

**Wretched Worldview**

**Anxiety:  
The Biblical Cure**

**Study Guide**

## Introduction

Welcome to the study guide for Wretched Worldview's *Anxiety: The Biblical Cure* DVD. This guide has been created to help you maximize the content of the *Anxiety: The Biblical Cure* DVD.

The chapter questions are intended to be used in a homeschool setting, but can also be used for small groups or Sunday school classes. For the homeschool student, the answers should include biblical references when possible.

The Going Deeper questions are designed to encourage deeper thinking and understanding of the subject. The goal is to strengthen the viewer's biblical worldview and instill skills to think biblically.

An answer guide and test are also available in this download.

## A Word from Wretched

You are not the first person to wrestle with anxiety. Everyone struggles with anxious thoughts at one time or another. What makes you different from most people is that you are seeking to put an end to your anxious thoughts. Way to go!

The great news is that there is a way to be done with anxiety. The Bible gives us a solution to the malady of anxiety.

While we recognize there can indeed be biological and chemical reasons for depression, *Anxiety: The Biblical Cure* seeks to address common, every day anxiousness. Medications are not needed to overcome anxiety; instead, Biblical theology, rightly applied can change your thinking and your emotions.

We applaud you for taking the time and effort to apply Jesus' prescription for anxiety. We believe you will be richly rewarded for your efforts.

Todd Friel  
Host of Wretched Radio & TV

### CHAPTER 1: The Plague of Anxiety

1. According to Todd, what is one of the greatest plagues in evangelical Christianity?
2. What did Todd say is the cause for this plague, and what is its remedy?
3. Why has theology fallen out of favor in many Evangelical churches today?
4. According to this segment, what are the components that go into you and how you process what comes into your life?
5. Biblically speaking, what does the “engine of your life” need to be made up of and why?
6. What is the order of the rest of the components? Explain why Todd ordered them in the way he did.

### 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?

2. Read 2 Timothy 3:16-17 and list everything it says about Scripture:

3. Read the following verses and record what you learn about the inspiration of the Bible.  
**2 Peter 1:20-21**

#### **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.)

#### **I Thessalonians 2:13**

### Hebrews 4:12

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

### 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.
2. If you're consumed by worry, what is most likely your problem? Describe the "train" you are on as presented in this segment.
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?
4. Look up the Scripture verses that Todd cited in the above example and write them out.  
**Psalm 139:13**

**Either Mark 10:14**

**Or Luke 18:16**

**Romans 8:28**

**Hebrews 1:3a**

### **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?
2. How does the Holy Spirit help us in this regard?

3. According to verse 27, the Holy Spirit's intercession is according to what?
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?
5. According to this verse, is God causing all things to work together for good for everyone?
6. How can Paul be so confident that God is indeed causing all things to work together for good for Believers?
7. According to verse 29, for what did God predestine us?
8. What is the chain of salvation found in verses 29-30? List it in order as it's presented in Scripture.
9. Note the verb tense Paul used. Why is it significant?
10. Verses 31-32 sum up Paul's thoughts from the preceding verses. Paraphrase Paul's thinking as it relates to anxiety and worry.



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### 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?
2. What are the 2 ways God deals with suffering in the world and what theological category does this fall under?
3. Why is it important that we make the distinction between “cause” and “allow”?
4. What are the two types of evil and what is the difference between them? What example did Todd give of each?
5. Todd emphasized two important truths to remember when discussing moral evil. What were they and why are they so important to remember?
6. What are the two types of people God deals with and what are His two reasons or purposes in dealing with each type?

### GOING DEEPER:

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

Deuteronomy 32:39

Job 12:13-15

Psalms 103:19

Psalms 115:3

Ecclesiastes 7:13-14

Isaiah 45:5-7

Daniel 4:34-35

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

How does Scripture describe Job in chapter 1?

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

Who initiated the conversation about Job?

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

How did the Lord reply to Satan?

What was the result?

What was Job's response?

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

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

What was God's response?

What happened to Job next?

What was Job's wife's response?

What did Job say to her in 2:10?

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



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### 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?
2. How should Christians talk to unbelievers about evil, pain, and suffering?
3. What is the question most people ask in regard to pain and suffering?
4. What is a better question to ask, and why is it more biblically accurate?
5. Given that all mankind is bad, why don't more bad things happen in our world?
6. In what two ways is God restraining evil?
7. What are the two important things to remember when discussing evil and suffering with unbelievers?

### 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?
2. Why do you think He responded in this way? What do you think was the attitude of those He was addressing?
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

Omnipotent

Omnipresent

Immutable

Incomprehensible

Sovereign

Righteous

Good

Merciful

Wrathful

**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?
2. What was the diamond analogy Todd used, and how did it pertain to this discussion?
3. What is the answer to evil?
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)?
5. How should someone respond to God's amazing offer of complete forgiveness of sins through 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.

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

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

**Hebrews 4:14-16**

**Hebrews 8:1-2**

**Hebrews 10:19-25**

2. How can understanding Jesus as our High Priest help comfort Believers in the midst of 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.
2. How did Pastor Glenn define sin according to the Bible?
3. When someone is suffering with anxiety or phobias, what is the first thing they must understand?
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.
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.)

### 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?

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

Summarize the parable Jesus told the crowd.

What does Jesus mean in verse 21?

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

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.

2. What is the solution to worry?

### 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.



1. What are root causes for depression?

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### 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

- 27

### CHAPTER 9: When the Black Dog Howls

1. List the four reasons Todd gives for why someone might suffer from depression.
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.
3. How does Matt Chandler describe Jesus' preeminence?
4. According to this clip, what is the message of the gospel?
5. What is the gospel not about, according to this clip?

6. How does the prosperity gospel disregard Scripture, as well as, Christian history?
7. How is a proper focus on Christ's preeminence an answer to the various reasons for depression?

### 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

John 1:3; Colossians 1:16; Hebrews 1:2, 10

Colossians 1:17, Hebrews 1:3

John 5:18; 10:30; Philippians 2:6; Titus 2:13; Romans 9:5; I John 5:20

Matthew 8:27

Ephesians 5:23

John 2:19-21; 6:40 11:25, 43-44; Romans 6:9

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?
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.
3. What can we learn from these two uses of the word trouble?
4. According to Jesus in John 14:1, what is the cure for anxiety?
5. What is the real issue behind anxiety?
6. Why is sanctification a process?
7. What is the primary way God grows us in our faith?

8. How does reading God's Word help grow our faith and ease our anxiety?  
*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?

What had Paul heard of the Colossae believers?

According to verses 5-6, what two things had the Colossians heard and understood?

Clearly, the Colossian Believers had faith. What did Paul pray to be added to their faith?

For what purpose did Paul pray this?

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



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

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

How are the attitudes mentioned in Colossians 1:11-12 contrary to anxiety?

3. How can Paul's prayer for the Colossians be applied to a Believer who is experiencing 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.)
2. Todd referenced Psalm 42 in this segment. Read the Psalm and record how the psalmist describes his condition.

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

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

### 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?

How can he make such a bold claim?

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

What is the contrast presented in verse 6?

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?

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

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?

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

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

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?
2. How does believing in God relieve anxiety?
3. Summarize Todd's "lame sermon illustration" and the point he was making with it.
4. What were some of the ways God has shown Himself faithful to you, as presented in this segment?

### 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 *faithfulness* as *truth* in this verse.)

Psalm 33:4

Psalm 100:5

Psalm 111:7-9

(The NASB translates *faithful* and *faithfulness* as *truth* in vs. 7 & 8)

Lamentations 3:22-23

I Corinthians 10:13

2 Timothy 2:13

2 Thessalonians 3:3

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?

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?

What is it we understand by faith according to verse 3?

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

According to verse 6, why is faith so important?

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

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.

### 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?
  
2. How do you trust in yourself when you're 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.



### 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?

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

How are we to pray?

What is the result of praying instead of worrying?

Describe what God's peace will do?

Why is that so important during times of anxiety?

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

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

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.
  
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.