

**Wretched Worldview**

**Anxiety:  
The Biblical Cure**

**Study Guide Answer Key**

### Study Guide Answer Key

*These answers are not meant to be comprehensive, but to serve as a general guideline. We encourage the student to give more detailed responses. Answers for each chapter can be found in the DVD. Some of the Going Deeper questions may require the use of additional resources.*

## CHAPTER 1: The Plague of Anxiety

1. According to Todd, what is one of the greatest plagues in evangelical Christianity?  
**Anxiety.**
2. What did Todd say is the cause for this plague, and what is its remedy?  
**The cause: Low theology.**  
**The remedy: By contrast, a high view of theology increases one's understanding of God and how He runs the universe, thereby decreasing one's anxiety.**
3. Why has theology fallen out of favor in many Evangelical churches today?  
**In its desire to present Christianity as cool and hip, the seeker sensitive movement dumbed down theology and replaced it with entertainment.**
4. According to this segment, what are the components that go into you and how you process what comes into your life?  
**Truth, Faith, Thinking, Actions, Emotions**
5. Biblically speaking, what does the "engine of your life" need to be made up of and why?  
**Jesus, the Bible, and truth. These three go together because the Word reveals Jesus, Who is truth.**
6. What is the order of the rest of the components? Explain why Todd ordered them in the way he did.  
**After the engine comes faith, thinking, emotions, action, emotions.**  
**Based upon the truth of Jesus and Who Scripture reveals Him to be, we then have faith in Him. This informs our thinking about Him, ourselves, the world, etc. Our thinking then drives our emotions, which affect our actions, which in turn produce more emotions.**

### GOING DEEPER:

1. Look up the definition of theology and write it here. Then, describe your own view of theology. Do you think it's important for Christians to know theology? Why or why not? Do you agree that knowing theology can help someone cope with anxiety? Why or why not?  
**Theology is the study of God.**  
***Student's answers to the other questions should be well thought out and supported by Scripture.***
2. Read 2 Timothy 3:16-17 and list everything it says about Scripture:  
**It is inspired by God.**

**It is profitable for:**

**Teaching**

**Reproof**

**Correction**

**Training in righteousness**

**It is to equip the man of God for every good work.**

3. Read the following verses and record what you learn about the inspiration of the Bible.

**2 Peter 1:20-21 –**

**Scripture came to us by men moved by the Holy Spirit, not by human will.**

**I Corinthians 2:12-13 –**

(Use a commentary or study Bible if necessary to help you understand the context. We highly recommend resources by Dr. John MacArthur.) **The “we” used here is referring to the apostles and other writers of God’s Word. What they were teaching (and writing) was not man’s wisdom, but from the Holy Spirit.**

**I Thessalonians 2:13 –**

**The Believers in Thessalonica received Paul’s teaching, not as the word of men but as the word of God. Paul affirmed that it was indeed!**

**Hebrews 4:12 –**

**The word of God is not just another book. It is living, active, sharper than a two-edged sword, able to penetrate the inner man and judge our thoughts and intentions.**

4. How can understanding that the Bible was inspired by God help ease someone’s anxiety?

***Answers will vary but should be similar to: Knowing that the Bible is the word of God and not man should give someone great confidence when they read about who God is and, in this particular context, what He says about anxiety and worry. These are not just helpful thoughts based upon man’s ideas, but are God’s divine revelation to us. Because of that, everything God says is completely reliable. It is absolute truth. This should bring great encouragement to the anxious heart and peace to the worrier.***

## CHAPTER 2: You and Your Emotions

1. Summarize the difference between how the world views emotions and actions as compared to what the Bible teaches.

**Generally speaking, the world elevates emotions, particularly the desire to feel good. It often makes emotions the point of our actions. The example was given of how public schools often encourage good behavior by offering a reward or something that makes the students feel good about their performance.**

**The Bible, on the other hand, tells us that truth, not emotions, is the basis for our actions. Believing God's Word by faith affects our thinking, which in turn affects our emotions, which then leads to our actions, and then affects the resulting emotions.**

2. If you're consumed by worry, what is most likely your problem? Describe the "train" you are on as presented in this segment.

**Worry and anxiety are symptoms of wrong belief. Instead of believing in Jesus, the Bible and truth, you are believing (at least in the moment of worry) in the world, the devil and yourself. And because the "engine" of belief is wrong, the rest of the train is messed up too. Instead of faith in God, your faith is in yourself, thus your emotions and actions will take you down the wrong track!**

3. Summarize the example Todd gave of a parent's anxiety over their children's future. What does the world tell the parent? What does the Bible tell him or her? How is the parent's anxiety affected by each perspective?

**The world tells the parent that their child must get a good college education in order to have a good career and a secure future. If a parent believes this is true, then he or she will have a lot of anxiety trying to make sure this happens despite all the factors outside of the parent's control.**

**The Bible, however, gives parents a different perspective. It tells them that God knit their children together in the womb, and loves them more than they themselves do. He is in control of everything, and in the case of a child who is saved, is working all things together for the child's good and for His glory. Believing these truths will relieve the parents of being anxious for their child's future. It will strengthen their faith to continue entrusting their children to the Lord's care.**

4. Look up the Scripture verses that Todd cited in the above example and write them out.

**Psalm 139:13 – "For You formed my inward parts; You wove me in my mother's womb."**

**Either Mark 10:14 – "But when Jesus saw this, He was indignant and said to them, 'Permit the children to come to Me; do not hinder them; for the kingdom of God belongs to such as these.'"**

**Or Luke 18:16 – "But Jesus called for them, saying, 'Permit the children to come to Me, and do not hinder them, for the kingdom of God belongs to such as these.'"**

**Romans 8:28 – "And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose."**

Hebrews 1:3a – “And He is the radiance of His glory and the exact representation of His nature, and upholds all things by the word of His power.”

### GOING DEEPER:

One of the verses Todd referenced in this chapter was Romans 8:28, a very well-known passage of Scripture. Let's look at this verse in context of the verses around it to discover even more anxiety-busting truth from God's Word.

Read Romans 8:26-32 and answer the following questions.

1. According to this passage, what do we NOT know how to do?  
**Pray as we should (verse 26).**
2. How does the Holy Spirit help us in this regard?  
**According to verse 26, He Himself intercedes for us with groaning too deep for words.**
3. According to verse 27, the Holy Spirit's intercession is according to what?  
**The will of God.**
4. The word *good* in verse 28 means useful or beneficial. Do you think most people understand the word in these terms? If not, what is a more common interpretation of this word? And to what does useful or beneficial in this context refer? Useful and beneficial for what?  
**Most people interpret *good* in verse 28 to mean something that is personally beneficial to themselves, especially in regard to their happiness or comfort. In reality though, God is causing all things to work together to be profitable and useful for the purpose to which He has called us, which is our salvation and sanctification.**
5. According to this verse, is God causing all things to work together for good for everyone?  
**No, it is only for those who are called according to His purpose.**
6. How can Paul be so confident that God is indeed causing all things to work together for good for Believers?  
**Because according to verses 29-30, He's been doing it all along! It started before creation, continues now, and will continue until we're glorified.**
7. According to verse 29, for what did God predestine us?  
**To be conformed to the image of His Son.**
8. What is the chain of salvation found in verses 29-30? List it in order as it's presented in Scripture.  
**God foreknew, predestined, called, justified, glorified.**
9. Note the verb tense Paul used. Why is it significant?  
**Paul is so confident that God will accomplish His saving purpose in a Believer's life that he put everything in the past tense – even our future state of glorification!**

10. Verses 31-32 sum up Paul's thoughts from the preceding verses. Paraphrase Paul's thinking as it relates to anxiety and worry.

**If God has done so much for us since before time began to the present work of the Holy Spirit interceding for us, to the assurance of our future glorification, what do we have to worry about? All this proves that God is for us. Who's going to stand in the way of His plan for us? If He was so generous to give up His Son on our behalf, why won't He freely give us whatever we need now? We can totally trust Him to accomplish His purpose for us by causing everything in our lives to work together for the benefit of our salvation.**

## CHAPTER 3: The 2-2-2 Principle, Part 1

1. What is the right way to question God regarding suffering, and what is the wrong way?  
**The right way is to ask Him with a genuine desire to understand His purposes. The wrong way is to ask in an accusatory tone, impugning His character and goodness.**

2. What are the 2 ways God deals with suffering in the world and what theological category does this fall under?

**One: He allows something to happen.**

**Two: He causes something to happen.  
This falls under His Providential Will.**

3. Why is it important that we make the distinction between “cause” and “allow”?  
**One will impugn God. The other keeps God in view as the kind, truthful God that He is.**

4. What are the two types of evil and what is the difference between them? What example did Todd give of each?

**One: Natural evil. This is nature behaving as nature. God controls nature. A drought is an example of a natural evil.**

**Two: Moral evil. This is man acting in his fallen, sinful state. Rape is an example of a moral evil. God allows it to happen, but He doesn't like it. And He certainly doesn't cause it.**

5. Todd emphasized two important truths to remember when discussing moral evil. What were they and why are they so important to remember?

**One: God NEVER causes sin.**

**Two: God uses sin sinlessly.  
This explains how God uses – not causes, but USES – sin for our good and for His glory.**

6. What are the two types of people God deals with and what are His two reasons or purposes in dealing with each type?

**Type One: Unbeliever  
Reason One: Preaching repentance  
Reason Two: Judging “now” for sin (Romans 1)**

**Type Two: Christian  
Reason One: Discipline (Why? Because we need it.)  
Reason Two: Future – preparing us for ministry, to minister to others, and creating/increasing our longing for heaven.**



## GOING DEEPER:

1. Look up the following verses and record what you learn about the sovereignty of God.

Deuteronomy 32:39 – **He puts to death and gives life; He wounds and He heals, and there is no one who can deliver out of His hand.**

Job 12:13-15 – **With Him are wisdom and might; counsel and understanding belong to Him. What He tears down cannot be rebuilt; whom He imprisons cannot be released. He is responsible for the rains and the drought.**

Psalms 103:19 – **The Lord has established His throne in the heavens and His sovereignty rules over all.**

Psalms 115:3 – **God is in the heavens and He does what He pleases.**

Ecclesiastes 7:13-14 – **God makes both the day of prosperity and the day of adversity. Whatever He does, no one can change.**

Isaiah 45:5-7 – **He is the Lord and there is no other. He forms light and creates darkness; He causes well-being and creates calamity.**

Daniel 4:34-35 – **His dominion is everlasting and his Kingdom from generation to generation. He does according to His will in the host of heaven and among the inhabitants of the earth. No one can ward off His hand or question what He has done.**

2. Read Job 1 and 2, then answer the following questions.

How does Scripture describe Job in chapter 1?

**He is described as blameless and upright, one who feared God and turned away from evil. He had a large family of seven sons and three daughters; possessed 7,000 sheep, 3,000 camels, 500 yoke of oxen, and 500 female donkeys; he also had many servants. He was considered the greatest of all the men of the east.**

**He was also very devout as described by his burnt offerings for the possible sins of his children.**

According to 1:6, who presented themselves before God?

**The sons of God and Satan.**

**(Sons of God is a reference to angels or heavenly beings.)**

Who initiated the conversation about Job?

**God did (1:8).**

What was Satan's rationale for Job's obedience?

**It was because God had put a hedge around Job and everything he had. God blessed Him. Satan was sure if God allowed him to suffer, he would curse Him to His face (1:9-11).**

How did the Lord reply to Satan?

**He gave Satan power over all Job had, but not upon Job himself (1:12).**

What was the result?

**Job's animals and servants were taken or killed, and all his children were killed (1:13-19).**

What was Job's response?

**He tore his robes, shaved his head (*sign of grief*), and fell to the ground and worshipped (1:20). According to verse 22, he did not sin nor did He blame God.**

The second time Satan comes before the Lord, how does the Lord describe Job?

**He was still holding fast his integrity despite Satan's attempt to ruin him without cause (2:3).**

What was Satan's rationale for Job's continued obedience in spite of his suffering?

**Job hadn't been ultimately tested with his very life. Satan was convinced if Job suffered in his own flesh, then he'd curse God to His face (2:4-5).**

What was God's response?

**He gave Satan power over Job, but on the condition that he spare his life (2:6).**

What happened to Job next?

**Satan struck Job with painful sores (boils) all over his body (2:7-8).**

What was Job's wife's response?

**She questioned why Job was still holding fast to his integrity and not cursing God.**

What did Job say to her in 2:10?

**"You speak as one of the foolish women speaks. Shall we indeed accept good from God and not accept adversity?"**

How does Scripture describe Job's response to his sufferings?

**"In all this Job did not sin with his lips." (2:10)**

3. What did you learn about God's sovereignty in Job 1 and 2?

***Answers can vary, but should be similar to:***

**God is sovereign over everything, including Satan. Satan can only do what God allows him to do.**

**God allows suffering in our lives as a way to test our faith.**

4. Does the text give you any indication of why Job was able to go through his suffering without sinning or blaming God?

*Answers can vary, but should be similar to:*

**The first thing we learn about Job, besides his name and where he's from, is that he's blameless and upright. He fears God and turns away from evil. This was who he was and how he lived his life. He rightly understood who God was and who he was before God. (In other words, he had good theology!) Thus, when affliction hit him, even of the most severe kind, it didn't alter his view of God. Regardless of circumstances, God was still to be honored and worshiped.**

5. What can you learn from these two chapters about how to deal with suffering and affliction in your own life?

## CHAPTER 4: The 2-2-2 Principle, Part 2

1. In regard to evil and suffering, what does God get “credit” for and what does man get “credit” for?

**Man gets credit for evil.**

**God gets credit for good.**

2. How should Christians talk to unbelievers about evil, pain, and suffering?  
**While Christians shouldn’t back down from or minimize the hard truths of Scripture, they should communicate with tenderness. Christians must be exceedingly sensitive to the post-modern mindset and conscious of how we deliver the message.**

3. What is the question most people ask in regard to pain and suffering?  
**Why do bad things happen to good people?**

4. What is a better question to ask, and why is it more biblically accurate?

**Why do good things happen to bad people?**

**This is more biblically accurate because the Bible says no one is good but God (Mark 10:18). God is the standard of righteousness and everyone falls short of that standard. Therefore, everyone is bad, not good – as we like to think we are. Yet, God in His great love and mercy, sent His Son to die for us while we were still sinners (Romans 5:8). Not because we are good people, but precisely because we are bad people and He is a good God. And we can trust His goodness even when we don’t understand what’s happening to us or around us.**

5. Given that all mankind is bad, why don’t more bad things happen in our world?  
**God is gracious, kind and good; and overall, He is restraining evil.**

6. In what two ways is God restraining evil?

**One: Through shame. It is a gift from God that keeps most people from doing wicked things.**

**Two: The God-ordained institutions of government (Romans 13), church, and family.**

7. What are the two important things to remember when discussing evil and suffering with unbelievers?

**One: We can’t back down from the truth. We’ve got to speak it. In addition to love, God is also just and righteous. We must define God and explain His ways as presented in Scripture, even when it’s difficult for unbelievers to understand.**

**Two: We must speak the truth in love. We need to use wisdom, careful timing, and sensitivity, because these things are difficult for unbelievers to understand.**

## GOING DEEPER:

1. Todd mentioned the account of the Tower of Siloam. Read what happened in Luke 13:1-5. How did Jesus respond to the death of the Galilean Jews at the hands of Pilate, as well as the death of the eighteen when the Tower of Siloam fell?  
**Jesus used it as an opportunity to call everyone to repentance.**
2. Why do you think He responded in this way? What do you think was the attitude of those He was addressing?  
**It appears the crowd around Jesus thought they were better than those who were killed. This implied that those who died were worse sinners than the crowd themselves. Jesus disavowed them of the notion by warning them that they too will perish unless they repent.**
3. When talking to unbelievers about God and suffering, it's important to present as complete a picture of God as possible, rather than just focus on one or two attributes. Listed below are some of God's attributes. Next to each attribute, write its definition (use a dictionary if necessary); then find at least two Bible verses to support it. Write each verse out.

Omniscient –	<b>God is all-knowing. Possible verses include: Job 37:16; Psalm 139:1-6; I John 3:20.</b>
Omnipotent –	<b>God is all-powerful. Possible verses include Genesis 18:14; Job 42:2; Jeremiah 32:27.</b>
Omnipresent –	<b>God is present EVERYWHERE...at the same time! Possible verses include: Psalm 139:1-6; Jeremiah 23:24; Proverbs 15:3.</b>
Immutable -	<b>God never changes. Possible verses include: Psalm 102:25-27; Malachi 3:6; Hebrews 13:8; James 1:17.</b>
Incomprehensible –	<b>God is beyond our understanding. He cannot be understood fully or completely, beyond what He has revealed of Himself in Scripture. Possible verses include: Job 11:7; Psalm 145:3, 147:5; Romans 11:33.</b>
Sovereign –	<b>God is preeminent over His creation. He is in control of all things. Possible verses include: I Chronicles 29:11-12; Job 12:13-15; Psalm 103:19; Daniel 4:34-35.</b>
Righteous –	<b>God is the final standard of what is right and always acts in accordance with what is right. Possible verses include: Deut. 32:4; Psalm 19:8, 119:142; Isaiah 45:19.</b>
Good -	<b>God is the final standard of what is good. Everything He does is good because He does them, and He cannot do otherwise. Possible verses include: Psalm 34:8, 106:1, 107:1; Luke 18:19.</b>

Merciful – **God is compassionate toward His creation, especially those in misery and distress. Possible verses include: Exodus 34:6; Psalm 89:14, 103:8, 116:5.**

Wrathful – **God has an intense hatred for unrighteousness. Deut. 9:7-8; 2 Kings 22:13; Romans 1:18; Revelation 6:16-17, 19:15.**

**BONUS:** Memorize Exodus 34:6-7. This is a beautiful passage of Scripture. It is God describing Himself to Moses and the children of Israel after they had sinned by making the golden calf. Notice the attributes God uses to describe Himself.

## CHAPTER 5: The 2-2-2 Principle, Part 3

1. What are the opportunities for Christians during times of tragedy or catastrophe?

**One: To comfort other Christians by reminding them of our sympathetic and compassionate High Priest and Savior, Jesus Christ; we should direct them to go to God with their pain and hurt (1 Peter 5:7), realizing that God is not the author of evil. He will use it for their good and His glory.**

**Two: To give unbelievers the message of hope. As they struggle to understand, we can point them to the gospel.**

2. What was the diamond analogy Todd used, and how did it pertain to this discussion?

**He talked about how much more brightly a diamond shines in front of a black backdrop. Likewise, God's goodness shines all the more brightly against the backdrop of evil.**

3. What is the answer to evil?

**The cross of Jesus Christ. Instead of looking around us at the evil in others, we should hold up a mirror to ourselves and see the evil that is in us. Doing an inventory of the Ten Commandments helps us to see how far we are from God's perfect standard of righteousness.**

4. What is the good news for someone who realizes they are evil in God's sight (even if they haven't committed acts that our society would deem as evil)?

**God died for evil people!**

5. How should someone respond to God's amazing offer of complete forgiveness of sins through Jesus Christ?

**Repent of their sins and put their trust in Jesus Christ.**

### GOING DEEPER:

1. Let's look a bit more closely at the role of High Priest in the Old Testament, and then see how Jesus is our High Priest today.

Read Leviticus 16 and record what you learn about the role of the High Priest on the Day of Atonement. You don't have to get too detailed, just give a summary of what he did.

**The Day of Atonement occurred once a year and it was a "Sabbath of solemn rest" for the people, a sacred day when the High Priest made atonement for the sins of the people. It's important to note that he had to make atonement for his own sins before he could make atonement for the nation (verses 6, 11 and 17). This was the only time the High Priest was allowed to go into the Holy of Holies where the mercy seat was located. After he sacrificed the bull and the goat (one an offering for himself and his household, the other for the people), he would sprinkle the blood of the animals on the mercy seat.**

Read Hebrews 7:23-28. Using the chart below, compare the priests under the Old Covenant with our High Priest of the New Covenant:

PRIESTS	JESUS CHRIST
Many were needed because they would die	Lives forever; holds His Priesthood permanently Able to save forever Always lives to make intercession
Had to offer sacrifice for their own sins	He is holy, innocent, undefiled, separate from sinners He offered Himself once for all
Were weak	Made perfect forever

What is the role of our High Priest today? Read the following passages and record your observations:

**Hebrews 4:14-16 –** He can sympathize with our weaknesses because He was tempted in all things as we are, yet did not sin. Therefore, we can draw near His throne of grace with confidence to find grace and help in time of need.

**Hebrews 8:1-2 –** Our High Priest sits at the right hand of the throne of the Majesty in the heavens (God the Father). He is a minister in the sanctuary and the true tabernacle, which is heaven...pitched by the Lord, not man!

**Hebrews 10:19-25 –** In the New Covenant, all Believers can enter the holy place by the blood of Christ. (In other words, we have access to God through Jesus' blood). And now that Jesus is our great High Priest, we can draw near to God with a sincere heart, in full assurance of faith and with our hearts sprinkled clean from an evil conscience. Therefore, we should hold fast to our confession (our faith), and stimulate one another to love and good deeds, not forsaking assembling together, but encouraging one another.

- How can understanding Jesus as our High Priest help comfort Believers in the midst of suffering?

**Answers vary, but should be similar to:**

As our High Priest, Jesus intercedes for us before the Father. And because He sympathizes with our weaknesses, we can come to Him with the struggle and pain that is part of suffering. As the sacrifice for our sin, Jesus also knows what it means to suffer – far more than we ever will. Therefore, we should take great comfort that He knows and understands what we're going through. He will not abandon us in our time of need, and He will ask the Father to give us all we need to sustain us and grow us through our suffering.



## CHAPTER 6: Six Reasons Not to Worry

1. What was the “audacious claim” that Pastor R.W. Glenn made at the beginning of this segment? Summarize his statement, then rephrase it in your own words.  
**His audacious claim was that ordinary people, speaking biblical truths to one another’s lives, are able to address the complexities of the human condition better than anything else out there.**
2. How did Pastor Glenn define sin according to the Bible?  
**Sin is a compulsive, instinctive, irresistible network of attitudes, beliefs, and behaviors at odds with God that are fundamental to the human condition.**
3. When someone is suffering with anxiety or phobias, what is the first thing they must understand?  
**Their anxiety comes from their sinful nature.**
4. According to Pastor Glenn, what is the solution to our struggle with our sinful nature? Write out the verses he quoted and explain their significance in this context.

**The solution is a personal, daily encounter with Jesus Christ. He quoted Romans 7:24-25, “Wretched man that I am! Who will set me free from the body of this death? Thanks be to God through Jesus Christ our Lord! So then, on the one hand I myself with my mind am serving the law of God, but on the other, with my flesh the law of sin.”**

**Paul is saying that only Jesus can set him free from the power of sin in his life. This is true in our lives as well. Because of our fallen condition, we are unable to save ourselves. We need a rescue from outside of ourselves. The eternal Son of God became a human being, lived the perfect life we are unable to live, died in our place to cut off the power of sin in our lives, and rose again. He did this so that we too, by faith in Him, can live a new kind of life. A life of emotional, spiritual, and psychological wholeness through faith in Him.**

5. In Luke 12:22-32, Jesus gives us six reasons not to be anxious. List them here along with the verse(s) that support each reason. (No verse was given for reason #6 in the clip, but it should be obvious from the passage.)
  - 1) **Your life is bigger than your worries. Verse 23: “For life is more than food, and the body than clothing.”**
  - 2) **God takes care of all His creatures, even the “unclean” ones (in this case, ravens); therefore, we can be confident He’ll take care of us. Verse 24: “Consider the ravens, for they neither sow nor reap; they have no storeroom nor barn, and yet God feeds them; how much more valuable you are than the birds!”**
  - 3) **Worrying accomplishes nothing. Verses 25 & 26: “And which of you by worrying can add a single hour to his life’s span? If then you cannot do even a very little thing, why do you worry about other matters?”**
  - 4) **God puts clothes on the weeds. Verses 27 & 28: “Consider the lilies, how they grow: they neither toil nor spin; but I tell you, not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass in the field,**

which is alive today and tomorrow is thrown into the furnace, how much more will He clothe you? You men of little faith!”

- 5) Your Father, Who is the Sovereign, All-Powerful God knows and cares about what you need. Verse 30: “For all these things the nations of the world eagerly seek; but your Father knows that you need these things.”
- 6) Your loving Father is happy to give you the kingdom. Verse 32: “Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom.”

### GOING DEEPER:

1. Luke 12:22, the passage that Pastor Glenn references in this chapter, begins with Jesus saying to His disciples, “For this reason...” Let’s look at some of the verses prior to verse 22 to see what Jesus said before talking about worry.

Read Luke 12:13-21, then answer the following questions:

What is asked of Jesus in verse 13?

**Someone asks him to get in the middle of a family dispute regarding an inheritance.**

How does Jesus respond to the man’s question, besides being unwilling to get involved (verse 14)?

**He warns the man (and the crowd listening) to be on their guard against every form of greed.**

Summarize the parable Jesus told the crowd.

***Answers will vary, but should be similar to:***

**The land of a rich man was very productive, so he decided to build larger barns in order to store up his supplies for a future of ease...eating, drinking and being merry. God called him a fool because he gave no thought to his eternity. His large barns of surplus would do his soul no good.**

What does Jesus mean in verse 21?

**Jesus is warning about people who think only of this life and do not think about nor plan for eternity.**

How do verses 13-21 lead into verses 22-34?

**Unlike the man in the parable who was so concerned about his earthy life and security that he neglected his eternal soul, Jesus reminds his disciples that their Heavenly Father will take care of their earthly concerns. Their job was to seek His kingdom first and foremost, and God would take care of the rest.**

2. Write out Matthew 6:33 below.

3. Are you seeking God's kingdom first and foremost above all else in your life? Answer the following questions as honestly as you can. They will reveal where your heart truly is in regard to the seeking of God's Kingdom.

What makes you most happy?

What do you worry about the most?

What are your goals in life?

If one of your friends or family members was asked what was most important in life to you, what do you think they would say?

When you think about your future, what is your main concern?

4. Spend some time in prayer, talking to the Lord about your answers to the above questions. Confess sin where necessary and ask for help in seeking His Kingdom above all else.

## CHAPTER 7: Luke 12 Theology

1. List the questions that are good to ask when helping yourself or someone else apply the principles to worrying found in Luke 12. (The principles were given in the last chapter.) Include any further insights or elaboration given by Pastor Glenn.
  1. **What specifically are you worried about?**  
**Anxieties feel endless, but they are actually finite and specific. Identifying the specific thing that is worrying you helps to focus your mind rightly on the issue at hand and not on the feelings of anxiety in general.**
  2. **How specifically do you express your anxiety?**  
**Some of the ways mentioned were feelings of panic; dreams; repetitive, obsessive thoughts; anger; depression; binging on food; cleaning; headaches; planning and strategizing; superstitions.**
  3. **Why are you anxious?**  
**The passage in Luke 12 gives three underlying reasons why people worry:**
    - a. **Anxiety is a treasure issue (vs. 33-34). Worry is what happens when what you value is threatened. You value what you worry about and worry about what you value. Fear is an inverted desire. Any treasure other than Jesus Christ can be taken. Therefore, if we value Him above all else, we don't have to worry as He is unassailable. If we have Him, we have everything.**
    - b. **Anxiety is a kingdom issue (vs. 31). The opposite of worrying is seeking God's kingdom. Why? Because there is a war going on in each of us: the kingdom of God vs. the kingdom of self. Worry is always focused inward and concerns our will, our needs, our desires, our fears, etc.**
    - c. **Anxiety is a faith issue (vs. 28). According to Calvin, "Unbelief is the mother of every anxiety." When you're worrying, you're not trusting God. You're trusting in false gods who are powerless to help you. You are an idolater.**
2. What is the solution to worry?  
**A new king! Focus your heart and mind on Christ, and He will put your earthly cares and worries into their proper perspective.**

## GOING DEEPER:

1. What do you worry about? List at least three things that cause you anxiety.
2. Go through the questions that Pastor Glenn talked about in this chapter and answer them here to the best of your ability.

What *specifically* are you worried about?

How *specifically* do you express your anxiety?

Why are you anxious?

3. Use the three underlying reasons for why people worry, as presented in this chapter, and write out your thoughts as to how your anxiety in each of the above areas is a treasure, kingdom, or faith issue. When you're done, spend some time in prayer, confessing sin as

needed and asking the Lord to help strengthen your faith and increase your obedience to His Word.

## CHAPTER 8: The Black Dog of Depression

1. What are root causes for depression?
  1. **An organic cause – physiological**
  2. **Sin**
2. According to the article referenced in this segment, what are the five things Christians should understand about depression?
  5. **Nobody wants to be depressed.**
  4. **Anything or nothing can trigger it.**
  3. **Sometimes you can be in it before you realize it.**
  2. **There are no easy steps out.**
  1. **Not every person suffers in the same way.**
3. What are the five things Christians should not say to those suffering from depression, as presented in this segment? Summarize how these are explained.
  5. **“Pray.”**  
**This can actually make the person more depressed by focusing on their depression in prayer!**
  4. **“Cheer up!”**  
**This assumes the person simply lacks knowledge of how to deal with their depression. If they could cheer up, they would cheer up.**
  3. **“Just trust God.”**  
**Like telling them to cheer up, they probably know this already. And while they probably should trust God more, they need to be encouraged toward this with lots of empathy and compassion.**
  2. **“Don’t isolate yourself.”**  
**Similar to the two previous statements that don’t offer the person any help, this just reinforces their feelings of helplessness.**
  1. **“Get some meds.”** **We should not dismiss the fact that the depression might be rooted in a spiritual condition by assuming its rooted in an organic cause.**
4. Keeping in mind that we DON’T want to be like Job’s counselors, according to Pastor Duren, what are the ways we can help someone who suffers from depression? Summarize how these are explained.
  5. **If you also have depression, be open about it.**  
**The church should be leading the way. It has the answer. Christians who have suffered with depression themselves should use their experience to help others.**
  4. **Don’t force them to talk about it or participate in an activity.**  
**Sometimes the best thing we can do for someone battling depression is just be with them.**
  3. **Pray for them.**  
**This is especially important if their own prayers are leading them further into depression.**
  2. **Don’t gossip or be judgmental.**  
**No matter the cause for depression, Christians should be compassionate and empathetic.**

1. If the person acts suicidal to any degree, intervene.  
Always take suicidal comments or actions seriously.

## GOING DEEPER:

1. The Psalms are full of cries to the Lord expressing thoughts and feelings similar to what one experiences in depression. Read the following Psalms and record how the psalmist describes himself and his physical and/or emotional condition. Include how he feels about God in the midst of his anguish. Then record how he describes God, His works, His attributes, etc. Fill in the chart below for each Psalm.

### PSALM 77 & 102

The Psalmist	God
<p>His soul refuses to be comforted; he is disturbed when he remembers God; his spirit grows faint; he is so troubled that he cannot speak; contemplates the past; his spirit ponders; he feels like the Lord has rejected him.</p> <p>He cries out to God and searches for Him; he feels like the Lord has rejected him; that His lovingkindness has ceased, his promises have come to an end and He has withdrawn His compassion in anger.</p>	<p>His way is holy; He is great; He works wonders; He makes known His strength among the peoples; By His power He has redeemed His people; He saved His people through the water and led them like a flock. (Referencing the crossing of the Red Sea.)</p>
<p>His days consumed in smoke; bones scorched like a hearth; heart smitten and withered like grass; has forgotten to eat; loud groans; bones cling like flesh; feels like a bird, alone in a wilderness or on a housetop; cannot sleep; his days like a lengthening shadow; withering away.</p>	<p>Abides forever; He will arise and have compassion on Zion; The Lord has built up Zion and appeared in His glory; He hears the prayer of the destitute and does not despise them; He looked down from heaven to hear the groaning of the prisoner and to set free those doomed to death; of old He found the earth, and the heavens are the works of His hands; though the heavens will perish, He will endure; He is the same and His years will never come to an end.</p>

2. In these psalms, how does the psalmist attempt to relieve his anguish?  
**He thinks about the Lord and remembers what the Lord has done. He recalls how He has helped him in the past.**

3. Is there any insight you can glean from these psalms? Is there anything which might help yourself or someone else battling depression?

***Possible answer could be:***

**Do not be afraid to express feelings. However, also make the choice to think about who God is and what He has done in the past, and to believe He will help them in their current situation.**



## CHAPTER 9: When the Black Dog Howls

1. List the four reasons Todd gives for why someone might suffer from depression.
  1. **Overwhelming circumstances.**
  2. **Sin – not trusting God.**
  3. **Organic – physical component.**
  4. **Bad theology.**
2. The clip from Matt Chandler opens with Matt quoting Colossians 1:17-18. Read those two verses and list everything they tell you about Jesus.

**He is before all things.  
In Him all things hold together.  
He is head of the church.  
He is the beginning.  
He is the first-born from the dead.  
He has first place in everything (preeminence).**

3. How does Matt Chandler describe Jesus' preeminence?  
**It's all about Jesus! He is the top, there is nothing above Him. There is nothing else besides Him to gain. He is the goal and the end. There is nothing else besides Him to want or to pursue.**
4. According to this clip, what is the message of the gospel?  
**The gospel is that Jesus is ENOUGH, no matter what happens.**
5. What is the gospel not about, according to this clip?  
**It's not about what you can get from Jesus. It doesn't guarantee an easy life or one filled with health and wealth.**
6. How does the prosperity gospel disregard Scripture, as well as, Christian history?  
**By making health and wealth the point of the gospel, they ignore the fate of the Apostles, who all died badly, and the suffering of many Christians throughout the ages.**
7. How is a proper focus on Christ's preeminence an answer to the various reasons for depression?

**If it's organic, He'll help you cope.  
If it's because of a sin issue, He'll help you mortify it.  
If it's because of bad teaching, a focus on Christ's preeminence will correct it.  
If it's due to self-worship, you'll gladly get off the throne of your heart for the One who belongs there, for Whom your heart was made and meant to worship.**

### GOING DEEPER:

1. Let's look a bit more at Christ's preeminence. Read the following groups of verses and record how they describe Christ's preeminence. Each group will refer to one aspect of Christ's preeminence.

Micah 5:2; John 1:1,17:5; Revelation 22:13  
**He was before all things.**

John 1:3; Colossians 1:16; Hebrews 1:2, 10  
**He made all things.**

Colossians 1:17, Hebrews 1:3  
**He upholds all things.**

John 5:18; 10:30; Philippians 2:6; Titus 2:13; Romans 9:5; I John 5:20  
**He is God, equal with the Father.**

Matthew 8:27  
**He has authority over nature.**

Ephesians 5:23  
**He has authority over the church.**

John 2:19-21; 6:40 11:25, 43-44; Romans 6:9  
**He has authority and power to raise the dead to life, both in this life as He did with Lazarus, and in the life to come (raising us to eternal life).**

2. Spend a few minutes thinking about Christ's preeminence and what that means for your life. Maybe you suffer with depression or anxiety, or maybe your life is going swimmingly at the moment. How does the truth of Christ's preeminence affect your life? Think about it and write your thoughts below. Then, spend time in prayer talking to the Lord about your insight.

## CHAPTER 10: The Cure for Anxiety in Two Words

1. According to this segment, what are the two sources or reasons for suffering from anxiety?
  - 1) **Organic – a physiological issue**
  - 2) **Wrong thinking**
2. Explain how the word *trouble* is used in John 11:33 and John 14:1 – noting the circumstances surrounding its use and the different meanings in Greek.

**John 11:33 – Jesus was troubled in regard to the sorrow of His friends over the death of Lazarus. In this context, Jesus was angry and indignant over the consequences of sin, which in this case was physical death.**

**John 14:1 – Jesus commands His disciples to not be troubled. In this context, the word means fretful or frightful.**
3. What can we learn from these two uses of the word trouble?

**John 11:33 – we see that there is a sense that we should be angry over sin and its affects in our world. It is right to be troubled at things that are unrighteous.**

**John 14:1 – we hear a direct command to not allow ourselves to become anxious due to our circumstances.**
4. According to Jesus in John 14:1, what is the cure for anxiety?

**Believe God.**
5. What is the real issue behind anxiety?

**It is a lack-of-faith issue. It is a demonstration that we don't have as much faith as we should have.**
6. Why is sanctification a process?

**Because God wants us to learn to trust Him.**
7. What is the primary way God grows us in our faith?

**By reading His Word, the Bible.**
8. How does reading God's Word help grow our faith and ease our anxiety?

**The Bible tells us Who God is, what He has done in the past, and what He promises to do in the future. We can look at example after example of how He cares and provides for His children. Continually being in the Word and believing what it says will strengthen your faith and dependency upon God.**

*Correction: Todd meant to reference Psalm 42 instead of Psalm 17.*

## GOING DEEPER:

1. Let's look a little more closely at the importance of growing in our faith. How can reading God's Word help reduce anxiety? Read Colossians 1:1-12 and answer the following questions.

How does the apostle Paul describe the Christians to whom he was writing?  
**As saints and faithful brethren in Christ (verse 2).**

What had Paul heard of the Colossae believers?

**Of their faith in Jesus Christ (verse 4)**  
**Their love for the saints (verse 4)**  
**Their love in the Spirit (verse 8)**

According to verses 5-6, what two things had the Colossians heard and understood?  
**They heard the word of truth, the gospel. They understood the grace of God in truth.**

Clearly, the Colossian Believers had faith. What did Paul pray to be added to their faith?  
**The knowledge of God's will in all spiritual wisdom and understanding (verse 9).**

For what purpose did Paul pray this?  
**So that they would walk in a manner worthy of the Lord (verse 10).**

How does Paul describe what it means to walk in a manner worthy of the Lord in verses 10 and 11?

**Pleasing Him in all respects**  
**Bearing fruit in every good work**  
**Increasing in the knowledge of God**  
**Strengthened with all power according to His glorious might**

What are the accompanying attitudes of someone who is strengthened with all power according to God's glorious might?

**Steadfast and patient (verse 11)**  
**Joyfully giving thanks to the Father (verse 12)**

2. Where do Believers gain knowledge of God's will?  
**The Word of God.**

How are the attitudes mentioned in Colossians 1:11-12 contrary to anxiety?  
**Steadfastness and patience refer to the ability to endure, or hold up under, difficulties or times of stress. Joyfully giving thanks reflects a heart that is humbly focused upward on God and the grace He has provided in Christ Jesus. Anxiety is the opposite of both of these attitudes. Anxiety comes from focusing on ourselves and the circumstances beyond our control. And when we are focused only on our troubles, it is difficult to have a heart that is able to give thanks.**

3. How can Paul's prayer for the Colossians be applied to a Believer who is experiencing anxiety?  
**In addition to their faith, they need to add the knowledge of God's Word. This is where they'll find, not only God's will for their lives, but learn who God is. The more a Believer knows God through the revelation of Himself in Scripture, the more he can trust God and walk in obedience to God's Word. The more he trusts and walks in obedience, the less he will experience anxiety.**

## CHAPTER 11: Hope in God

1. What is the biblically correct way to think of the future without fretting or worrying about it? (Find a couple of verses that would support your answer.)

**In the segment, Todd mentioned that it's OK to plan for the future and consider your options. The Bible also speaks of preparing today.**

2. Todd referenced Psalm 42 in this segment. Read the Psalm and record how the psalmist describes his condition.

**His soul pants and thirsts for God (vs. 1 & 2); his tears have been his food day and night (vs. 3); he remembers when he used to lead the people to the house of God with joy and thanksgiving (vs. 4); but now his soul is in despair and has become disturbed within him (vs. 5); God's "breakers and waves have rolled over him" (vs. 7); he feels like God has forgotten him (vs. 9); his adversaries taunt him by asking where His God is (vs. 3 & 10).**

Record the verses that show the psalmists hope and trust in God even in the midst of his despair.

**Verse 5 – "Hope in God, for I shall again praise Him for the help of His presence."**

**Verse 8 – "The Lord will command His lovingkindness in the daytime; and His song will be with me in the night, a prayer to the God of my life."**

**Verse 11 – "Hope in God, for I shall yet praise Him, the help of my countenance and my God."**

3. How can you apply John 14:2-3 during times when you are anxious?

**These verses remind us to be more heavenly-minded, and to consider what is ahead for us in glory. Thinking about heaven helps put our present circumstances in the proper perspective. Our earthly concerns will then not cause us to be troubled.**

## GOING DEEPER:

1. Let's stay in the book of Psalms and take a closer look at Psalm 46. Read through the Psalm and answer the following questions.

What declarative statement does the psalmist make in verse 2?

**We will not fear, though the earth should change and though the mountains slip into the heart of the sea.**

How can he make such a bold claim?

**Verse 2 begins with the word *therefore*. This tells us that he is connecting his thought in verse 2 with what he says in verse 1. So, because God is their refuge and strength and a very present help in trouble, they will not fear.**

What is the contrast between verses 2 & 3, and verses 4 & 5?

**The instability and chaos of the world is contrasted with the stability and peace of the city of God. (In this context, the city of God is Jerusalem, where the people worshiped God in His Temple.)**

What is the contrast presented in verse 6?

**The nations made an uproar, the kingdoms tottered. God raised His voice and the earth melted.**

The psalmist calls the people to behold the works of the Lord in verse 8. What are the works he mentions in verses 8 and 9?

**God has wrought desolations in the earth (verse 8).**

**He makes wars cease (verse 9).**

**He breaks the bow and cuts the spear in two (verse 9).**

**He burns the chariots with fire (verse 9).**

What is God's command and promises in verse 10?

**His command: Cease striving and know that I am God.**

**His promises: I will be exalted among the nations, I will be exalted in the earth.**

2. David wrote a psalm with similar themes after the defeat of his enemies, most significant among them was Saul. Read 2 Samuel 22:1-7. How does David describe God in verses 2 and 3?

**His rock**

**His fortress**

**His deliverer**

**His God**

**His rock in whom he takes refuge**

**His shield**

**The horn of his salvation**

**His stronghold**

**His savior**

How does David describe the situation God saved him from in verses 5 and 6?

**Waves of death encompassed him.**

**Torrents of destruction overwhelmed him.**

**The cords of Sheol surrounded him.**

**The snares of death confronted him.**

What did David do in his distress? What was God's response?

**He called upon the Lord and cried to his God. God heard him.**

3. In times of anxiety or stress, have you experienced God as David described him in 2 Samuel? Write down your experience and how God proved Himself faithful to you during that time. Then, spend some time thanking God for being your rock, your fortress, your deliverer, and your Savior!

## CHAPTER 12: Believe in God

1. According to John 14:1, what is Jesus' solution to anxiety?  
**Believe in God!**
2. How does believing in God relieve anxiety?  
**Because He is the One who made the world and sustains it by the word of His power. Nothing is too difficult for Him, and He has promised to work everything according to our good and His glory. We must do more than just acknowledge this...we must believe it!**
3. Summarize Todd's "lame sermon illustration" and the point he was making with it.  
**After using a special stain remover to remove difficult stains (of red sauce and barbecue sauce) from your clothes, why would you worry and fret about getting out a simple stain such as honey? You would trust that if the stain remover could remove the tough stains, it could surely remove the easy ones. Likewise, if God has proven Himself faithful to care for you in the past, why would you fret that He couldn't or wouldn't take care of you in your present difficult situation?**
4. What were some of the ways God has shown Himself faithful to you, as presented in this segment?  
**He has faithfully provided air, food, clothing, a universe, the beauty of nature, and of course, a Messiah to save us from our sins – the fulfillment of His promises to Abraham and the nation of Israel.**

## GOING DEEPER:

1. Read the following verses and summarize what you learn about God's faithfulness after each one.

Exodus 34:6 –	(The NASB translates <i>faithfulness</i> as <i>truth</i> in this verse.) <b>The Lord abounds in lovingkindness and faithfulness.</b>
Psalms 33:4 –	<b>All God's work is done in faithfulness.</b>
Psalms 100:5 –	<b>The Lord's faithfulness extends to all generations.</b>
Psalms 111:7-9 –	(The NASB translates <i>faithful</i> and <i>faithfulness</i> as <i>truth</i> in vs. 7 & 8) <b>The works of God's hands are faithful and performed in faithfulness.</b>
Lamentations 3:22-23 –	<b>God's faithfulness is great. His lovingkindnesses never cease and His compassion never fails.</b>
I Corinthians 10:13 –	<b>God is faithful when we are tempted. He will not allow us to be tempted beyond what we are able and will provide a means of escape so we can endure.</b>
2 Timothy 2:13 –	<b>God always remains faithful for He cannot deny Himself. (He cannot act contrary to who He is.)</b>

2 Thessalonians 3:3 – **The Lord is faithful and will strengthen and protect us from Satan.**

2. What is our response to God's faithfulness? To believe and keep believing! Hebrews 11 is an important chapter that speaks about the necessity of faith and what God can do with people who display unwavering faith in Him. Read Hebrews 11:1-6 and answer the following questions.

How does the writer define faith in verse 1?

**Faith is the assurance of things hoped for and the conviction of things not seen.**

What did faith do for the men of old? And who were the men of old? Is there anything in the surrounding verses or the rest of the chapter that would give you an indication to whom the author is referring?

**By faith, the men of old gained approval or obtained a good testimony (from God). The "men of old" is referring to Old Testament believers, including those he mentions in the rest of the chapter.**

What do we understand by faith according to verse 3?

**The worlds were prepared by the word of God. What we see has not been made out of things which are visible.**

How does this contradict much of what is believed today regarding the origin of our universe?

**Many people today believe the world came into being apart from God, with the Big Bang and evolution.**

According to verse 6, why is faith so important?

**Because apart from it, we cannot please God.**

What are the two things we must believe in order to please God?

**1) That He exists.**

**2) That He rewards those who seek Him.**

3. Do you believe that the faith referred to in Hebrews 11 pertains only to our initial salvation? In other words, does God only require faith to receive salvation or does He require faith throughout our sanctification? Why or why not? Use Scripture to explain your answer.  
**The Bible is clear that God requires faith from us throughout our lives, not just when He initially saves us. Possible verses include: Habakkuk 2:4; Romans 14:21-23; 1 Corinthians 16:13; 2 Corinthians 5:7; Galatians 2:20; Ephesians 6:16; Colossians 1:23; James 1:5-8; 1 Peter 5:9.**



## CHAPTER 13: Transition Time

1. Because the antidote to anxiety is believing in God (as Jesus states in John 14:1) what does this imply about your faith during times of anxiety?  
**It implies that anxiety is ultimately a faith issue. One where you're not trusting God...but trusting yourself.**
2. How do you trust in yourself when you're anxious?  
**You're often relying upon your reasoning, strategizing, and scheming to figure out whatever is making you anxious.**
3. When facing a specific situation that can cause anxiety, like a major life transition, what are some things to keep in mind that will help you keep your faith in God and not yourself? Summarize how each are explained.
  1. **Good advice without good theology will help, but it won't grow you in sanctification.**  
*God is interested in more than our anxiety issue. He wants to grow us in holiness.*
  2. **Good advice without good theology can quickly become legalism.**  
*Even the command to "Believe God" can be legalism if not understood in its context of the gospel.*
  3. **Good advice without good theology can cause us to become bitter.**  
*Without a proper understanding of the gospel, particularly the fact that you are a weak sinner in constant need of your Savior, good advice will ultimately be nothing more than a burden. You will be trying to achieve peace by "doing" something for yourself, rather than "believing" what Jesus has done for you.*
  4. **Remember the theology of Providence.**  
*Wherever you find yourself, you can be at peace knowing where you are is where God wants you. He has a purpose for you to glorify Him right where you are!*
  5. **God is working out all things for your good and His glory, and He cares about the details.**  
*If you don't believe He cares about you, think of the cross!*
  6. **Can you feel "troubled" that a chapter is ending?**  
*It's okay to be sad that life is changing and won't be the same, but that sadness shouldn't lead to despair. God is in control. He is working out all the details of your life for the bigger purpose of His glory.*
  7. **Remember the theology of biblical vocation.**  
*Your job is your calling. You serve God by serving people. This is accomplished in your work, whatever it is. Therefore, you can look at life transitions as the means to continue serving God and people, even if it's not in the same way.*
  8. **You can be content even in the transition time.**  
*It's OK not to know what's coming next or be in flux in your current circumstances, because God knows. He has you right where He wants you.*
  9. **Can you get a job?**  
*Working is not primarily about making money, providing for a family, fulfilling yourself, or keeping yourself busy. It's about serving God by serving people. The question is, "How can I best do that?" The result may or may not involve a paying job.*
  10. **Don't forget the church.**  
*Consider using your skills and experience to serve your local church.*

### 11. You cannot retire!

*Retirement is a secular concept. Christians don't retire, they find new ways to serve God – wherever He places them.*

### 12. Don't forget about heaven.

*Remember that you are earning rewards for eternity, so make every season count by using your time wisely. Also, keep in mind that the best is yet to come. You will soon see your Savior! That should keep you motivated and energized to go through whatever season God has in store for you!*

### GOING DEEPER:

1. Think back to a transition time in your life. What were some of the emotions you experienced during that time? Why do you think you experienced those particular emotions? Were you trusting in yourself during that time? If so, how? Write your thoughts below.

2. One of the most direct passages in Scripture that speaks to anxiety is Philippians 4:6-9. Read the passage and answer the following questions:

What are we to be anxious for?

**Nothing!**

Instead of being anxious, what are we instructed to do?

**Pray about everything!**

How are we to pray?

**With thanksgiving.**

What is the result of praying instead of worrying?

**We will experience God's peace (which surpasses all comprehension).**

Describe what God's peace will do?

**It will guard our hearts and minds in Christ Jesus.**

Why is that so important during times of anxiety?

**When we are anxious or worried, our minds and hearts are easily led into feelings of fear, discouragement, despair, etc. These feelings indicate we are trusting in ourselves rather than God.**

Instead of thinking about those things that cause us to worry, what are we to think about according to verse 8?

**Whatever is true, honorable, right, pure, lovely, of good repute, excellent and worthy of praise.**

Paul gives the Philippians an interesting command in verse 9. What is it? And what will be the result if they do.

**He tells them to practice the things they have learned from him, and the peace of God would be with them.**

3. In verse 9, Paul is no doubt referring to what he had written to them under the inspiration of the Holy Spirit. But he could also be referring to what they had observed when he was with them. Let's look at one of the events that occurred when Paul first visited and started the church there. Read Acts 16:11-40 and then write down what the Philippian Believers would have observed about Paul and how he held up under a very stressful event.

**Paul was not anxious or worried when he and Silas were thrown into jail under unjust pretenses (verse 9). In fact, instead of worry, they used their situation as an opportunity to pray and praise the Lord. They also used it to share the gospel with the jailer and his family. At the end of the passage, it speaks about them encouraging the brethren before they left.**

4. If you're going through a transition time or a specific situation that is causing you anxiety right now, how can you apply Philippians 4:8 to your situation? Write down your thoughts below and then spend some time praying about it. If you're not going through something right now, pray for someone else who is.

If you want further information about how to become a Christian, please go to [www.wretched.tv](http://www.wretched.tv). You'll find helpful (and free!) information on what it means to be a Christian and how you can know for sure you're saved.