

**Wretched Worldview**

**Anxiety:  
The Biblical Cure**

**Essay Test Answer Key**

## Essay Test Answer Key

*These answers are not meant to be comprehensive, but to serve as a general guideline.*

1. You learned a lot about God's Providential Will in this DVD. Explain what God's Providential Will is (think of the 2-2-2 Principle), and give biblical examples that demonstrate it.  
**Providential Will is the theological term for describing how God's sovereignty rules over His creation. Everything that happens in the world can fall under two categories of God's Providential Will: God either allows it to happen or causes it to happen.**
2. Explain the two types of evil and the differences between them. Give at least one example of each.

**One: Natural evil. This is nature behaving as nature, which is under God's control. Drought, floods, etc. are all examples of natural evil.**

**Two: Moral evil. This is man acting in his fallen, sinful state. God allows moral evil to happen, but He doesn't like it nor approve of it. Rape, murder, etc. are examples of moral evil.**

3. People often ask why bad things happen to good people? Why is this not a biblically accurate question? How can understanding this question correctly help a person deal with difficult circumstances in their life?  
**The more biblically accurate question is – “Why do good things happen to bad people?” 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 and 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. He did not do this because we are good people, but precisely because we are bad people, and He is a good God. We can trust His goodness even when we don't understand what's happening to us or around us.**
4. What is the “engine” of your life to be and what is the order of the rest of the “cars on the train”? Explain in detail how this “train” runs rightly. Then explain how it is running when you are consumed by worry or anxiety.

**The “engine” is belief in Jesus, the Bible, and truth. These three go together because the Word reveals Jesus, Who is truth.**

**After the engine of faith comes thinking, emotions, action, and emotions.**

**Based upon the truth of Jesus and who He is as revealed in Scripture, we then have faith in Him which transforms our thinking about Him, ourselves, the world, etc. How we think then determines our emotions, which affect our actions, which in turn produce more emotions.**

**Worry and anxiety are symptoms of wrong belief. Instead of believing in Jesus, the Bible, and truth, you are believing in the world, the devil, and yourself. Because the engine of belief is wrong, the rest of the train is messed up also and will lead you in the wrong direction.**

5. List the six reasons not to be anxious and the three underlying reasons why people worry as given in Luke 12:22-34.

***The six reasons to not be anxious as given in Luke 12:22-34:***

- 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.”

***The three underlying reasons for why people worry as presented in Luke 12:22-34:***

- 1) 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.
  - 2) 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.
  - 3) 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.
6. How would John 14:1 help someone battling anxiety or worry? Be detailed in your answer and include how someone puts the command of John 14:1 into practice.

***Student’s answer should be similar to the following:***

In John 14:1 Jesus tells his disciples to believe in God. Believing in God can help 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. He has promised to work everything in our lives according to our good and His glory. The primary way we grow in our faith and strengthen our belief in God is by reading His Word. The Bible tells us Who God

**is, what He has done in the past, and what He has promised 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 on God, which in turn will relieve your anxiety and keep you from worry.**

7. What are the five most important things you learned from this DVD that you can apply when you're anxious or worried? Be as specific as possible and include Scripture where necessary.