



HOUSE to HOUSE
HEART to HEART

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House to House Heart to Heart

VOLUME 26 NUMBER 10



DON'T

Worry

SO MUCH

Allen Webster

The most wealthy, healthy, intelligent, highly advanced, enlightened generation ever to occupy this orbiting sphere is literally worrying to death. It is remarkable and unfortunate that Christians are not immune to this disorder. They have been known to be just as insecure as those whose feet have never stood on the Rock of Ages, whose eyes have not looked to the hills from whence cometh their help, and whose minds are not set on things above. Most saints know they ought not worry, so they worry about worrying.

What does the Owner's Manual say to do about this malfunction? Jesus discussed the subject of anxiety in the Sermon on the Mount (Matthew 6:25-34). He says, "Take no thought" (*merimnao*) for life (6:25), food (6:31), and tomorrow (6:34). This does not mean it is wrong to plan tomorrow's menu, buy winter clothes in the summer, or purchase home or health insurance (cf. 2 Thessalonians 3:16-17; 1 Timothy 5:8; Proverbs 30:25). It means that we are not to "be anxious" for these things.

THE BIRDS TEACH US NOT TO WORRY (6:26).

Whoever said that "worrying is for the birds" was off the mark. Birds don't worry! Whoever heard of a bird taking ulcer medication, committing suicide, or dying with a heart attack? Birds are not concerned with the future, yet they form no lines at welfare offices. God cares for them. Surely, God could not be charged with watching out for sparrows and neglecting His own children! We are made in the image of God and infused with a soul from the Father (Genesis 1:26-27; 2:7; Hebrews 12:9). Birds are not. Thus, if God cares for them, He cares more for us (Matthew 10:29-31; cf. Romans 8:32).

THE YARDSTICK TEACHES US NOT TO WORRY (6:27).

Whoever heard of a short man worrying himself into a larger size? Was it ever reported that worrying lengthened someone's life? No! Worry is useless. Stature (*helikia*) in verse 27 indicates a stage of growth whether measured by age or

height.¹ Jesus says worry will not make you older (though it may put wrinkles on your face) or taller. “Worry never climbed a hill; worry never paid a bill; worry never dried a tear; worry never calmed a fear; worry never darned a heel; worry never cooked a meal; worry never composed a song to sing; actually, worry never did a worthwhile thing.” “Worry is like a rocking chair; it keeps you busy, but gets you nowhere.”

No one can lengthen his life by worrying, but there is evidence that worry can shorten it. When it comes to long life, what we are eating is important, but what is eating us is more important. Studies indicate that 70 percent of all illnesses are psychosomatic (“relating to bodily symptoms caused by emotional disturbance”). The old English root from which we get “worry” means “to strangle.” Many people are strangling their lives with anxiety. Worry is a leading cause of heart trouble, high blood pressure, stomach disorders, and respiratory ailments. Dr. Charles Mayo said, “I have never known a man to die from hard work, but many who have died from doubt.” If for no other reason, we should not worry

because it destroys the Spirit’s temple (1 Corinthians 6:19–20).

Worry falls into three classes. (1) *Things that have already happened.* Reader’s Digest observed, “Most worries are reruns.” Why worry about the past? The score can’t be changed, eggs can’t be unscrambled, and toothpaste can’t be put back in the tube. Paul learned to put the past behind him (Philippians 3:13–14). If sin is involved, we should cleanse it in Christ’s blood (Acts 22:16; Acts 8:22; 1 John 1:7), and then go on.

(2) *Things which must happen.* All the worry in the world cannot change some things, for they will happen anyway. We are going to die (Hebrews 9:27), so why worry about it? Prepare and let it come (Philippians 1:21).

(3) *Things which will never happen.* One lady said, “I always feel bad, even when I feel good, because I know that it will not be long before I feel bad again.” Sad! “It is not the tornadoes that get us, but the termites.” It is said that 85 percent of what we worry over never happens. Why waste the time (Ephesians 5:16)? Time should be invested in working instead of worrying. The ant wastes no time worrying about the future. Instead, it constantly works to prepare for tomorrow (Proverbs 6:6–8).

We must learn to concentrate on today instead of yesterday and tomorrow.

Philippians 3:13 teaches us to forget the things of the past. Matthew 6:34 teaches us not to worry about tomorrow. That only leaves one day to

concern us: today. Yesterday is a canceled check; tomorrow is a promissory note; only today is cash. Spend it wisely! God wants us to walk in the light He gives us and not worry about the darkness ahead. When we get there, His light will make it clear. When we drive at night, the headlights do not shine all the way to our destination. They shine just a few feet in front of the car, but as we move forward, they keep ahead of us. God’s light works the same way. He says, “Live one day at a time.”

A CHILD TEACHES US NOT TO WORRY (6:32).

Children can lead adults in many ways (Isaiah 11:6). One way we should imitate them is to trust our Father as they trust their parents. Worry is sinful because it says, “I do not trust my Father to care for me.” Worry is praying to the wrong god; it insults Jehovah (cf. Psalm 37:1; Proverbs 3:5–6; Philippians 4:6–7). Our coins say, “In God We Trust,” and so should our hearts (Proverbs 3:5; Psalm 9:10).

Problems become smaller when they are seen in God’s shadow. Martha was troubled about many things while Mary was sitting content at Jesus’ feet (Luke 10:38–42). Guess which one was happy? “You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You” (Isaiah 26:3).

God is unlimited in what He can do (Romans 8:28; Ephesians 3:20; Philippians 4:19), so my big problems are not large to Him. It is much like a child who becomes frustrated with a knotted shoestring. To him, it is a major problem and an unsolvable dilemma. He may even cry about it. Dad smiles to himself and quickly unties it. The difference is a matter of perspective. Our major difficulties are only “knotted shoestrings” to Almighty God. Why get so upset?

A minute of prayer is better than an hour of worrying (Philippians 4:6). We read that Jesus spent an entire night in prayer but never that He spent one minute in worry. His example is worthy of invitation (1 Peter 2:21–22).

Worried? Let God handle it.

Endnotes:

¹ Abbott-Smith



Identifying Marks of the Lord's Church: What Standard of Authority?

The New Testament is the only standard of the Lord's church in faith and practice. In the first century church, there were no human creeds. The apostles were guided by the Spirit "into all truth" (John 16:13). They left us the fully revealed, written Word of God (Ephesians 3:3, 5; Jude 3). The early church "continued steadfastly in the apostles' doctrine" (Acts 2:42).

No person is to add to the Word nor subtract from it (Deuteronomy 4:2; Revelation 22:18–19; 1 Peter 4:11). The omniscient God does not need man's input. His Word needs no revision (Matthew 24:35).

The Holy Scriptures are all-sufficient for man's salvation. "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work" (2 Timothy 3:16–17). God's Word contains "all things that pertain to life and godliness" (2 Peter 1:3). Thus, there is no continuing revelation or direct operation of the Holy Spirit in the hearts of sinners or Christians today. The faith "was once for all delivered to the saints" (Jude 1:3). The Spirit operates today only through the Word, His sword (Ephesians 6:17). Gospel "is the power of God to salvation" (Romans 1:16).

We can understand the Bible, and we can understand it alike. Otherwise, Jesus would not have said, "And you shall know the truth, and the truth shall make you

free" (John 8:32). Some say, "You see it one way, and I will see it another." However, this has the Bible teaching opposite positions. Truth never contradicts. The Lord does not require some things of one person and entirely contradictory things of another. "For God is not the author of confusion" (1 Corinthians 14:33). Paul said that we should ". . . all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the same mind and in the same judgment" (1 Corinthians 1:10). If we cannot understand the Scriptures alike, it would be impossible to obey this verse.

While abroad, a man from China purchased a powerful microscope. Returning, he looked at contaminated rice through the microscope and saw tiny living creatures crawling all over it. He did not like what the microscope revealed; rice was his favorite meal. What did he do? He smashed the microscope to pieces!

Johoiakim did not like what was revealed in God's Word. What did he do? He "cut it with the scribe's knife and cast it into the fire" (Jeremiah 26:23). Yet, the Word remained (36:28, 32). It remains today; "The word of the Lord endures forever" (1 Peter 1:25). We will be judged according to the Word (John 12:48).

If a religious organization holds some other nook as its standard in faith and practice or perverts the Truth, it is not the church of our Lord (Galatians 1:6–9; Colossians 2:8). —Andy Cates

My Stomach Hurts

A little girl went up to her mother one day while holding her stomach saying, "Mommy, my stomach hurts." Her mother replied, "That's because it's empty. You have to put something into it!" She then prepared a bowl of soup. Later that day the preacher and his wife came over for dinner. The preacher began to feel bad. Holding his head he said, "I have a terrible headache!" The little girl looked up at him, giving him a sweet smile, and said, "That's because it's empty. You have to put something into it!" —Clean Laugh List

Wonderful Mother

God made a wonderful mother;
A mother who never grows old;
He made her smile of the sunshine
And molded her heart of pure gold;
In her eyes He placed bright shining stars,
In her cheeks, fair roses you see;
God made a wonderful mother,
And He gave that dear mother to me.



God's Plan for Saving Man

- Divine Love:** John 3:16
- God's Grace:** Ephesians 5:8
- Christ's Blood:** Romans 5:9
- Holy Spirit's Word:** Romans 1:16
- Sinner's Faith:** Acts 16:31
- Sinner's Repentance:** Luke 13:3
- Sinner's Confession:** Romans 10:10
- Sinner's Baptism:** Acts 22:16
- Christian's Love:** Matthew 22:37
- Christian's Work:** James 2:24
- Christian's Hope:** Romans 8:24
- Christian's Endurance:** Revelation 2:10



Love from a Child's Point of View

- "When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."
- "Love is when someone hurts you, and you get so mad, but you don't yell at them because you know it would hurt their feelings."
- "Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is okay."
- "Love is like a little old woman and a little old man who are still friends even after they know each other so well."
- "Love is when your puppy licks your face even after you left him alone all day."

Divinely human; Humanly divine

We see interesting contrasts between Jesus' Deity and His humanity:

- He was hungry (Luke 4:2) but with five loaves fed five thousand (John 6:10-11).
- He was thirsty (John 4:7) but turned water into wine (John 2:9).
- He was carried in a ship (Mark 4:38) but walked on the sea (Matthew 14:25).
- He died (Luke 23:46) but left His own tomb (Matthew 28:6).
- He was set before Pilate (Matthew 7:2) but sits with His Father in heaven (Hebrews 21:3).
- He was worshipped by angels (Luke 2:13) but was hated by the Jews (John 18:12; 19:7).

"...and they shall call His name Immanuel," which is translated, "God with us."

MATTHEW 1:23

For more material on the home and family, fathers and mothers, husbands and wives, grandparents, and family finances, go to www.housetohouse.com.

The Kind of Love I Want

It was approximately 8:30 a.m. on a busy morning at the doctor's office when an elderly gentleman in his 80's arrived to have stitches removed from his thumb. He stated that he was in a hurry to make an appointment at 9:00 a.m.

I took his vital signs and had him take a seat, knowing it might be an hour before he would be seen. Seeing him look at his watch, I decided since I was not busy with another patient, I would evaluate his wound. On exam, I saw it was well healed, so I talked to the doctor and got the supplies to remove his sutures.

While redressing his wound, we engaged in conversation. I asked him if he was in a hurry to meet another doctor's appointment. He said no, he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health. He said that she was a long-time victim of Alzheimer's disease.

I asked if she would be worried if he was a bit late. He replied that she no longer knows who he was; in fact, she had not recognized him in five years. I was surprised and asked, "And you still go every morning, even though she doesn't know who you are?" He smiled, patted

my hand, and said, "She doesn't know who I am, but I still know who she is."

I had to hold back tears as he left. Goose bumps covered my arm as I thought, "That is the kind of love I want in my life!"

True love is neither physical nor romantic. True love is an acceptance of all that is, has been, will be, and will not be.

"Husbands, love your wives, just as Christ also loved the church and gave Himself for her..."

EPHESIANS 5:25



Just for Fun Noah and the Ark

Number the pictures in the right order



I enlarged this image, but it was still difficult to read. I would say capitalize main words in each label.

God Tells Noah
Noah Builds the Ark
People Laugh at Noah
Noah and the Ark
Animals Ascending the Ark
or Animals Boarding the Ark (can't read it)

Big Flood
Floating Ark
Noah Reaches Land

These seem to be in the right order from left to right. Will they be rearranged?

Will We Know Each Other *in Heaven?*



Anyone who has lost a loved one to death is interested in knowing the answer to this question. Every person will one day face death and needs assurance of heaven. All of us hope to be reunited with loved ones who have gone on before, but if we will not know each other in heaven, then the bonds made on earth are forever severed in death.

The idea that we will know each other in heaven is sometimes called the doctrine of “future recognition.” It is both reasonable and scriptural. If we know anything in heaven, we will surely know that we are in heaven. We must know ourselves, unless we lose all personal identity and recognition in death. Surely, we will know Christ, and that He has redeemed us from our sins, thus allowing us to enjoy the rewards of heaven. If we will know we are in heaven, know who we are, know Christ, and know that He rewards us for our faithfulness, surely, we will know one another.

Revelation 6:9–10 describes a scene under the altar of God. The souls of the martyrs, “slain for the word of God and for the testimony which they held,” cried out for vengeance. These martyrs retained their personalities in the death state, were conscious of where they were, and knew why they were there. They knew that they had been murdered and were conscious that their murderers had not been punished. Surely, they know each other.

David, stricken with grief over the death of his son, said, “Can I bring him back again? I shall go to him, but he shall not return to me” (2 Samuel 12:23). It is significant that David said he would “go to” his son. If he would not recognize or know his son, he would feel no comfort.

The story we know as the “rich man and Lazarus” is told in Luke 16:19–31. Whether this is a parable or not, it still

indicates much about the state of the dead. The characters were all conscious and aware of their surroundings, and all possessed a memory of the world they had left. Abraham told the rich man to “remember.” He could remember because he was conscious of who he was, where he was, and who the others were. We also have the example of Moses and Elijah at the Mount of Transfiguration. The apostles recognized them, so they had not lost their identity in death.

There will be no giving and taking in marriage in heaven as there is on earth (Luke 20:35–36), and many other things will be changed in heaven. But we will know one another, and heaven will be much better than we can imagine. The key is to be prepared to go to heaven by obeying the will of God because heaven is a prepared place for prepared people (John 14:1–3). —Bob Prichard

Cut out this section and mail it to the address on the front.



Bible Quiz

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Send us your answers to receive a free Bible bookmark. We will grade and return your questions and enclose the bookmark “Jesus by the Numbers” as a way of saying thanks for spending time in the Word (quantities may be limited).

Name: _____
 Address: _____
 City/State: _____
 Phone: _____

Questions are taken from the New King James Version.

Answers to Previous Quizzes

V. 26:8, Starts with the Letter “V”: 1. Vagabond (Genesis 4:12); 2. Vain (Mark 7:7); 3. Valley (Nehemiah 2:13); 4. Vashti (Esther 1:9–22); 5. Veil (Matthew 27:51); 6. Vengeance (2 Thessalonians 1:8); 7. Vessel (Acts 9:15); 8. Victory (1 John 5:4); 9. Vile (Romans 1:24–26); 10. Vine (John 15:1); 11. Viper (Acts 28:3–5); 12. Virgin (Luke 1:27); 13. Virtuous (Proverbs 31:10); 14. Vow (Ecclesiastes 5:5); 15. Vulture (Leviticus 11:13–14).

V. 26:9, Famous Quotations from Psalms: 1. Shepherd (23:1); 2. the shadow of death (23:4); 3. My cup runs over (23:5); 4. Goodness and mercy (23:6); 5. Heavens, glory (19:1); 6. Perfect, sure (19:7); 7. Secret (19:12); 8. Sins, dominion (19:13); 9. Words, acceptable (19:14); 10. Your word (119:105); 11. Counsel, sinners, scornful (1:1); 12. Greatly moved (62:2); 13. Joy, pleasures (16:11); 14. Lord has made (118:24); 15. Sun, shield, good thing (84:11).

Starts with the Letter “A”

Directions: Find your answers in Genesis 1:26/2:19; 4:8; 22:1–19; Exodus 6:18–20, 7:1, 7; Joshua 7:2–5; 1 Samuel 25:14–42; 2 Samuel 3:8–27; 13:1–18; 14:24–15:12; 15:12; 21:16–17; 1 Kings 1:1–4; 16:29–31; 2 Kings 5:12; Esther 2:16; Proverbs 6:6–8; Matthew 26:7; Mark 14:36; John 18:12–24; Acts 1:1; 11:26; 18:24–25; Galatians 5:19/Matthew 19:9; Revelation 9:11 (answers not in order). Questions are taken from the New King James Version.

- Moses’s older brother: _____
- King of the bottomless pit (means “Destruction”): _____
- River Naaman thought was better than Jordan: _____
- Term Jesus called His Father in Gethsemane: _____
- Killed by his brother, Cain: _____
- Nabal’s wife who later married King David: _____
- David’s female company in his last days: _____
- Saved David by killing a giant: _____
- Saul’s captain; killed by Joab: _____
- Father who was willing to slay son for God: _____
- Handsome, rebellious son of David: _____
- Preacher mighty in Scripture: _____
- High Priest Jesus appeared before: _____
- Book of Conversions in the New Testament: _____
- First man: _____
- A work of the flesh; justifies divorce: _____
- Insects sluggards are told to “go to”: _____
- Wicked king; married to Jezebel: _____
- Persian king; married to Esther: _____
- David’s counselor; betrayed him to Absalom: _____
- Joshua defeated at that small town: _____
- A precious container broken to anoint Jesus: _____
- City where disciples first called “Christians”: _____
- Son of David; raped his half-sister: _____
- Father of Moses: _____

How Do You Spell C-R-O-S-S?



“SEE”

Look at Calvary. Don't turn away. I know it's not easy. What is done to Him is shameful. I know. But look closely! Past the spittle. Beyond the blood. There. In His eyes. Friend, that is love. It is love for you! See the nails in His hands and feet, fastening Him to a tree that He created for man's use. Look at the love He has for you!

“ARE”

Are you able to see that He bled and died for you? Are you willing to admit that you are lost without Him? Are you ready to submit to His will, to obey Him,

and to live for Him? Are you prepared for eternity? Are you convinced?

“OH”

Hear His cry of pain and agony like the death of a thousand deaths; hear the bitter moans of His disciples and the gasp of heaven's angels. Hear the sorrow of the Father for His only begotten Son! Hear the gasps and exclamations of a hateful mob.

“SS”

That's the hiss of the beguiling serpent--the one who is bruising the heel

of the perfect One (Genesis 3:15) and putting God the Son in the tomb. This is the moment of his triumph. Though resurrection will soon bring the ultimate victory for Christ and hope for man, at the cross of Calvary, the devil must be enjoying his front row seat. Doesn't he anger you? Disgust you? Motivate you? Live for Jesus. Don't live for the snake!

Friends, the cross spells the difference between heaven and hell, hope and helplessness, joy and sorrow, day and night! The cross spells life!

“... that He might reconcile them both to God in one body through the cross...”

EPHESIANS 2:16

Cut out this section and mail it to the address on the front.

Recommended Resource



The Daily Apologist provides you with the opportunity to develop essential skills in defending your faith. Whether you are a lifelong atheist seeking to understand why Christians believe what they believe, or a believer seeking to enhance your own personal apologetics skills, our courses can be used for all learning experiences! Learn for free at: thedailyapologist.com/courses.

I want to learn more about the Bible!

If you knew for sure that the religious path you are on would not get you to heaven, would you change? If there was the possibility of a doubt, would you investigate? Why not request a personal Bible study today?

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City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Prayer requests or comments: _____

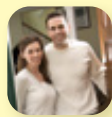
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Featured Tracts!

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- Five Pictures of Hope
- Make Jesus Your Banker
- A Study in Prayer Psalm 32:6



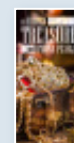
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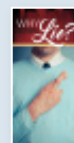
A Man with a Wait Problem



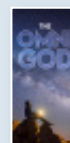
Of Hidden Treasures and Found Pearls



A Procession of Cross Bearers



Why Do People Lie?



The Omni God



I'm Not Ashamed to Own My Lord



How Good are you at Rejoicing?



What God Did for Just One Soul

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A Skunk in My Basement

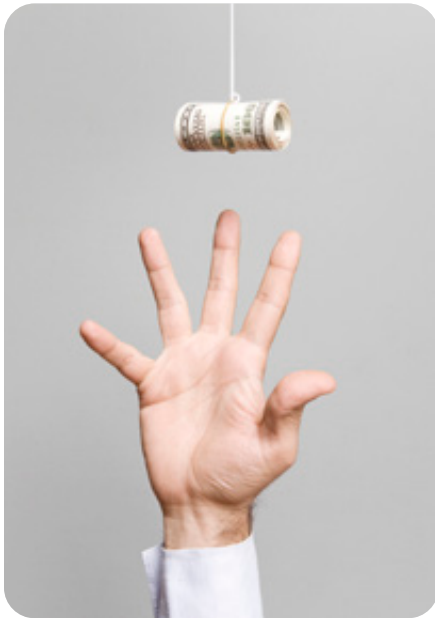
A little old lady called the police station begging for help. "I've got a skunk in my basement!" As a solution, the policeman told her to crumble up some bread and make a trail of the crumbs up the stairs, through the house, and out the door. The policeman then instructed her to leave the house for an hour.

An hour later the lady called the police again. "I need help!" The same policeman asked her, "Ma'am, did you crumble up some bread, make a trail up the stairs, through the house, and out the door?" "Yes," she replied. The policeman asked, "Then, what is the problem?" The lady cried out, "I now have TWO skunks in my house!"

Problems are inevitable. But as sure as we may experience problems, and as sure as they might multiply, there is a God who will inevitably see us through. He is our Rock and Deliverer (2 Samuel 22:2). We can know assuredly that when we face problems—or the multiplication of problems—God will take care of us. Be patient, be positive, and have faith in Almighty God!

"And we know that all things work together for good to those who love God, to those who are the called according to His purpose."

ROMANS 8:28



A Monopoly Life is an Empty Life

Does the name Charles Darrow ring a bell with you? Probably not, but you are familiar with what he did.

During the great depression of the early thirties, Mr. Darrow of Germantown, Pennsylvania, was an unemployed heating engineer. With plenty of spare time on his hands, he concocted a new board game which he made and reproduced by hand.

In 1935, Parker Brothers purchased the game called "Monopoly." Since that time, more than 90 million Monopoly games have been sold. The object of the game is strictly capitalistic. The more financial gain you achieve, the better your chances of winning.

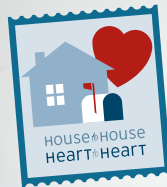
This is the foundation on which many homes are built. Everything done is tied to making the next dollar. Often more lasting, valuable things are pushed aside.

The problem with this kind of living is that when you come to the end, you realize you have lost.

Paul said, "We brought nothing into this world, and it is certain we can carry nothing out" (1 Timothy 6:7). Let us remember the important things and keep our lives in perspective.



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