

6. Fill in the missing words from Jeremiah 17:9 (AMP) below:

*The heart is _____ above all things,
and it is exceedingly perverse and corrupt and severely, mortally sick!
Who can know it [perceive, understand,
be acquainted with his own _____ and _____]?*

7. If we are to mature emotionally, we must become _____ in our thinking.

8. The only one who truly knows our hearts is _____.

9. Emotional maturity and stability are products of a mind that is continually
_____ and _____ on _____.

10. What are the differences between having “scars” and having “wounds”? How do these differences affect our lives and our relationships?

11. What is a spiritual stronghold? What are the two examples of spiritual strongholds noted on pages 61 and 62?

12. The devil will attack your relationship with God because _____ is the only one
who can _____.

Chapter 3, Lesson 3, Exercise Guide

Chapter 3, Lesson 3, Scripture References

John 12:46-47; Psalm 25:8; Psalm 34:8; Psalm 100:5; Psalm 145:9; 2 Peter 1:3; Romans 8:28; Isaiah 54:17; 1 Peter 4:16; Hebrews 5:8; Ephesians 6:17-18; Hebrews 5:14; 1 Corinthians 14:33; Jeremiah 29:11.

Chapter 3, Lesson 3, Study and Prayer

1. God is a _____ God, and the devil is a _____ devil.
2. What difference does it make in how we view life and respond to circumstances when we understand that God is good and the devil is evil?

3. What does Romans 8:28 mean for you and your walk with God?

4. Many of us are _____ and _____
_____ because we have allowed unbiblical
beliefs about God to creep into our hearts.

5. Hebrews 5:14 teaches us that mature believers are to become good at discerning the _____ between _____ and _____.

6. We learn to discern between good and evil by _____ and _____ the _____ of God and the _____ of the enemy in Scripture.

7. The Bible tells us both what is of God and _____.

8. Reread the last page of this lesson. What do you know about God's plan for your life ?

Chapter 3, Lesson 4, Exercise Guide

Chapter 3, Lesson 4, Scripture References

Romans 5:12; Revelation 19:6; Genesis 3; Deuteronomy 30:19; Genesis 1:28; Genesis 2:17; Hebrews 1:10-12; Romans 8:19-22; Romans 6:16; Luke 4:5-8; 2 Peter 3:10; 1 Corinthians 15:35; 1 Corinthians 42-44; Ephesians 1:13b-14; John 15:19; Ephesians 2:1-3; Romans 2:14-15; John 16:8; Romans 2:4; Romans 3:21-24; Hebrews 3:7-10.

Chapter 3, Lesson 4, Study and Prayer

1. What things does God not control at this present time?

2. Describe the world when God made it and gave it to Adam and Eve.

3. Describe what happened to the world when sin and death came into it.

4. Read Romans 6:16-18. Explain what this Scripture means to you and to whom or what you are presently a slave.

5. How did the devil become “the prince of this world”? (John 12:31, Ephesians 2:2)

6. Why must our physical bodies die some day? What will become of them?

7. List two reasons why we are not to love this fallen world.

8. What do the words “redeem” and “redemption” mean?

9. Why and how do we pray for people if they are in control of their own choices?

Chapter 3, Lesson 5, Exercise Guide

Chapter 3, Lesson 5, Scripture References

Romans 1:16-17; Matthew 6:14-15; Luke 13:16; Acts 10:37-38; James 1:17;
Matthew 7:9-11; James. 5:17.

Chapter 3, Lesson 5, Study and Prayer

1. What two categories of “bad things” do we discuss in this chapter so we can determine how the Lord desires for us to respond to them?

2. What four primary facts about offense and unforgiveness are presented in this chapter?

3. What Scriptures demonstrate that sickness, disease, and deformity are tools Satan uses to keep people in bondage to himself?

4. What Scripture demonstrates that, as far as our physical lives go in this fallen world, we may occasionally become ill?

5. What four Biblical facts do we know that should give us great confidence in God both for today and for eternity?

(1) _____

(2) _____

(3) _____

(4) _____

Chapter 3, Lesson 6, Exercise Guide

Chapter 3, Lesson 6, Scripture References

Ecclesiastes 3:1; Psalm 103; Romans 12:17-19; Hebrews 12:13-15; 1 Thessalonians. 5:12-14; Romans 14:17; Ephesians 4:25-17; Luke 17:1-4; Matthew 18:21-35; John 20:23; Colossians 3:13; 2 Corinthians 2:4-11; 1 Timothy 6:3-5; Hebrews 12:15; Luke 10:27; Romans 14:17-18; Hebrews 5:12-14; 1 Corinthians 7:7.

Chapter 3, Lesson 6, Study and Prayer

1. The first paragraph of this lesson reads, “For some of you this chapter is filling in the critical pieces that have been missing for years. Some of you may find the fresh start you have been longing for, while still others may recognize that you have areas that are still wounded and require healing. You may recognize that the enemy has created a stronghold in your life through your emotions and that you need emotional healing.” Do you find yourself in any of these categories? If so, which one or ones?

2. What is a spiritual stronghold? (See pages 61, 62, 91, 92, 101, and 102.)

3. What types of spiritual strongholds are mentioned or discussed in Chapter 3?

4. Why are having healthy Christian relationships important? List several reasons why we should pursue developing strong, Godly relationships.

5. Do you have healthy, legitimate relationships? If not, what is the Lord speaking to you about this area and how to change it?

6. What criteria and guidelines do we understand about what I have termed “a season of emotional healing”?

7. God's Word tells us that his children should have and enjoy certain _____.
Emotional _____ keep us from _____ the
_____ of being a Christian.

8. Some of the benefits we should enjoy as a believer in Jesus Christ are
healthy, _____ relationships and _____,
_____, and _____ in the Holy Ghost.

9. Personal Observation. How important is forgiveness to my own emotional healing and maturity?
What is my resolution regarding forgiveness?

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Biblical Resources for Emotional Healing

- Clinton, T. (2006). *Turn your life around*. Nashville, Tennessee: Faith Words.
- Cloud, H. (1997). *Changes that heal: How to understand the past in ensure a healthier future*. Grand Rapids, Michigan: Zondervan.
- Dobson, J. (1997). *When God doesn't make sense*. New York: Tyndale House.
- Goldberg, A. (2009). *Light in the closet: Torah, homosexuality, and the power to change*. Israel: Red Heifer Press.¹
- Kubetin, C. & Mallory, J. (1995). *Shelter from the storm: Hope for survivors of sexual abuse*. Nashville: Lifeway Press.
- Meyer, J. (1995). *Battlefield of the mind: Winning the battle in your mind*. Tulsa, Oklahoma: Harrison House.
- Meyer, J. (2003). *Beauty for ashes: Receiving emotional healing*. New York: Warner Faith.
- Meyer, J. (1997). *Managing your emotions instead of your emotions managing you*. Tulsa, Oklahoma: Harrison House.
- Moore, B. (2000). *Praying God's Word: Breaking free from spiritual strongholds*. Nashville, Tennessee: Broadman & Holman Publishers.
- Omartian, S. (1999). *Just enough light for the step I'm on: Trusting God in the tough times*. Eugene, Oregon: Harvest House Publishers.
- Saia, M. (1988). *Counseling the homosexual*. Minneapolis, Minnesota: Bethany House Publishers.

¹ While it is a Jewish rather than Christian resource, this book thoroughly researches and reports on the causes of same-sex attraction. The book presents a sensitive and Biblical portrait of the issue and the hope of healing for those with unwanted same-sex feelings.

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