It is very helpful to work through these four questions backwards moving from fruit to root. Underneath all of our sinful behavior and negative emotion is a failure to believe the gospel. Regardless of what we know in our heads, the fruit of our lives is determined by what we believe in our hearts. We may know God is great and in control, we may affirm His sovereignty and power, and yet, we worry. What we know does not align with what we believe in the moment. As we work backwards through these four questions the Holy Spirit will help us identify areas of sin and idolatry and realign what we believe with what we know to be true in Christ.

