

The Old Testament Teaches Us How to Avoid Anxiety
(Romans 15:4)

Introduction:

1. This verse refers to "*whatsoever things were written aforetime*" [the Old Testament Scriptures].
2. The Old Testament Scriptures are a great source of:
 - a. knowledge -- they "*were written for our learning*" [they teach us things we need to know]
 - b. "hope."
3. Many of the instructions given to us in the New Testament are illustrated in the Old Testament.
4. We are especially interested in the instructions given in Philippians 4:6-7.
 - a. Vs.6a teaches us to avoid anxiety.
 - b. The alternative is revealed in vs.6b.
 - c. According to vs.7, practicing the instructions given in vs.6 will enable us to enjoy a special blessing.
5. In our lesson we are examining the life of Hannah, the mother of Samuel.
6. In 1 Samuel 1-2, Hannah showed us how to avoid anxiety by applying the principles recorded many years later in Philippians by the apostle Paul.

Discussion:

- I. HANNAH IS INTRODUCED IN 1 SAMUEL 1:1-5
 - A. A man named Elkanah had 2 wives: Hannah and Peninnah.
 - B. Elkanah was devout in his service to God.
 - C. Although Elkanah loved Hannah, she had no children, but Peninnah had sons and daughters.
- II. HANNAH COULD HAVE BECOME ANXIOUS BECAUSE OF HER SITUATION (1 SAMUEL 1: 6-8)
 - A. Peninnah is pictured as Hannah's adversary -- Peninnah provoked Hannah because she had no children.
 - B. This caused Hannah to cry, and she was unable to eat.
 - C. It seems from vs.8 that Elkanah did not understand why Hannah was so upset.
 - D. Hannah could have become filled with anxiety because of her situation.
 - E. Apparently, Hannah was aware of the alternative to anxiety.
- III. (1 SAMUEL 1:9-18) HANNAH MADE A REQUEST OF THE LORD
 - A. She went to the place of worship and asked God to give her a son.
 - B. Eli the priest accused her of being drunk, but she did not allow this to discourage her.
 - C. After Hannah explained her situation to Eli, he assured her that God would grant her request.
 - D. Vs.18 shows us that Hannah experienced the peace of mind that comes with taking problems to the Lord.
- IV. (1 SAMUEL 1:19-28) HANNAH KEPT HER VOW TO THE LORD
- V. (1 SAMUEL 2:1-10) HANNAH EXPRESSED HER JOY TO GOD THROUGH PRAYER

Conclusion:

1. Did Hannah avoid being anxious when she faced a difficult situation as we are taught in Philippians 4:6a?
2. Did she make her request of the Lord as we are taught in Philippians 4:6b?
3. Did she experience the peace of mind that is mentioned in Philippians 4:7?
4. The Old Testament certainly teaches us how to avoid anxiety.
5. Let us remember and follow Hannah's example.