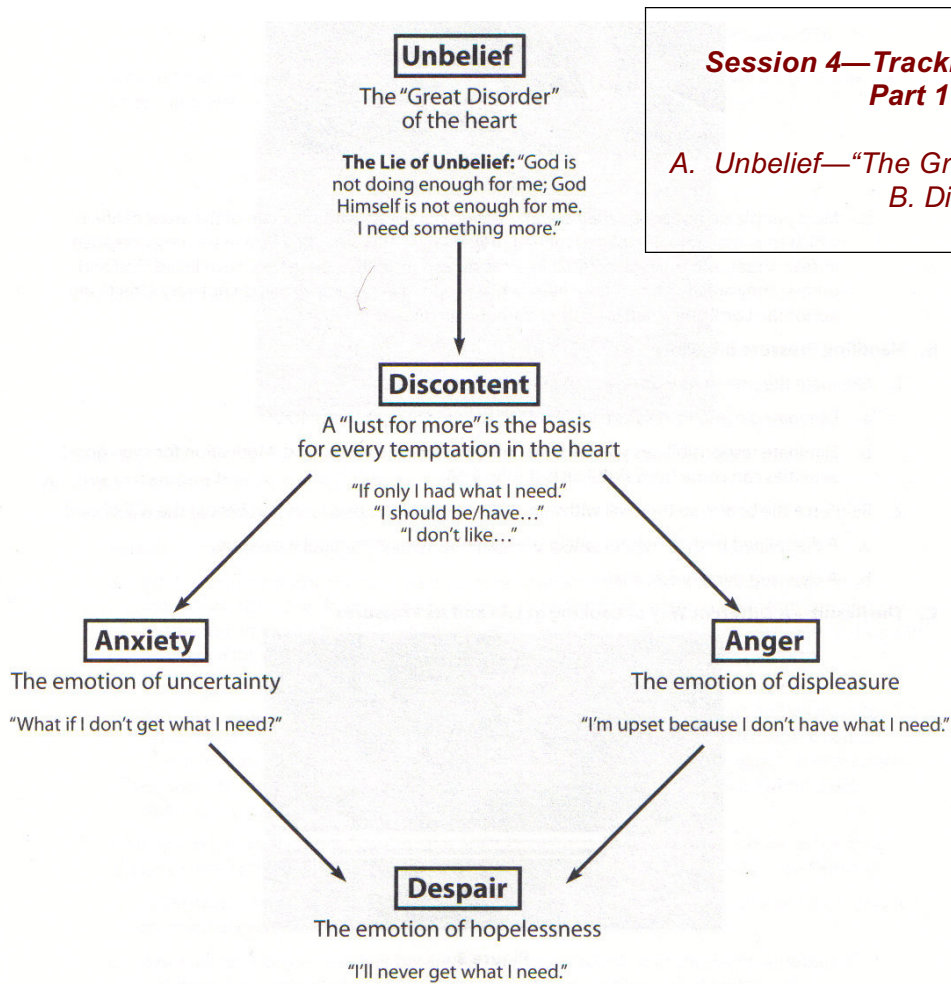


# Part One: The Way Down

## Session 5

### Tracking the Way Down Part 2

*“For even though they knew God, they did not honor Him as God or give thanks, but they became futile in their speculations, and their foolish heart was darkened.” - Romans 1:21*



**Session 4—Tracking "The Way Down," Part 1 REVIEW:**  
A. Unbelief—"The Great Disorder" of the Heart  
B. Discontent

**C. Anxiety**

1. Anxiety is a subset of \_\_\_\_\_—the emotion of uncertainty.
2. Anxiety often shows up in "what \_\_\_\_\_" thinking.
3. Worriers meditate upon \_\_\_\_\_ (uncertainties) instead of certainties.
4. Worriers meditate upon \_\_\_\_\_ instead of certainties.
5. Worriers scare themselves with their imaginations and \_\_\_\_\_.

6. Worriers are masters at \_\_\_\_\_.
7. \_\_\_\_\_ is the root cause of the “anxiety disorders” today (panic attacks, obsessive thinking, compulsive behavior, anorexia, bulimia, generalized anxiety, phobias, self-mutilation) and many sleep disorders.
8. Worry is the root cause of many \_\_\_\_\_ problems.
9. Anxiety disorders are showing up in \_\_\_\_\_ at younger and younger ages.
10. Anxiety is the fear that I will not get what I want or need. It is driven by \_\_\_\_\_ and \_\_\_\_\_. This is why anxiety is always portrayed in the Bible as a spiritual problem: “God is not enough for me; I need something more, and I’m afraid I won’t get it.”
11. We will not be anxious if we know \_\_\_\_\_ well and are content with what He has provided because we have found Him to be more than \_\_\_\_\_ for us.

#### D. Anger

1. Anger is a strong emotion of \_\_\_\_\_. It says, “I don’t like what is going on” or “I don’t have what I need, and I’m upset.”
2. The three main causes of displeasure are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
3. Generally, our anger reveals another area of our lives that is not \_\_\_\_\_ to God.
4. Anger expresses itself often in \_\_\_\_\_ ways—cutting words, violent actions, wounded relationships, health problems, and sometimes self-injury.
5. We will not be angry if we know \_\_\_\_\_ well and are content with what He has provided because we have found Him to be more than \_\_\_\_\_ for us.

#### E. Despair

1. Anxiety and anger ultimately lead to \_\_\_\_\_.
2. Despair (psychological depression) exists when a person sorrows about his losses in life without \_\_\_\_\_. Hopelessness is often laced with self-pity, making the condition even more toxic to the person’s emotional state.
3. Feeling down is not \_\_\_\_\_ and can be caused by bodily conditions, but \_\_\_\_\_ hopeless thoughts is entirely a matter of the heart and is an indication of spiritual needs.
4. We will not despair if we know \_\_\_\_\_ well and are content with what He has provided because we have found Him to be more than \_\_\_\_\_ for us.

**CONCLUSION:** “The Way \_\_\_\_\_” and “The Way \_\_\_\_\_”  
become clear as you learn “The Way \_\_\_\_\_.”