Eli the priest sat upon a seat by a post of the temple of the Lord. **10** And she was in **bitterness** (chafed, discontented, heavy) of soul, and prayed unto the Lord, and wept sore (violently). **11** And she vowed a vow, and said, O Lord of hosts, if thou wilt indeed look on the **affliction** (depression, misery, trouble) of thine handmaid, and remember me, and not forget thine handmaid, but wilt give unto thine handmaid a man child, then I will give him unto the Lord all the days of his life, and there shall no razor come upon his head. **12** And it came to pass, as she continued praying before the Lord, that Eli marked her mouth. **13** Now Hannah, she spake in her heart; only her lips moved, but her voice was not heard: therefore Eli thought she had been drunken. **14** And Eli said unto her, How long wilt thou be drunken? put away thy wine from thee. **15** And Hannah answered and said, No, my lord, I am a woman of a **sorrowful** (heavy) spirit: I have drunk neither wine nor strong drink, but have poured out my soul before the Lord. **16** Count not thine handmaid for a daughter of Belial: for out of the abundance of my **complaint** (anxiety, trouble) and **grief** (trouble, grieve, have sorrow vex) have I spoken hitherto. **17** Then Eli answered and said, Go in **peace** (happy, content, tranquil, quiet): and the God of Israel grant thee thy petition that thou hast asked of him. **18** And she said, Let thine handmaid find grace in thy sight. So the woman went her way, and did eat, and her countenance was no more sad. **19** And they rose up in the morning early, and worshipped before the Lord, and returned, and came to their house
- A. Hannah was in a care-laden, heavy miserable state-When Elkanah went up each year to sacrifice, Peninnah would torment Hannah- **1Sm1:6-GW**-Her rival tormented her endlessly in order to make her miserable. This happened year after year. Whenever Hannah went to the Lord's house, Peninnah would make her miserable and Hannah would cry and not eat.
- B. It is not okay to walk around troubled, heavy, upset about something all the time- **1Th5:16**-Rejoice evermore; **CEV**-Always be joyful; **Ph4:4**-Rejoice in the Lord always: and again I say rejoice; **CEB**-Be glad in the Lord always; **Jn14:1**-Let not your heart be troubled; **AC**-Distressed, agitated; **CJ**-Disturbed; **GNT**-Don't be worried and upset; **Ph4:6**-Be careful for nothing; **AC**-Do not fret
1. Is what Hannah doing faith?-Does she have faith (confident expectation, conviction) in God to give her a child?
- C. Your adversary wants to work you into a troubled state and load you with care-Just like her adversary
- D. Go in peace is a major shift from what she is currently doing-Eli basically said stop what you're doing and go in peace
- E. Her situation being taken care is directly connected to her going in peace-What if you she doesn't go in peace?
1. Her faith moved God, not her vow-God held her to her vow, but God doesn't work by vows and making deals He God works by grace through faith; If you're taken care of it'll be because of your faith, not a vow
- II. **There's a right way to deal with cares, burdens and heaviness and there's a wrong way**
- A. The world wires you to take the care, worry, fret, get upset in adversity-Many Christians have been wired by the world
- B. If you practice carrying cares it'll become your normal mode of operation-A problem arises and you go into care mode
- C. We have to train ourselves in these things-Development in spiritual things comes by practice, not automatically
- D. We need to be rewired- **Ep4:22**-That you put off concerning the former conversation (manner of life, conduct, behavior) the old man, which is corrupt according to the deceitful lusts **23** And be renewed in the spirit of your mind
1. Being renewed in the spirit of your mind is being rewired to operate differently
  2. Your mind is not renewed until the way you function has changed
  3. The way you change how you live is to get rewired in your mind-If you think differently you do differently
  4. You can be wired so wrong that you read about Hannah and think what she was doing was good-Balance scriptures with other scriptures; I gain understanding about this one by balancing it with other ones because the same God inspired all of this – The God of **Ph4:4-6**, **1Th5:16**, **Jn14:1** is the same God in **1Sm1**

### III. Our response to adversity is not to fret and get upset, but to cast our cares on the Lord and be glad- *1Pt5:7,Ph4:6,Jn14:1*

- A. Be glad in trouble- *Js1:2*-My brethren count it all joy (cheerfulness, that is calm delight, gladness, exceeding joyful) when you fall into divers (various) temptations (experience of evil, by implication adversity): **CEV**-Be glad even if you have a lot of trouble
- B. If life gets difficult rejoice- *1Pt4:12*-Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice; **TP**-Beloved if life gets extremely difficult, with many tests, don't be bewildered as though something strange were overwhelming you. Instead, continue to rejoice
- C. Laugh at destruction- *Job5:21*-Neither shall you be afraid of destruction when it comes. At destruction and famine you shall laugh
- D. Be of good cheer in pressured times- *Jn16:33*-These things I have spoke to you that you in me you might have peace. In the world you shall have tribulation (pressure, affliction, trouble): but be of good cheer; for I have overcome the world
- E. I will be glad. when it's bad- *Hab3:17-AC*-Though the fig tree does not blossom and there is no fruit on the vines, [though] the product of the olive fails and the fields yield no food, though the flock is cut off from the fold and there are no cattle in the stalls, **18-KJ**-Yet I will rejoice (jump for joy) in the Lord, I will joy (spin, be glad) in the God of my salvation
- F. Greatly rejoice in the middle of adversity- *1Pt1:6-VO*-You should greatly rejoice in what is waiting for you, even if now for a little way you have to suffer various trials) <sup>7KJ</sup> That the trial of your faith, being much more precious than of gold that perishes, though it be tried with fire, might be found unto praise and honor and glory at the appearing of Jesus Christ: <sup>8</sup> Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory
  - 1. When you hit pressure you find out what you believe-This is the trial of your faith
  - 2. Faith and rejoicing-A big part of faith is not seeing, but believing and rejoicing
- G. Why rejoice and be glad?-To just be silly? No because to rejoice in adversity is faith and faith is the only way out
  - 1. One of the most faithless things you can do is frown and be sad-Doubt complains, despairs and is sad, faith rejoices, gives thanks and is glad; If I get sad, sullen, and heavy it's because I don't believe God will deliver me
  - 2. We can see your faith on your face-To brighten up, to be glad, to smile, to rejoice, this is faith stuff-  
**Rm15:13,Pr15:13**-A merry heart makes a cheerful countenance
  - 3. Are you sad because it's bad or is it bad because you're sad-You need to give yourself no room on this

### IV. Just because you're going through something doesn't mean you have to carry the care and be joyless- *2Cor4:8* *We are troubled (crowd, throng, tribulation, affliction) on every side, yet not distressed (miserable); we are perplexed (at a loss mentally, have no way out, don't know what to do, don't know which way to turn, without resources) but not in despair (without hope)*

- A. There's nothing unique happening in your life. the same kinds of things are happening to people all over the world-The difference is some carry it and some don't- **1Pt5:9**-The same afflictions are accomplished in your brethren that are in the world
- B. You can be strengthened with might and endure with joy- *Col1:10*-Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness; **VO**-To hold on and endure hardship patiently and joyfully; **TL**-So that you can keep going no matter what happens-always full of the joy of the Lord; **PH**-Able to pass through any experience and endure it with courage

### V. It's a strategy of the enemy to get you to fret and be upset and be miserable

- A. If you fail in adversity your strength is small- *Pr24:10*-If you faint (fail) in the day of adversity (tightness) thy strength is small
- B. The joy of the Lord is your strength- *Ne8:10*-Neither be you sorry; for the joy of the Lord is your strength
- C. Sorrow weakens you- *Pr15:13*-A merry heart makes a cheerful countenance: but by sorrow of the heart the spirit is broken; **AM**-When a hart is full of sadness the spirit is crushed; **CEV**-Sorrow can crush you; **YL**-By grief of hear the spirit is smitten; **2Co7:10**
- D. Jesus' joy was his strength-He didn't focus on what he was going through, but what He was coming to and it stirred his joy and his joy was his strength and he got so strong he was able to endure the curse, despising the shame-  
**Hb12:2**-Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured (persevere, fortitude) the cross, despising the shame, and is set down at the right hand of the throne of God
- E. If we cast our care and rejoice that joy will be our strength-If we take the care and lose our joy we'll get weak and go down