Therapon University



Course of Study

THE HEALTHY CHRISTIAN LIFE

The Minirth-Meier Clinic Bible Study Guide

By Frank Minirth, Paul Meier, Richard Meier and Don Hawkins

WORKBOOK

To be completed as the student reads the course text

Upon completion, return to Therapon University for grading.

Student's Name:

THE HEALTHY CHRISTIAN LIFE

The Minirth-Meier Clinic Bible Study Guide

Chapter One Study Guide God Loves You

| | 1 John 4:10. How far did God go in demonstrating his love for us? |
|----|---|
| | Galatians 2:20b. Is it proper to personalize Christ's love? Explain |
| | Romans 5:12. From whom did we inherit our sin nature and spiritually separated state from God? |
| | Romans 3:23. Are we personally responsible for our sins? |
| | Ephesians 2:1. How does Paul describe our condition before we are saved? |
| | John 6:44. Since we have come to Christ in faith, who was really working behind the scenes to make it all possible? |
| | Romans 10:9. What are two key verbs that describe faith? |
| | a) b) |
| | Romans 10:13. Faith can be expressed in a form described in this verse. What |
| | manner is suggested here? |
| 0. | John 1:12. What are the results of receiving and believing? |

Chapter Two Study Guide Assurance of Salvation

| I John 5:13. According to this verse, being assured of having eternal life was based |
|--|
| on information given in what external form? |
| Romans 10:13. What does God's Word promise will happen to us the very instant we call on the Lord for salvation? |
| John 5:24. What promises are ours if we have heard God's Word about Christ and have believed him by acting on it in faith? |
| John 10:28. What words give security to the believer in this verse? |
| I Peter 2:2. What internal evidence of life do both a baby and a new believer have? _ |
| I John 3:14. What other internal change develops in the list of the real Christian? |
| Hebrews 7:25. For how long does Christ save us, and what is one of the guarantees that this is so? |
| John 10:27-31 provides one of the strongest statements for the security of the believer. |
| |

Chapter Three Study Guide Assurance of Answered Prayer

| 1. | John 14:13-14. What is a necessary step if God is to do certain things? |
|----|--|
| 2. | John 15:7. What is a condition for getting answers to prayer? |
| 3. | John 15:10. What is a condition for abiding? |
| 4. | Matthew 6:12. Identify another preparation before asking forgiveness from God |
| 5. | Psalm 66:18. What is the block to answered prayer? How do you define it? |
| 5. | John 16:23. What was the Lord's general plan for praying from that time on for the disciples? |
| 7. | Revelation 4:10-11. What words or phrase of this prayer express adoration, worship or praise to God? |
| 3. | Mark 1:35. How would you describe the importance and pattern of prayer to the Lord Jesus Christ? |
| | |

Chapter Four Study Guide How to Gain Meaning in Life

| 1. | Romans 12:1-2. What is the important step requested of believers if they would like |
|----|---|
| | to know what the good, acceptable, and perfect will of God is for them? |
| 2. | Philippians 2:12. How did the apostle Paul describe his basic direction in life? |
| 3. | I Corinthians 10:31. What is to be the believer's ultimate goal in whatever he does? |
| 4. | Matthew 6:33. In lining up our priorities in life, what comes first? |
| 5. | Acts 18:3 and I Corinthians 1:1. Compare these two verses. While Paul was at Corinth, what was his occupation and what was his vocation? |
| 6. | List below some words that describe who believers are on the inside that should be expressed on the outside. II Corinthians 5:20, Matthew 5:13; Matthew 5:16; Acts 1:8; II Corinthians 3:2-3. |
| | <u>a)</u> <u>d)</u> |
| | <u>e)</u> |
| | <u>c)</u> <u>f)</u> |

7. When called by God to fulfill a specific service as the leader in Israel, Moses gave several reasons for not wanting to represent God. We often adopt some of these same reasons. Examine carefully Exodus 3 and 4. Find Moses' questions and God's answers.

| Ref. | Moses' Questions | God's Answers |
|------|------------------|---------------|
| 3:11 | | |
| 3:13 | | |
| 4:1 | | |
| 4:10 | | |
| 4:13 | | |

Chapter Five Study Guide God's Word

| II Timothy 3:16-17. Identify the purposes for the Scriptures, as indicated in these verses. |
|---|
| Zechariah 7:12. What process is described by which God's words come to man even to those who harden their hearts against the words and the steps in the process? |
| Deuteronomy 18:21-22. What was a test that marked out a false prophet's words? |
| John 17:17. What did the Lord Jesus Christ identify as the source of truth for us? |
| Romans 10:17. What does the apostle Paul identify as the source of true faith? |
| I Peter 1:23-25. What phrases in these verses describes the value of God's Word for us in our generation? |
| us in our generation? |

Chapter Six Study Guide Daily Quiet Time

| 1. | Acts 17:11. Identify three practices of the people from the city of Berea that identified them as noble-minded. |
|----|---|
| | a) |
| | b) |
| | c) |
| 2. | Ezra 7:10. What three things became part of Ezra's lifestyle? |
| | a) |
| | b) |
| | c) |
| 3. | <i>Hebrews 13:15.</i> What forms of worship can we offer to God in a daily quite time? |
| | |
| 4. | Psalm 119:11. What was the method the psalmist would use to keep his life on the |
| | right track each day? |
| 5. | Psalm 119:92-93. What was the key to the psalmist's experience of overcoming his problems? |
| | |
| 5. | Psalm 119:165. What was an inner result in the psalmist's emotions as a result of his |
| | commitment to the Word? |
| | |
| | |

Chapter Seven Study Guide Family Devotions

| 1. | Deuteronomy 6:7. What are the two verbs in this that describes action parents can take with the Word of God in relationship to their children? |
|----|---|
| | a) b) |
| 2. | Psalm 78:1-4. In verse four, identify three things the psalmist lists as goals for showing the Word to the generation to come? |
| | a) |
| | b) |
| | c) |
| 3. | <i>Ezra 8:21.</i> Ezra and his people were interested in God's guidance for what three interests they had? |
| | a) |
| | b) |
| | c) |
| 4. | <i>Ephesians 6:4.</i> Who especially is identified as the person responsible for the spiritual |
| | training of the children? |
| 5. | II Timothy 3:15. When had Timothy first learned the facts about the importance of |
| | personal faith in Christ Jesus? |
| | Who instructed him? |

Chapter Eight Study Guide Scripture Meditation and Memorization

| ١. | Psalm 1:2. What attitude does the psalmist have that helps him practice meditation |
|----|--|
| | on the Word as he does? |
| 2. | Psalm 1:3. In what two ways is the spiritual life of the person who meditates on the Word act like a tree that is well watered? |
| | a) |
| | b) |
| | Joshua 1:8. Identify the results that would come to Joshua's life if he meditated and |
| | acted on the Word. |
| | Psalm 119:78. Meditation on the Word helped the psalmist cope with what kind of advance situations? |
| | adverse situations? |
| | Psalm 119: 97. Since it is impractical for most people to be reading the Bible throughout the course of the day, the psalmist found another way to enjoy the Word |
| | What was his method? |
| | |
| | Psalm 119:11. What phrase suggests memorizing the Word of God in this verse and |
| | what benefits are indicated? |
| | |
| | 9 |

Chapter Nine Study Guide The Triune God

| 1. | John 4:24. What does this verse teach that contradicts the concept of God as a |
|----|--|
| | physical person? |
| 2. | John 3:16. What does this verse say God can do as a person that a great power or |
| | thing cannot do? |
| 3. | Genesis 1:26-27. How does this passage suggest the Trinity and yet also that God is one God? |
| | |
| 4. | Isaiah 48:12, 16. In these two Old Testament verses, how do you see the Trinity suggested? |
| 5. | John 1:1. In this verse Jesus is referred to as the Word. He is also identified in what other way? |
| 6. | John 14: 8-9. What was the most important way in which God made himself knowable to his creatures? |
| | |

Chapter Ten Study Guide Selecting a Local Church

| 1. | Ephesians 1:22-23. The last word (usually) in verse 22 is defined in what way in the |
|----|--|
| | first part of the verse 23? |
| 2. | Colossians 1:18. Who is identified as the true head of the church? |
| 3. | Acts 2:41. After having been saved, what first step was then taken by the new believers, according to this verse? |
| 4. | Acts 2:42. What additional practices did the believers share together in the church in Jerusalem? |
| | |
| 5. | Hebrews 10:25. What is the Lord's will about meeting with fellow believers, and what is a purpose each of us has in this activity? |
| | |
| 6. | Revelation 1:20. In this verse, how does the Lord Jesus describe the function of faithful churches in this dark world? |
| | |

Chapter Eleven Study Guide Building a Christian Support System

| 1. | Hebrews 13:15-16. Besides worshiping God with praise and thanksgiving, what |
|----|---|
| | other purpose does God have for our lives? |
| | |
| 2. | Hebrews 10:24. How does this verse suggest ways we gain and give support to one another? |
| | |
| 3. | James 5:16. How were the emotional and spiritual wounds of some believers to be healed? |
| | |
| 4. | <i>I Thessalonians 2:7-8.</i> List some of the words and phrases in these verses that describe that way the apostle Paul was supportive of his friends. |
| | |
| | |
| 5. | Romans 16:5. What clue about the size of some of the churches in Bible times gives |
| | you an idea of how a more personal support to one another was given? |
| | |
| 6. | Titus 2:1-10. If you are an older Christian, what ministry ideas do you gain from |
| | these verses in connection with young people who are open to your help |
| | |

| following outline: |
|----------------------------------|
| Proverbs 17:17 |
| Prerequisites for friendship |
| Characteristics of a good friend |
| Benefits provided by friendship |
| Proverbs 18:24 |
| Prerequisites for friendship |
| Characteristics of a good friend |
| Benefits provided by friendship |
| Proverbs 27 |
| Prerequisites for friendship |
| Characteristics of a good friend |
| Benefits provided by friendship |
| |

7. Develop a study on friendship based on the following passages: *Proverbs 17:17*, *Proverbs 18:24*, and *Proverbs 27*. Examine these passages and then complete the

Chapter Twelve Study Guide Sharing Your Faith

| 1. | Mark 16:15. What are the "marching orders" the risen Lord Jesus Christ gave to his |
|----|--|
| | disciples and to us? |
| 2. | John 20:21. What special blessing is promised to those who respond to Christ's commission? |
| 3. | Acts 1:8. What was an important purpose for the power of the indwelling Holy Spirit? |
| 4. | Titus 2:3-10. Can you pick out at least three phrases that connect a believer's lifestyle to the effect the Word of God will have on people? a) b) |
| 5. | <i>Romans 10:1.</i> In this verse, which example from the life of the apostle Paul shows a |
| | good practice on which we can base our witnessing? |
| 6. | Colossians 4:2-4. Successful Christian witnessing can be affected to a great degree by our prayer lives. Look at these verses that give us instruction on how we should pray and identify three of them. a) |
| | a) b) |
| | c) |

Chapter Thirteen Study Guide Resisting Temptation

| 1. | <i>I Corinthians 10:13.</i> List three facts we can learn about temptations from this verse. |
|----|--|
| | a) |
| | b) |
| | c) |
| 2. | Hebrews 4:15. How does this verse assure us that our Savior understands our |
| | pressures and sympathizes with us? |
| 3. | James 1:13-14. According to these verses, where does temptation to sin never come |
| | from?What is it within each of use that entices us to |
| | respond to temptation? |
| 4. | Romans 6:6,11. As Christ died for sin once for all and dies no more, so we should |
| | die to, and live with forever. |
| 5. | Luke 22: 31-32. What resources do we have in our favor to help us use faith against |
| | temptations, as seen in these verses? |
| 6. | Matthew 26:41. What responsibilities are suggested in this verse for resisting |
| | temptations? |
| | |

Chapter Fourteen Study Guide Our Struggle from Within

| 1. | I John 1:10. Can the believers in Christ ever say in this life that he or she does |
|----|--|
| | not sin anymore? |
| 2. | Romans 7:15-18. After having been a Christian many years and a powerful missionary for Christ, what does the apostle Paul say was a primary cause for struggle within? |
| 3. | I John 2:15-17. Can you identify the three usual forms of struggle the believer has to deal with on a day-to-day basis? |
| | a) |
| | b) |
| | c) |
| 4. | <i>Hebrews 13:5.</i> What is mentioned in this verse that is a character quality that counteracts covetousness? |
| | eduniciaeta ed veto distress. |
| 5. | Romans 6:11. A responsibility each believer has in responding to the impulses of his |
| | or her sin nature is clearly given in this verse. What is it? |
| | |
| | |

Chapter Fifteen Study Guide Living By Grace

| 1. | Ephesians 2:8-9. A definition for grace is "God's unmerited favor to us because of Christ." If you substitute the definition for the word grace, how would these verses | | | |
|----|---|--|--|--|
| | read? Try it | | | |
| | | | | |
| 2. | <i>Titus 3:5.</i> The first part of this verse contradicts the teaching of many man made religions. What is the plan of becoming acceptable to God as expressed by false | | | |
| | religious teaching? | | | |
| 3. | John 14:21. The Christian life involves obedience to God's Word. But what is the motivation for obedience, since we are assured of our being totally accepted by God | | | |
| | up front? | | | |
| 4. | Romans 8:1-4. Who lives in us, and produces the righteous life through us, as indicated in verse 4? | | | |
| | indicated in verse 4: | | | |
| 5. | Galatians 5: 19, 22. Verse 19 talks about works, while verse 22 describes fruit. Since fruit is a natural result of the life within a fruit tree (or a Christian), can you identify the source of the fruit of Christian graces that develop in the yielded | | | |
| | believer's life? | | | |
| | | | | |
| | | | | |

Chapter Sixteen Study Guide The Proper Perception of God

"Attributes" are descriptions of a person's nature or character. The following Scripture passages reveal some of the Father's attributes. Using the first example as a guide, identify each attribute and its significance in our lives.

| 1. | John 5:26 (example) Attribute: Self-existence | | | |
|----|---|----|--|--|
| | Significance We are dependent on God for our existences. God depends on | no | | |
| | one. Thus, we can trust him. | | | |
| 2. | John 6:57 Attribute: | | | |
| | Significance | | | |
| 3. | John 10: 29 Attribute: | | | |
| | Significance | | | |
| 4. | Romans 8:27 Attribute: | | | |
| | Significance | | | |
| 5. | John 14:23 Attribute: | | | |
| | Significance | | | |
| 6. | John 16:28 Attribute | | | |
| | Significance | | | |

Chapter Seventeen Study Guide Overcoming Failure

| 1. | Proverbs 24:16. What is it about a righteous and successful man that makes him different from the person who fails, since both experience falling into occasional |
|----|--|
| | defeat? |
| 2. | Philippians 3:16. Does God expect us to conduct our daily lives by standards beyond our capacity to fulfill? What is the standard for each of us, according to this verse? |
| 3. | Mark 14:3-9. What phrase in verse 8 indicates the Lord's confirmation of success in this action by the woman? |
| | this action by the woman: |
| 4. | II Corinthians 4:8-18. In these difficult experiences and setbacks in life, Paul was not a failure. Can you find a statement he makes at the beginning of one of the last few verses that indicates the ingredient he had in all of this that meant success? |
| 5. | Hebrews 11:6. What special quality in our lives pleases God, even when we face setbacks? |
| 6. | One of the most dramatic "failures" recorded in the Bible occurred when Peter denied the Lord. Was Peter's failure permanent? Examine the following verses to discover how God enabled Peter to turn failure into success. |
| | Mark 14:72 |
| | John 21: 4-22 (esp. 15-17) |
| | ACIN 2714-41 |

Chapter Eighteen Study Guide The Dangers of Unforgiving Bitterness

| 1. | Ephesians 4:26. According to this verse, is it proper to be angry? |
|----|--|
| | What is the inappropriate handling of anger called? |
| 2. | Mark 3:1-6. Observe how the Lord Jesus experienced angry feelings. By referring back to Mark 2:27, you can see his stated conviction, which these Pharisees were |
| | violating by their rules? What was it? |
| 3. | Leviticus 19:17-18. What prohibitions are given at the beginning of each of these verses that should not be part of our spirit when we experience feelings of anger? |
| 4. | Hebrews 12:15. What two things are the results of bitterness? a) b) |
| 5 | Ephesians 4:31-32. What are we to do with our bitterness? |
| ٥. | Epinesians not 62. What are we to do with our orderness. |
| | Does verse 32 tell us how to do it? What is the way to deal with it? |
| | |
| 6. | Matthew 18:32-35. What could be some physical and emotional consequence that may come to the person who holds a grudge, as suggested by the word jailers in verse |
| | 34 (NIV)? (Clue: Greek word – "torturers.") |
| | |
| | |

Chapter Nineteen Study Guide Handling Anger Constructively

Anger is the underlying cause of many emotional problems. By learning to deal with anger, we can learn to cope with other emotional struggles as well. Look up the following Scriptures and identify some constructive steps to take in resolving anger issues.

| 1. | Psalm 139: 23-24. In these verses, the Psalmists asks God for what kind of insight? |
|----|---|
| 2. | James 5:16. How is this method of healing different from the way many people "stuff" their emotions inside themselves? |
| 3. | Leviticus 19:17. What does the phrase "Rebuke your neighbor (who has offended you)" mean to you as far as resolving valid anger? |
| 4. | Ephesians 4:32. Forgiveness here includes an attitude to develop toward the offender and a reason for forgiving, like the reason God had for forgiving us. What are these two keys to forgiveness? |
| | a) |
| 5. | <i>Philippians 3:13.</i> If forgiveness has been granted and we are still tempted to brood in self-pity over past hurt, what does this verse tell us to do? |
| 6. | David went through many deep emotional experiences. Read the following passages to learn how he used three constructive methods – praying, singing, and writing – to verbalize his feelings. Which method was used in each of these three passages. |
| | a) Psalm 55:12-18. |
| | b) Psalm 57: 6, 7. |
| | c) Psalm 58 |

Chapter Twenty Study Guide Dealing with Guilt

| 1. | Romans 8:1. What does not exist anymore for the believer? |
|----|---|
| 2. | I John 1:7. How broad is the cleansing for the believer? |
| 3. | 2 Corinthians 5:21. When we trust Christ, we discovered that a swap of sorts has taken place. What do we now have from God in our relationship to Christ? |
| 4. | I John 3:4. Can you find a definition of sin in this verse? |
| 5. | Mark 7:1-8. What false guilt were the Pharisees trying to impose on the disciples? |
| | How did the Lord clarify the situation? |
| 6. | I John 1:9. What is our responsibility in connection with any daily sins we commit as believers? |
| | What does the Lord promise to do immediately? |
| 7. | Romans 4:5-8. In verse 6, what connection does our own good works or efforts have to our righteous standing before God as believers? |
| | Since the above is true, can any personal failures and sins change our standing before God? |

Chapter Twenty-One Study Guide Overcoming Inferiority Feelings

| 1. | II Corinthians 10:12. What was the practice of some religious leaders in Paul's day |
|----|---|
| | that we should avoid if we want to reduce the tendency to feel inferior? |
| 2. | I Corinthians 4:3. Instead of feeling inferior or intimidated by his critics, how did the |
| | Apostle Paul evaluate the importance of their words? |
| 3. | Psalm 139:13-18. What does this passage of Scripture tell you about the plan of God |
| | in designing who you are physically? |
| 4. | II Corinthians 12:7-9a. Even with physical weaknesses or handicaps, believers can accept their situation if they have what Paul had, something that enabled him to bear |
| | up under it all. What was it? |
| 5. | II Corinthians 12: 9b-10. What were two special privileges connected to spiritual maturity that God was able to entrust to Paul while he was handicapped? |
| | a) |
| | b) |
| 6. | Moses was one of the most gifted individuals who ever lived (Acts 7:21-22). He had the best education available in Egypt – plus personal contact with the living God of Israel. Yet, at the age of eighty, he faced a significant struggle with the inferiority feelings. In <i>Exodus 3:11-12</i> , relate what Moses said that demonstrated his feelings of inferiority; and how God responded to Moses' statement. |
| | a) What Moses said (v.11) |
| | b) God's response: (v. 12) |
| | |

Chapter Twenty-Two Study Guide Up from Depression

| Psa | alm 42:3-4. How would you describe the psalmist's emotional state at this time? |
|----------|--|
| Psa | alm 42:5-6. How is the psalmist turning his feelings into words? Clue: He is |
| ver | balizing by talking out his feelings to(v. 5) and to |
| | (v.6). Because we are reading his words, we can assume that |
| he j | probably committed his feelings to what other form? |
| I P | eter 1:18-19. From these verses, how can you determine your true personal worth |
| to (| God? |
| | <i>Tings 19:4.</i> Which symptoms of depression can you identify in Elijah's life from sverse? |
| | <i>Tings 19.</i> What gradual corrective steps were provided for him from the following ses? |
| a) | Vv. 5-6 |
| b) | Vv. 10-14 |
| c) | Vv. 15-16 |
| d) | V. 19 |
| <i>)</i> | |

Chapter Twenty-Three Study Guide Facing Fears and Anxiety

| 1. | Hebrews 2:15. What is the emotion Satan has effectively used in robbing people of |
|----|--|
| | the freedom and wholeness God wants them to enjoy? |
| 2. | II Timothy 1:7. The kind of fear that blocks us from doing God's will does not come |
| | from where? |
| 3. | Matthew 6:30-31. Observing the last phrase in verse 30 and the first phrase in verse |
| | 31, what is lacking in our thinking processes when we are anxious? |
| 4. | Philippians 4:6-9, 13. A three-step plan for dealing with anxiety is suggested by the apostle Paul in these verses. Can you identify each step? |
| | a) Verse 6 |
| | b) Verse 8 |
| | c) Verses 9, 13 |
| 5. | Philippians 4:7. What is the blessing we experience when we deal biblically with |
| | our anxieties? |
| 6. | One of the most significant passages on anxiety is <i>Matthew 6: 25-34</i> . Write a |
| | summary statement for the entire passage |
| | |
| | |
| | |

Chapter Twenty-Four Study Guide Resolving Grief

| 1. | John 11:33-36. As you observe the example of the Lord Jesus Christ in this passage, what conclusions do you reach about the philosophy of some people who say, "Snap out of it! Don't Cry; Don't be emotional. Christians should always be happy." On |
|----|---|
| | "Grown men don't cry"? |
| 2. | I Thessalonians 4:13. If the apostle Paul was not discouraging grief in the loved ones of some who had died, what attitude was he urging them to adopt as they |
| | experienced their grief? |
| 3. | Psalm 13:1-5 |
| | a) Who was the psalmist angry with? |
| | b) To whom is the psalmist verbalizing his anger? |
| | c) Since we are reading about his feelings, he must have used an additional method. |
| | What was it? |
| 4. | Romans 5:3. What positive resolutions are suggested in this verse for a person who |
| | goes through tribulations? |
| 5. | Romans 8:28-29. What should we know with confidence about the final goal of God |
| | as he meets us in our trials? |
| 6. | II Corinthians 5:6-8. Grief is very often connected with death. What insight does the above Scripture give us about what the Bible teaches on the subject of death? |
| | |

Chapter Twenty-Five Study Guide Overcoming Suicidal Tendencies

| I Kings 19: 1-4. Here the prophet Elijah heard from God in a time of despair. What kind of painful emotions can you identify in Elijah? |
|--|
| Matthew 27: 3-5. Was Judas in the will of God when he committed suicide? |
| What would have been a better option? |
| II Corinthians 2:7. What kind of support does Paul suggest for a person in danger of being overwhelmed by sorrow? |
| James 5:16. What methods are suggested in this verse for spiritual and emotional healing? |
| Psalm 43:5. What word describes the psalmist's solution to his despair? With whom was this solution linked? |
| In the following passage, identify the individual who committed suicide. Then determine whether he was a believer, whether he was in God's will, and the circumstances leading to the suicide. |
| I Samuel 31: 1-7 |
| Individual Believer? In God's will? |
| Circumstances |
| |

Chapter Twenty-Six Study Guide Avoiding Workaholism

| 1. | Luke 10:38-42. Which one of the two women in this passage was probably attaching |
|----|---|
| | her self-worth and security to what she did rather than who she was? |
| 2. | Luke 10:41. What emotion does the Lord Jesus identify in Martha that fueled her |
| | behavior? Do you think that emotion was related to a defense against being criticized, a fear of appearing lazy, or a method she had learned |
| | for gaining approval? |
| 3. | Matthew 11:28-30. If verse 30 describes the Christian life as it is generally experienced, what conclusions can you reach about the percentage of tasks in a |
| | constantly over-involved person's life that actually originates from God's will? |
| 4. | I Timothy 5:8. What application of this verse can be made to your own life? Clue Consider whether your job or even your Christian service has had a higher priority in your schedule than you have made for the needs of your spouse and your children |
| 5. | John 2:1-11. From verse 11 we see that this event was Christ's first miracle in his earthly ministry. He was thirty years of age. Seeing many needs and having the power to meet those needs was regulated by his top priority, which was submission to |
| | whose will? How would that priority regulate your life and the ability to say no? |
| | |
| | |

Chapter Twenty-Seven Study Guide Beating Burnout

| 1. | Acts 13: 6-13. Does John Mark's return to Jerusalem in verse 13 indicate a possible |
|----|--|
| | burnout in light of the stress mentioned in the previous verses? |
| 2. | Romans 15: 29-32. Paul faced exposure to antagonistic people during his missionary journey. What resources for coping can you see in these verses? |
| 3. | Hebrews 11:24-27. Moses chose to suffer affliction with the people of God. Can you identify three methods he used for successfully coping? a) |
| | b) |
| | c) |
| 4. | I Corinthians 6: 19-20. Since our bodies are God's temples, what do you think our attitude should be about caring for them? In what ways can we practice a good maintenance program for our bodies? |
| 5. | Mark 6:31. How could these instructions of the Lord to his disciples be applied to your life as a preventive measure against burnout? |
| 6. | One of the most significant examples of burnout in Scripture is Elijah. In I. Kings 18:46, look for the reason for Elijah's burnout and identify the steps God took to reverse burnout in this prophet's life. |
| | |

Chapter Twenty-Eight Study Guide Understanding Our Feelings

| 1. | Acts 16:25. In their very difficult circumstances of having been beaten and thrown into jail, what was the form of self-talk chosen by Paul and Silas to give a broader meaning to their situation? | |
|----|---|--|
| | | |
| 2. | Psalm 15:2. What kind of self-talk does the psalmist say is used by the man who dwells in fellowship with the Lord? | |
| | | |
| 3. | Philippians 4:11. A feeling of contentment was not automatic for Paul. What word describes the discipline necessary for him to develop contentment, whatever the | |
| | circumstances? | |
| 4. | Psalm 42:11. Here the psalmist chose faith-oriented self-talk. What spiritual quality | |
| | was he challenging himself to accept as he looked at his situation? | |
| 5. | Hebrews 12:2. What was the mental focus the Lord Jesus chose in enduring the | |
| | cross? | |
| | | |

Chapter Twenty-Nine Study Guide Basic Personal Needs

| 1. | <i>Mark 12:29-31.</i> The responsibilities cited in these verses are three-dimensional. Can you list the three objects of love? (Two are stated directly; one is implied.) |
|----|--|
| | a) |
| | b) |
| | c) |
| 2. | John 17: 23. Here the Lord Jesus prayed that the world would someday know how much God the Father loves all believers. In what ways have you seen how much your |
| | Father in Heaven loves you? |
| 3. | Ephesians 1:18. Who makes up God's inheritance? Does this mean we are considered valuable to God? |
| | Philippians 4:19. Who is the ultimate source of fulfillment for our needs? |
| 5. | Ephesians 2:10. How does this verse show that God has an important purpose for your life? |
| 6. | Matthew 6:25-34. What emotions does the Lord not want us to feel, in light of his |
| 7. | loving goodness and care over our lives? |
| 8. | Romans 8:15-17. What does this passage have to say about belonging? |
| | |

Chapter Thirty Study Guide Decision Making and God's Purposes

| 1. | Romans 14:12. How does this verse indicate that each of us is responsible for the |
|----|---|
| | decisions we make in life? |
| 2. | I Corinthians 6:12. According to the first part of this verse, why is there a need to "fine tune" our decisions, even if we know that what we plan to do would not be |
| | morally wrong? |
| 3. | James 1:5-6. What source of wisdom for understanding what God is doing in our |
| | lives is suggested by verse 5? |
| 4. | In using this resource, what does verse 6 tell us about the necessary attitude we |
| | should have? |
| 5. | Proverbs 11:14; 15:22; 24: 5-6. What other source of information or guidance is suggested by these passages to help in our problem solving or decision-making? |
| | |
| 5. | Acts 16:6. How else does God show us what is or is not - his will and reveal his |
| | timing, as suggested by this verse? |
| | |

Chapter Thirty-One Study Guide Forming and Practicing Convictions

| 1. | Galatians 5:1. According to this verse, what is our important responsibility when other people try to impose their personal convictions on us, making them a false | | |
|----|--|--|--|
| | standard of spirituality? | | |
| 2 | | | |
| 2. | I Corinthians 6:9-10. Are the behaviors listed in these verses clear Bible statements of wrong behavior? | | |
| 3. | I Corinthians 6:19-20. If a man uses these verses as a basis for not eating pork, is that his privilege? (Clue: Is a clear Bible statement at issue or a personal interpretation?) | | |
| | | | |
| 4. | Galatians 6:12. According to the apostle Paul in this verse, what was the real motive behind the attempt of some leaders to get others to follow their interpretations of | | |
| | spirituality? | | |
| 5. | Romans 14:5. According to the last part of this verse, what is the important thing to consider when it comes to making ethical choices about which the Bible has made no | | |
| | clear statement? | | |
| | | | |

Chapter Thirty-Two Study Guide Developing a Healthy Self-Concept

| 1. | Proverbs 23:7. According to this verse, what is the key internal process that affects a |
|----|--|
| | person's behavior and feelings? (Clue: See especially the King James Version) |
| | |
| 2. | I Corinthians 1:1. What three things does the apostle Paul tell us about his self-concept in this verse. |
| | a) |
| | b) |
| | c) |
| 3. | Romans 6:6. How should we regard our history of past sins, once we have trusted |
| | Christ as our personal Savior? |
| 4. | Romans 6:11. How should our identity with Christ govern our day-to-day behavior? |
| | |
| 5. | John 17:23b. How deeply does God love us, according to this passage? |
| 6. | Ephesians 1:4. What phrase in this verse assures you that God wanted a personal |
| | relationship with you before you ever wanted him in your life? |
| | |
| | |

Chapter Thirty-Three Study Guide The Nature of Love

| 1. | <i>I John 4:7.</i> This verse identifies the source of true love and also the kind of people who are called to show this love to others. Identify these two factors. | | |
|----|--|--|--|
| | a) | | |
| | b) | | |
| 2. | II John 5-6. In these verses, the apostle John indicated that genuine love is not without boundaries of right or wrong. What is the standard for expressing genuine | | |
| | love? | | |
| 3. | Proverbs 5: 18-19. From the last part of verse 19, identify a word that relates to eros- | | |
| | type love in a marriage relationship. | | |
| 4. | <i>Titus 2:3-5.</i> Wives were to be taught to love (philandros) their husbands, according to verse four. How would you explain what that means, especially to a young wife of | | |
| | our generation? | | |
| 5. | Revelation 2:3-4. As you study verse four, what three steps can you identify for | | |
| | reclaiming agape that would apply to a marriage that needs a revival of genuine love? | | |
| | a) | | |
| | b) | | |
| | c) | | |

Chapter Thirty-Four Study Guide Agape Love

| 1. | <i>I Thessalonians 1:3.</i> What were the three qualities that Paul looked for when he wanted to measure the spiritual growth of believers? |
|----|---|
| | a) |
| | b) |
| | c) |
| 2. | I Corinthians 13:13. Of the three qualities listed here, which one is described as the |
| | greatest? |
| 3. | Romans 5:5. According to this verse, who supplies God's love in us and through us |
| | to others as we yield to him? |
| 4. | Matthew 5:44. How does this verse show that agape is not a feeling first, but rather |
| | an obedient choice of the will? |
| | |
| 5. | John 13:35. What does the Lord Jesus say is a practice by which believers could |
| | make the best impression on the watching world? |
| | |
| | |
| | |

Chapter Thirty-Five Study Guide Help for the Husband

| 1. | 1. <i>Ephesians 5:21.</i> What phrase describes the general sensitivity that should between believers, including husband and wife, as they relate to each other on a | |
|----|--|--|
| | to-day basis? | |
| 2. | Ephesians 5:23. What description of the role of a husband is given in this verse? | |
| 3. | I Timothy 3:2-12. In considering the qualities of potential leaders for the church identify some key words used to describe the husband's and father's role in the | |
| | home? | |
| 4. | Colossians 3:19. The Word of God here gives two responsibilities of a husband in his relationship to his wife. What are they? | |
| | a) b) | |
| 5. | Why do you think this second command is even necessary? | |
| | | |
| 6. | Ephesians 5:28, 33a. What do these verse say about the love a husband should feel toward his wife? | |
| | | |
| | | |

Chapter Thirty-Six Study Guide Help for the Wife

| 1. | Ephesians 5:22, 24. What word in these verses describes the proper response of a |
|----|--|
| | wife to her husband's leadership? |
| 2. | <i>I Corinthians 11:3.</i> By using the functional relationship between the Father and the Son – and we are told that they are equal as members of the Trinity – what does the verse suggest about the worth of the wife, even though her husband is the "head" of |
| | the home? |
| 3. | Acts 18:26. What does this verse tell you about how a husband and wife team can be |
| | used of God together? |
| 4. | Ephesians 5:33b. What would be some practical ways a wife could express to her |
| | husband the command in this verse? |
| 5. | I Samuel 15:23. A person who sets his or her heart in "rebellion" is opening the door |
| | to what kind of interference? |
| 6. | Acts 4:18-20. In what type of situation is one justified in deciding to disobey a figure |
| | of authority, thus risking whatever the consequences might be? |
| | |

Chapter Thirty-Seven Study Guide Communication in Marriage

| . <i>Philippians 4:2-3.</i> We can assume here that two ladies were at odds. Notice Pau instructions to his leader-friends on how to communicate to these two believers. We | | |
|--|--|--|
| it a negative threat or a positive suggestion that was to be relayed? | | |
| Ephesians 4:15. Paraphrase in your own words the principle of communication in | | |
| this verse | | |
| Ephesians 4:26. Is all anger wrong? What is the caution connected to | | |
| this emotion? What is a good way to be appropriate in speech in carrying out this | | |
| command? | | |
| Ephesians 4:29, 31. Verse 31 lists some of the unwholesome words and attitudes | | |
| Paul advises believers to avoid. List a few and explain what each one means to you. | | |
| a) | | |
| b) | | |
| c) | | |
| d) | | |
| <i>Ephesians 4:32.</i> How would you explain the meaning of the first phrase in this verse to an eleven-year-old child? How can you translate this attitude into a reality in your | | |
| style of speech? | | |
| | | |
| | | |

Chapter Thirty-Eight Study Guide Handling a Spouse's Infidelity

Hosea, the Old Testament prophet, was married to Gomer, an adulteress who bore "children of unfaithfulness." God symbolically used Hosea's experience in a disastrous marriage to portray Israel's desertion of his own divine leadership. There are guiding principles about handling marital infidelity to be found in this prophetic book. More importantly, there are eternal truths to be learned about God's relationship with his believing children. See what you can discover in the passages listed below.

| 1. | Hosea 2:1-3. Here Hosea pleads through Gromer's children for his wife to cease her adultery, implying that otherwise he would "strip her naked" and "slay her with thirst." What principle can we discover in Hosea's words, as they relate to marital infidelity and as they also apply to God's response to our unfaithfulness? (Clue: Look | | |
|----|---|--|--|
| | for figurative meanings.) | | |
| | | | |
| 2. | Hosea 2:6. Hosea tells us that he will "block her path with thorn bushes so that she cannot find her way." Though the prophet may have meant these threats literally how might this be accomplished on a psychological level as a means of reconciliation | | |
| | in a marriage troubled by one partner's infidelity? | | |
| | | | |
| 3. | Hosea 2:7. What is the expected reaction of an unfaithful spouse to the method cited in verse 6? | | |
| | m verse o. | | |
| 4. | Hosea 2:9, 13. Through his prophet, God foretold bitter consequences for the | | |
| | unfaithful. What "punishment" do you think an adulterous spouse might suffer? | | |
| | | | |

| 5. | Hosea 2:14-15. Here God holds out a promise of mercy and reason for hope. How could the "victim" in an adulterous marriage apply this principle to his own efforts | | |
|----|---|--|--|
| | toward reconciliation? | | |
| | | | |
| 6. | <i>Hosea 3:1.</i> What important command does the prophet receive from God as the proper approach to dealing with his unfaithful wife? (See also 11:8-9, for another way | | |
| | of stating this.) | | |
| 7. | Hosea 3:2. We are told that Hosea, as part of the reconciliation process "bought {Gomer} for fifteen shekels" Even if he meant this literally, this type of transaction is hardly allowable today. What principle is illustrated here? (Clue: Consider the sacrifice and "purchase price" paid so that sinners might be reconciled to God.) | | |
| | | | |
| 8. | Hosea 3:3. Here Hosea stipulates a set of rules for his wife, implying his promise to stay with her if she complies. What must Gomer do – specifically and in general – to be assured of Hosea's forgiveness? (Also look at verses 4 and 5 and identify the | | |
| | commitment all believers must make to be assured of the Lord's blessing.) | | |
| | | | |
| | | | |

Chapter Thirty-Nine Study Guide Dealing with Divorce

| 1. | <i>I John 1:7-9.</i> According to these verses, is there any sin God does not immediately forgive when we as believers confess it to him? | | |
|----|---|--|--|
| 2. | Philippians 3:13. How can this verse give sound direction to you if you are recovering from the experience of a divorce? | | |
| 3. | John 4:16-18. The woman at the well had been married five times, though we do not know whether some of her former husbands had died or if there were divorces. The matter at hand was her method of rebounding into new relationships. What was the specific issue raised by Jesus? | | |
| 4. | John 4:10. What did the Lord Jesus Christ offer to the woman at the well during this mixed up time in her life? What do those same words say to your heart as a way of finding healing and peace? | | |
| 5. | Ephesians 2:10. What does this verse say about God's calling on your life? | | |
| 6. | Even among godly individuals, disagreement exists on the subject of divorce and remarriage (and not all Bible scholars do) refer to certain passages as allowing - not commanding – divorce. The operative verse if found in Malachi 2:16, where God says, "I hate divorce" | | |

Chapter Forty Study Guide Adjusting to the Death of a Spouse

| Philippians 1:21. What was the attitude the apostle Paul had toward the possibility of death? |
|--|
| Romans 8:38-39. In the first part of verse 38 what is the experience that eventually touches each of our lives and that cannot separate us from the wonderful love of God |
| I Thessalonians 4:15-18. In the middle of verse 17 is the phrase, "with them." Who are the people referred to by this phrase? (Clue: see verse 13) What does this passage suggest about a future reunion time? |
| Acts 16:13-15. Lydia (verse 14) may have been a widow at this time. He "household" probably included her employees as well as any older children. As you study these verses, what clues do you see that indicate her desire to get on with he life and to be involved in serving the Lord? |
| Acts 1:14. Mary, the mother of the Lord Jesus Christ was probably a widow at this time. What was one of the ministries she pursued as part of her present life? |
| |

Chapter Forty-One Avoiding Co-Dependency

| 1. | Romans 8:31 –32. According to verse 31, what is God's disposition toward us, his |
|----|--|
| | children? |
| 2. | What guarantee of God's commitment to us is given as proof in verse 32? |
| 3. | I Corinthians 4:3-4. Why does the apostle Paul show a healthy independence from the disapproval of other people? (Practice saying the first part of verse 3 to your critics so you can keep on functioning with a clear conscience as your self- |
| | endorsement.) |
| 1. | Philippians 4:19. How can you apply this verse to your need for approval and love? |
| 5. | Ephesians 5:18. To "be filled with the Spirit" means to be fully controlled by the Triune God. How can the truth of this verse, when operational in your life, give you |
| | liberty from the emotional control of your life by others? |
| | |
| 5. | II Corinthians 3:5. How can you use this verse to break the bondage of your |
| | dependency upon another person? |
| 7. | Romans 14: 8-12. According to these verses, who is the only one to whom we are |
| | accountable? |

Chapter Forty-Two Study Guide Forgiving Our Parents

| 1. | Romans 8:28. Do you think this verse may apply to the kind of parents a believer had and the various life affecting experiences that resulted from their input, whether |
|----|--|
| | positive or negative or both? |
| 2. | Psalm 27:10. What does this verse suggest about the human frailties of our earthly parents? |
| | |
| 3. | Ephesians 6:2-3. What is an important attitude to have toward our parents, even if they seem to have failed us at times? |
| 4. | Acts 16: 30-31. What does the last word in verse 31 suggest about the chances of even an unsaved dad and mom becoming Christians, if we trust Christ and live for him? |
| | Do you think our forgiveness of them would help this goal? |

Chapter Forty-Three Study Guide Mood Disorders

| 1. | Mark 2:17. According to the Lord's own words, does it show lack of faith to receive |
|----|---|
| | help from a physician? |
| 2. | Psalm 42. What would you say was the psalmist's problem? What one major attitude did he recognize as needed in order to help overcome this? |
| 3. | Mark 3:17. Analyze the description given James and John in this verse. What kind of emotional energy did they show at times? |
| 4. | Job 30. Read this chapter from Job, then list some of his symptoms of depression as seen in the following verses: 30:1 |
| | 30:15 |
| | 30:17,19 |
| | 30:22 |
| | 30:23 |
| 5. | Job 42: 1-10. Job's life turned around when God led him to change his focus. In |
| | these verses, what attitude of Job's was the turning point? |
| 6. | What steps can you take to similarly focus your attention, goals and outlook? |
| | a) |
| | b) |
| | c) |

Chapter Forty-Four Study Guide Schizophrenic Disorders

| | II Kings 20: 1-7. Hezekiah became seriously ill. What was the first thing he did |
|----|--|
| | about his sickness? |
| ·• | James 5:14. What two steps for healing are suggested in this verse? |
| | a) |
| | b) |
| • | Since the oil mentioned is "medicinal" according to Bible scholars, what does this |
| | step say to you about the use of properly administered medication? |
| • | John 9: 1-3. According to verse 3, what is one of the purposes God may have in |
| | allowing a person to be sick? |
| | Philippians 3:20-21. How is our present body described by the apostle Paul? |
| | What is in God's absolute plans for each believer in the future? |
| | Revelation 21:4. What earthly burdens will be missing from our experience someday |
| | in heaven? |
| • | II Corinthians 12:7a: What is the purpose of sickness? |
| | |
| | |

Chapter Forty-Five Study Guide Paranoid Disorders

In the life of Job, his so-called friends assumed that fear and anguish had come on him because of his iniquity (Job 4:6). While – in a broad sense – all illness can ultimately be traced to man's sinful nature, it is wrong to assume that an individual's loss of contact with reality is a direct consequence of his or her sin. Yet this is precisely what Job's friends thought (Job 11:11-15). Though there are times when this may be the case, such a direct connection is rarely supported by the facts, at least so far as we humans can determine. Examine the emotional disorder that afflicted King Saul. Draw observations as to the progression of Saul's mental illness, which in this case is apparently directly related to his rebellion against God. In the verses listed, identify the symptoms of Saul's disorder.

| I Samuel 16:14-17, 23 | |
|-----------------------|--|
| I Samuel 18:1-2. | |
| I Samuel 18:7-9. | |
| I Samuel 18:10-12. | |
| I Samuel 18:15 | |
| I Samuel 17-29 | |
| I Samuel 19:1 | |

Chapter Forty-Six Study Guide Anxiety Disorders

| 1. | Genesis 15:1. What solution to fear is mentioned in this verse? |
|----|---|
| 2. | Isaiah 41:10. What is the key to removing fear, according to this verse? |
| | John 14:27. What is the source of this peace? |
| 5. | 2 Timothy 1:7. What weapons does God give us to combat our fears? |
| 6. | Philippians 4:6-8. What two spiritual practices suggested in this passage reduce anxiety? |
| | a) b) |
| 7. | Isaiah 26:3. When anxiety dominates our thinking, what would be a good replacement subject? |
| | |

Chapter Forty-Seven Study Guide Psychosomatic Disorders

| 1. | Matthew 9:20-22. In this passage, what was the sick woman's faith-oriented "self- |
|----|--|
| | talk," as recorded in verse 21? |
| | But what did the Lord Jesus tell her was the key to resolving her disorder? |
| 2. | Matthew 9:27-31. Do you see any clues in these verses that show the particular responsibility the Lord required of these men in their healing? |
| | |
| 3. | <i>I Peter 5:6-7.</i> According to verse 6, what is the best attitude we can have when God is dealing with our lives? |
| | What is our responsibility in dealing with our anxieties according to verse 7? |
| 4. | Ephesians 6:16. What protection do we have from the fearful and hurtful conflicts Satan directs toward us? |
| | |
| | Hebrews 11:1. Some people say that optimism and risk taking based on God's Word |
| | are good ways of describing faith. From this verse, do you agree? |
| | Please explain your answer. |
| | |
| | |

Chapter Forty-Eight Study Guide Dissociative Disorders

| 1. | Hebrews 11:23-26. What clues are there in these verses as to the traumatic events |
|----|---|
| | experienced as a young child by Moses, that great man of God? |
| | |
| 2. | I Peter 1: 6-7. As mature believers who have experienced various trials in our lives |
| | what is the attitude of faith we should now have as we reflect back? |
| | What is the reason for this attitude is given in verse? |
| 3. | II Corinthians 11:3. According to this verse, what is the source of the lies brought to |
| | our minds, so that our perception of the truth is distorted? |
| 4. | John 15:15. According to this verse, the Lord Jesus looks on us as his |
| | , not his servants. What does the Lord do for us as his friends tha |
| | a master would not do for his servants? |
| 5. | John 15:3. What effect does learning to think with God's Word as our standard for |
| | truth have on us? |
| | |

Chapter Forty-nine Study Guide Psychosexual Disorders

| 1. | Hebrews 13:4a. According to this passage, is "the marriage bed" (marital sex) dirty |
|----|---|
| | or clean in God's sight? |
| 2. | Hebrews 13: 4b. Despite the changing moral values of our generation, what is God's |
| | will with regard to sexual relations outside the marriage relationship? |
| 3. | I Corinthians 7:2-5. How does verse 4 relate to the sensitivity of a good spouse to |
| | his or her partner's sexual needs? |
| | What are two commands in verse five? |
| | a) |
| | b) |
| 4. | John 8:1-11. What was Jesus' attitude toward this penitent woman who had been |
| | involved in adultery? |
| 5. | Proverbs 5:15-20. Note the use of metaphors in the sexual instructions in this |
| | passage. What words are used symbolically to command sexual fidelity? |
| | What is the recommended way to both overcome temptation and satisfy sexual |
| | desires? |
| | |

Chapter Fifty Study Guide Other Psychotic Disorders

Do a study of the uses of the word *mind*, as used in the following passages.

| 1. | Isaiah 26: 3 |
|----|--------------------|
| | Meaning |
| | |
| | Application |
| | |
| 2. | Mark 5: 15 |
| | Meaning |
| | |
| | Application |
| | |
| 3. | I Corinthians 2:16 |
| | Meaning |
| | |
| | Application |
| | |
| 4. | Philippians 4: 7 |
| | Meaning |
| | |
| | Application |
| | FF ······ |

Chapter Fifty-One Study Guide The Paranoid Personality

| 1. | Matthew 7: 1-5. What is the supercritical person forgetting, according to this passage? |
|----|---|
| | What should be project number one for this critic? |
| 2. | Romans 2:1. How does this verse suggest the practice of projection? |
| 3. | I Peter 2:21-24. As you examine the last part of verse 23, can you determine the proper alternative to holding a grudge and hoping to personally even the score? |
| | What is our calling from God in this regard, according to verse 21? |
| 4. | Psalm 23:5. How does this encourage your heart to rest in the protection of the Lord and therefore take risks with people? |
| 5. | The book of Psalms provides one of the greatest resources for overcoming paranoid feelings. Examine the following passage and list your observations, gleaning principles that can help overcome feelings of paranoia. *Psalm 6: 7-10* |
| | |

Chapter Fifty-Two Study Guide The Schizotypal Personality

Since this disorder is so closely intertwined with the thought process, examine carefully the following verses to discover some principles for appropriate and accurate thinking.

| Proverbs 23:7 | | |
|----------------------|------|--|
| | | |
| | | |
| Romans 12:3. | | |
| | | |
| | | |
| I Corinthians 10:12. | | |
| | | |
| | | |
| Galatians 6:3. | | |
| | | |
| | | |
| Philippians 4:8. | | |
| | | |
| | | |
| | | |

Chapter Fifty-Three Study Guide The Histrionic Personality

| 1. | <i>I Corinthians 9: 24-27.</i> According to verse 24, anyone who is serious about the Christian life is like a determined athlete. What characteristic is shared by both? |
|----|---|
| | In verse 26, what shows that the apostle Paul was no actor? |
| | According to verse 27, would you say that Paul followed only the dictates of his |
| | feelings? |
| 2. | Galatians 6:4-5. What does this passage teach that helps a person work his way our of immaturity and dependency? |
| | of initiaturity and dependency? |
| 3. | Matthew 6:16-18. According to verse 16, what was the underlying motivation of the |
| | hypocrites as they fasted? |
| 4. | John 12: 42-43. How can a histrionic "approval addiction" hinder the spiritual life of |
| | a true believer, according to this passage? |
| | |

Chapter Fifty-Four Study Guide The Narcissistic Personality and the Sociopath

| | Proverbs 6:16-19. According to these verses, which sins are the most detestable to God? |
|----|--|
| | Luke 18:9-14. In this passage, which of the two men had narcissistic symptoms? |
| 3. | Luke 10:25-37. What is the commandment stated as an introduction to this parable |
| | that repudiates the philosophy of the narcissist? |
| | What people in this parable depict antisocial behavior? |
| ļ. | Romans 1:28-32. What phrase in verse 32 identifies these people as sociopathic? |
| | Pick out a phrase from one of the other verses that also shows antisocial behavior |
| | Luke 19:1-10. Extra-biblical sources tell us that Roman tax collectors of the first century earned their living only from what extra money, beyond what was owed in taxes, they could manipulate or force taxpayers to pay. What clues in this passage |
| | indicate that Zacchaeus was a sociopath? |
| | What signs of an awakened conscience and new spiritual life are noted as a result of |
| | Zaccaeus' trusting Christ as his Savior? |

Chapter Fifty-Five Study Guide Borderline, Avoidant, and Dependent Personalities

Examine the following passages of Scripture, developing from them some principles for a balanced relationship with other people:

| 1. | Galatians 6: 1-5 |
|----|-------------------|
| | |
| 2. | Ephesians 4:15-16 |
| | |
| 3. | Ephesians 4:25-32 |
| | |
| 4. | Proverbs 27: 1-17 |
| | |

Chapter Fifty-Six Study Guide The Obsessive-Compulsive Personality

| • | John 10: 28-29. What conclusion would even a ten-year old Sunday School studen reach about the eternal security of the believer after reading these simple promises | |
|---|--|--|
| | | |
| | Mark 9:21-24. Can you see the faith yet mixed with doubts expressed by the father | |
| | of the child in this passage? (We are saved by exercising faith. It is not the strength of our faith that makes the difference but the strength of our Savior. When you have times of doubt, can you confess this to God with an assurance of his understanding and continual love?) | |
| | Romans 3:22-26. What are the key words in this passage that should assure a | |
| | believer's heart of eternal salvation? | |
| | ("Justified" [v. 24] means to be declared righteous by God. This is something that happens when we trust Christ as our personal Savior. It is a declaration by God. It is a new position of eternal acceptance. The ground for our salvation is not the value of our faith but rather the value of the redemption by the blood of Christ. It is not "Did I have faith enough?" But rather "Did Jesus' blood count enough to cancel out the guilt of my sins?") | |
| | John 3:16; John 6:35; I John 1:7-10. Is there any sin that is "unpardonable" or that | |
| | the blood of Jesus Christ cannot cleanse away, according to these verses? | |
| | Read <i>Matthew 12:15-32</i> carefully. When this "unpardonable sin" of blasphemy against the Holy Spirit was mentioned by Jesus (vv. 31-32), it was during the culmination of a lengthy and hostile period of unbelief and rejection of Jesus while he was physically present on earth. The reference was not to an occasional or even a long-term lapse of faith sandwiched between periods of trust. In our experience, | |
| | those who worry most about having committed the "unpardonable sin" are highly dedicated people who once clearly understood the gospel and trusted Christ completely. | |

Chapter Fifty-Seven Study Guide Passive-Aggressive Personality

| 1. | Philippians 4:13. What specific goals of independence and self-sufficiency can this |
|----|--|
| | promise help you fulfill within the context of your trust in Christ? |
| | |
| | |
| 2. | Matthew 6:14-15. What important step is necessary before we can be assured of daily |
| | forgiveness? |
| | |
| 3. | I Corinthians 13:5. What behaviors connected with passive aggressiveness are |
| | overcome by love, according to this verse? |
| | |
| | |
| 4. | Ephesians 4:15. If speaking the truth – but without love – is a deviation from the principle in this verse, what is an opposite way of violating the principle that may |
| | produce an acting out of anger or even depression? |
| | |
| | |
| 5. | Galatians 2:20. As you examine this verse, what was the secret to the powerful life of |
| | the apostle Paul? |
| | |
| | |
| | |

Chapter Fifty-Eight Study Guide Organic Mental Disorders

| 1. | Psalm 90:10. What is a scriptural fact of life we all have to accept, according to this |
|----|--|
| | verse? |
| 2. | Philippians 1:23. What is mentioned here as a desirable alternative to the apostle Paul's ministry to these people, should that be God's will? |
| 3. | I Corinthians 6:12. How could the principle in this verse be used to strengthen our convictions against an enslaving habit? |
| 4. | Galatians 5:19-21. According to this passage, is drunkenness considered a sin? |
| 5. | Galatians 5:20. Here, "sorcery," or "witchcraft," is translated from the Greek would pharmakia, which refers to worship with the means of drugs. Could this verse be a |
| | good basis for rejecting involvement in illicit and/or recreational drugs? |
| | Explain. |
| | |
| | |

Chapter Fifty-Nine Study Guide Disorder of Substance Use

| 1. <i>I Corinthians 6:10</i> . From the Scripture, would you conclude that drunkennes sin? | |
|---|--|
| | |
| Galatians 5:19-21. The Greek word for "sorcery" in verse 20 is "Pharmakia" which means drugs or use of drugs. Would use of illegal drugs or other substance abuse be against the Scriptures? | |
| Revelation 9:21. In this chapter describing God's future judgment upon the world, what kinds of shackles does Satan have on some people who for which even God's judgment does not cause them to repent? | |
| Ephesians 5:18. Here the word filled means "to be controlled." According to this verse, what provision has God given believers to give them sufficiency and adequacy in their spirit, mind, and relationships? | |
| Joshua 1:8-9. Meditation on God's Word brings success and strength. How is meditation different from merely reading, interpreting, or even memorizing the words? | |
| | |

Chapter Sixty Study Guide Disorders of Impulse Control

| 1. | James 1:13-15. Who should we not blame for our temptations? |
|----|---|
| | Identify the cycle of sin as described in these verses and then name the best point in |
| | the cycle for interrupting the flow. |
| | What is the difference between "temptation" and "testing" (vv.2-3)? |
| 2. | Ephesians 4:28. What new pattern and lifestyle is described in this verse as needed |
| | for changing the life of someone who has been a thief? |
| 3. | Philippians 2:13. According to this verse, when God the Holy Spirit is working in our lives, what two elements will be present? |
| 4. | Romans 6:6, 11. In verse 6, identify the method God has used to enable us to render inoperative the impulses of our sin nature and its expressions through our body |
| | How does that method translate to our personal daily responsibility, according to verse 11? |
| | |

Chapter Sixty-One Study Guide Eating Disorders

| 1. | Proverbs 11:14. In light of this passage, counseling can make a big difference in the outcome of our problems. Why, or why not, do you think overcoming an eating |
|----|--|
| | disorder is a self-help proposition? |
| 2. | Proverbs 15:22. What varied types of "advisers" would be needed to help someone who suffers from an eating disorder? |
| | |
| 3. | <i>I Corinthians 6:12.</i> How can we tell if we are taking something to a harmful extreme even though the practice itself is not sinful? |
| 4. | Galatians 5:23. In this verse, what does Paul mean by "self-control"? |
| 5. | I Thessalonians 5:14. According to this verse, with whom are we expected to be patient? |
| 6. | III John 2. What does this verse tell us to do regarding our health – and in which two areas? |
| | |
| 7. | Romans 12:3-5. How are we to see ourselves in relation to God and to others? |
| | |

Chapter Sixty-Two Study Guide Sleep Disorders

| 1. | Romans 8:37-39. According to this passage, what can separate us from the love of |
|----|---|
| | Christ? |
| | In all the perils mentioned here, what are we? |
| | How should we do about tomorrow's troubles? |
| 2. | Matthew 6:34. What should we do about tomorrow's troubles? Why? |
| 3. | Philippians 4:6,7. For what should we be anxious? |
| | How do we change anxiety into peace? |
| 4. | Proverbs 3:13-24. What should we do so that when we lie down we will not be afraid and will have sweet sleep? |
| 5. | Romans 8:1. What does God do with all things, good and bad? For whom? |
| 6. | Psalm 4:8. With the Lord, in what do we dwell? |
| | THEN WE KNOW and Sense and, now will we steep: |
| | |

Chapter Sixty-Three Study Guide Disorder Seen in Early Life

| 1. | Psalm 127:3. What is the proper view of our children, according to this verse? |
|----|--|
| 2. | Luke 1:17. One of God's desires for fathers is described in this verse. What is it? |
| 3. | Luke 1:14-16. What were the goals to be accomplished in the life of the baby whose birth was predicted in these verses? Which of these goals would you desire for your child? |
| 4. | II Corinthians 12:8-9a. Instead of healing the apostle Paul in answer to his prayer what provisions did the Lord make so that Paul could bear his "weakness"? |
| 5. | II Corinthians 12:9b-10. What special blessings would be possible for Paul because of his handicap that he could not have otherwise? What was his new attitude toward any weakness or hardships? |
| 6. | Mark 10:13-16. What attitude did the disciples have about little children wanting to be near the Lord Jesus? |
| | What was the Lord's attitude toward these children? |