

Therapon University



WORKBOOK

For the Course of Study

THE LIES WE BELIEVE

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To be completed as the student reads the course text
Upon completion, return to Therapon University for grading.

Student's Name:

Part 1: The Lies We Believe

1. The Truth About the Lies We Believe

1. Name four of the many lies Cheryl unknowing revealed to her counselor.
 - a) _____
 - b) _____
 - c) _____
 - d) _____

2. Write the corresponding truth that refutes each of these lies Cheryl believed.
 - a) _____

 - b) _____

 - c) _____

 - d) _____

3. Cheryl is unique in the way she was plagued by lies. _____ True _____ False

4. Many of your _____ have been around a long time, some ever since childhood.

5. Many lie tapes play in your mind without your even _____ it.

6. Thoughts produce after their own kind. Lies produce _____, and truth produces _____.

7. What must we do to know the deeper truths that are the most powerful and life-sustaining of all?

a) _____

b) _____

8. What will be some of the results of Cheryl's digging and sifting through the lies she had believed for many years of her life?

a) _____

b) _____

c) _____

9. The truth about change is that you must first _____ to change

10. (Optional) Take the self-analysis questionnaire on pages 9-11 to find out what lies you believe.

2. *Self-Lies*

1. What are some of the lies that Julie believed?

- a) _____
 - b) _____
 - c) _____
- _____

2. The lies we deceive ourselves with often reflect what we wish were _____, whether it is or not.

Self-Lie #1: "I Must Be Perfect"

3. What are some of the thinking errors believed by perfectionists?

- a) _____
- _____
- _____
- b) _____
- _____
- c) _____
- _____
- _____

4. The psychologist Alfred Adler said, "To be human is to feel _____."

5. Define perfectionism. _____

6. The need to be _____ creates a no-win scenario.

7. When perfectionists attain the high goals they have set, they say to themselves, “_____.”

When perfectionists fall short of these same goals, they say to themselves, “_____.”

8. Almost all _____ know at some level that being perfect is impossible.

9. What are some things Jim needed to do to break the perfectionism lie in his life?

a) _____

b) _____

c) _____

10. What is the theological truth about perfectionism lie found in Romans 3:23? _____

11. What do we learn about this lie in 1 John 1:8? _____

12. According to 1 John 1:10, what is the person who says he is perfect, and has never sinned? _____

Self-Lie #2: "I Must Have Everyone's Love and Approval"

13. What is the lie believed by a "pleaser?" _____

14. How did Denise's need for approval become a no-win situation for her? _____

15. What are some of the dangers of believing this lie?

a) _____

b) _____

c) _____

d) _____

e) _____

16. What is the secular truth that combats this lie? _____

17. We learn the theological truth about this lie in Colossians 3:22-24. When employees are working at their job, should their first priority be seeking the

18. When we are at work, in what way should we perform our tasks? _____
 _____ (v. 23)
19. What does Paul say about the “pleasers” lie in Galatians 1:10? _____

20. There is a clear difference between always trying to do for others for the sole purpose of pleasing them, and doing for others because you are thoughtful. The Book of Ruth is the unique story of a woman who showed thoughtfulness for others, but was not simply trying to be a “pleaser.” Read Ruth 1:1-22.
21. What tragedies did Naomi experience in Moab?
 a) _____ (v. 3)
 b) _____ (v. 5)
22. What did Naomi think her daughters-in-law should do? _____
 _____ (vv. 8-9)
23. What clue do we read in this verse that indicates Ruth is thoughtful of others?

 _____ (v. 8)
24. What decision did Ruth make at this time? _____

25. Do you believe Ruth was simply trying to be a “pleaser” in this situation? _____

Self-Lie #3: It is Easier to Avoid Problems Than to Face Them.

26. In life, the _____ tend to ignore problems until they either go away or get worse and have to be faced.

27. In the text, the author gave the example of his college students who avoided doing their assignments, and then paid the price when he gave a pop quiz. Give examples of other problems or tasks the “avoider” might be likely to ignore or put off.

a) _____

b) _____

c) _____

28. When parents make a habit of _____ their child from problems, the child begins believing this lie too – and it soon becomes a deeply ingrained “truth.”

29. Why is it so important that we teach our children to become responsible for facing problems of their own making? _____

30. Those who _____ problems usually end up with more problems in the long run.

31. The secular truth is - problems usually get _____ when avoided.

32. We find the theological truth about this lie Philippians 3:13-14. What advice does Paul give to the people at Philippi? _____

33. The Apostle Paul very frequently shared insights into his own personal life. Read 1 Corinthians 9:24-27. Paul observed that everyone involved in a race runs, but all do not run equally well. For this reason not everyone receives a _____.
(v. 24)
34. How does Paul recommend that we run? _____

_____ (v. 24c)
35. Discover the ingredients necessary for victory.
- a) _____ (v. 25a)
- b) _____ (v. 26b)
- c) _____ (v. 27a)
36. Which part of this advice might be disregarded by a person who tries to avoid discomfort of any kind, or problems of any nature? _____

37. Is it possible that many people who are overweight are “avoiders?” _____
What two things do many overweight people avoid because they are difficult to do?
- a) _____ b) _____
38. Read Daniel 1:1-12. Daniel is the perfect example of a person who was not an “avoider.” Carried into captivity and selected for royal service, Daniel was faced with many difficulties. The food of the Babylonians was probably offered to idols, bloody, and from animals without cloven hooves. The wine was also controversial. Daniel faced the dilemma between trying to take advantage of a unique opportunity – and trying to please God.
39. In addition to being given new names and special meals, Daniel’s preparation for royal service included _____

_____ (vv. 4-5)
40. List the requirements required for entrance into the training program. (v. 4)
- a) _____

- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

41. How was Daniel able to accept this appointment? _____
 _____ (v.8)

42. At this point, what decision would the “avoider” have made? _____

43. What was the eventual outcome of Daniel’s commitment to facing this problem head-on, rather than avoiding making any “waves” in the policies of the palace?

a) . _____
 _____ (v. 15)

b) _____
 _____ (v. 17)

c) _____
 _____ (vv. 18-19)

d) _____
 _____ (v. 20)

44. Esther is a great example of a woman who faced the problems of her people, rather than avoiding them. Read Esther 4:13 – 5:14.

45. What warning did Mordecai send to Esther? _____

 _____ (4:13)

46. What challenge did Mordecai set before her? _____

_____ (4:14)

47. How did Esther respond to that difficult challenge? _____

_____ (4:15-16)

48. What did Esther do that showed her willingness to face problems, rather than avoid them? _____
_____ (5:1-8)

49. What courageous action did Esther take in Chapter 7? _____

_____ (7:3-6)

50. What do you think the “avoider” would have done in this dangerous situation?

Self-Lie #4: "I Can't Be Happy Unless Things Go My Way."

51. Give an example of a scene from the life of a person who believes the "My Way"

lie. _____

52. The "my way" lie affects marriages because the "_____" in the marriage is so strong that the "_____" is never allowed to develop. These marriages become two "_____" pulling in opposite directions.

53. What are some typical problems that will be likely to crop up in the marriage where both partners are sold out on the "My Way" lie?

- a) _____

- b) _____

- c) _____

54. What advice could you give the couple operating under the "My Way" lie? _____

55. Life has a nasty habit of reminding us it will not always _____

56. The secular truth about this lie is that it isn't what happens to us that makes us unhappy. It is our way of _____ the events of our lives that makes us unhappy.

57. The theological truth about this lie can be found in Acts. 20:22-24. What is Paul's attitude, even though the Spirit has warned him that prison and hardships await him in every city? _____

58. Read Philippians 4:10-20. Was Paul naturally a contented person? _____
 _____ (v. 11)
59. What were some of the circumstances in which Paul learned to be content? (v. 12)
- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
60. Why was Paul able to be happy, even when things weren't going "his way." _____
 _____ (v. 13)
61. Read James 1:2-8. What response does James recommend when things are not going our way? _____ (v. 2)
62. Why does he say this?
- a) _____ (v. 3)
- b) _____ (v. 4)
63. How can a person handle the pressure in this situation? _____
 _____ (v. 5)
64. What enables a person to get help from God? _____ (v. 6)

65. Read Genesis 15:1-5 and then Genesis 16:1-16. Here we see what happens when someone insists on doing things “her way.”
66. What was Sarah’s suggestion for helping God keep His promise? _____
 _____ (vv. 1-3)
67. How did this alternate plan work out?
- a) _____ (v. 4)
- b) _____ (v. 5)
- c) _____ (v. 6)
68. Was Sarah’s “way” or solution according to God’s will? _____
69. What did Abraham and Sarah do that they should not have done? _____
 _____ (Hebrews 10:35)
70. What should they have done in this situation? _____
 _____ (Hebrews 10:36)
71. Absalom is another good example of a person who believed the “My Way” lie. Read II Samuel 15:1-12.
72. What did Absalom do to promote himself?
- a) _____
 _____ (v. 1)
- b) _____
 _____ (vv. 2-5)
- c) _____
 _____ (v. 6)
- d) _____
 _____ (v. 10)

73. Now read II Samuel 18:1-18 to discover how this important young man came to an end.
- a) _____
 _____ (v. 9)
- b) _____ (vv. 14-15)
74. Did Absalom accomplish his goals when he set out to make himself happy by seeking “his way?” _____

75. Read Hebrews 10:32-39. What difficulties did the Hebrews encounter following their conversions?
- a) _____ (v. 33a)
- b) _____ (v. 33b)
76. How did the Hebrews act in the midst of these difficulties, when things were not going “their way?”
- a) _____ (v. 34a)
- b) _____ (v. 34b)
- c) _____ (v. 34c)
77. What are the Hebrews encouraged to do? _____
 _____ (v. 35a)
78. What reason is there for being confident? _____
 _____ (v. 36)
79. What two things must accompany faith, if we are to receive God’s reward when things are not going our way? (v. 36a)
- a) _____ b) _____

Self-Lie #5: “My Unhappiness Is Somebody Else’s Fault.”

80. Describe the “it’s somebody else’s fault” lie. _____

81. How can the same event trigger such widely varying reactions or responses among different people? _____

82. What did Beth believe was causing her misery? _____

83. What does Beth need to do, to move away from the victim role in her relationship with her sister? _____

84. The secular truth is that we mold our emotional lives by the way we _____ to think about what happens to us.
85. The theological truth can be found in Proverbs 23:7a. Write out this verse. _____

86. Joseph was a young man who was sold into slavery by his own brothers. Here is a great example of a Bible hero who could have played the “blame game,” and said that everything bad that happened in his life was his brothers’ fault. Read Genesis 45:1-15 to see how Joseph responded when he finally met up with his brothers again.

87. Did Joseph find it easy to admit his identity to his brothers? _____

 _____ (vv. 1-3)
88. How did Joseph's brothers respond to the news? _____
 _____ (v. 3)
89. Did Joseph spend time accusing and blaming his brothers for what had occurred, or did he retaliate for the unfairness he experienced? _____

 _____ (v. 5)
90. What principles was Joseph sharing with his brothers?
- a) _____
 _____ (vv. 7-8)
- b) _____
 _____ (vv. 7-8)
91. What guidance does Joseph provide for responding when we believe something bad that happened to us was someone else's fault? _____

 _____ (vv. 9-15)
92. Read Genesis 39. Again, Joseph experienced unfair treatment when he was accused unjustly by Potiphar's wife. He ended up in Potiphar's prison, and it would have been quite true to say it was somebody else's fault that he landed in jail. However, instead of whining and complaining, Joseph used this time to serve Potiphar within the prison system and to serve God.

93. What was the secret of Joseph's success? _____

_____ (vv. 2-3)
94. How did Joseph's success affect Potiphar's situation? _____

_____ (vv. 4-5)
95. What made Joseph's responsibilities difficult? _____
_____ (vv. 6-7)
96. Was this an isolated event? _____ (vv. 10-12)
97. List some things Joseph did to help himself in the story.
- a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
98. How did going to prison affect God's blessing on Joseph? _____

_____ (vv. 21-23)

3. *Worldly Lies*

Worldly Lie #1: "You Can Have It All."

1. The truth is that no one has ever "had it all," because when you say "_____"
to one thing, it inescapably means you had to say "_____" to something else.
2. Tim discovered that it seemed like the more possessions he had, _____

3. Read Ecclesiastes 5:10-20. Even though Solomon appeared to "have it all," he learned that:
 - a) _____
_____ (v. 10a)
 - b) _____
_____ (v. 10b)
4. How do riches interfere with one's life?
 - a) _____
_____ (v. 12)
 - b) _____
_____ (v. 13)
 - c) _____
_____ (v. 14)
5. What is the attempt to accumulate likened to? _____
_____ (vv. 15-16)
6. Read verse 17 and record your interpretation here in your own words. _____

7. In Solomon's efforts to have it all, he had everything but the one thing that completes it - _____.

8. What advice did Paul give Timothy in I Tim. 6:7-8? _____

9. The "Have It All" lie is a destructive delusion that cheapens life,
a) making us _____

b) rather than _____

10. The theological answer to the "Have It All" lie can be found in I John 2:15-17. Paraphrase this section of scripture in your own words. _____

11. Jesus encourages His followers to be content with what they had, rather than to try to "have it all." Read Matthew 6:25-34. What three anxieties does Jesus desire to remove from our lives?
a) _____
b) _____
c) _____

12. What lesson can we learn from bird watching? _____

13. What lesson can we learn from flowers? _____

14. Discover the three keys to contentment in this passage.

- a) _____ (v. 32)
- b) _____ (v. 33)
- c) _____ (v. 34)

15. Read Psalm 23. David knew the Lord, and looked to Him as the Shepherd of his personal life. Why did David feel like he already “had it all?”

- a) _____
_____ (v. 1)
- b) _____
_____ (v. 2a)
- c) _____
_____ (v. 2b)
- d) _____
_____ (v. 3a)
- e) _____
_____ (v. 3b)
- f) _____
_____ (v. 4)
- g) _____
_____ (v. 4)
- h) _____
_____ (v. 5)

i) _____
_____ (v. 5)

16. Why was David confident about “having it all” in the future?

a) _____
_____ (v. 6)

b) _____
_____ (v. 6)

Worldly Lie #2: “My Worth is Determined by My Performance.”

17. Our culture has an obsession with _____.
18. Ted spent his entire life equating his worth as a human being with performance.
- a) Growing up as a kid, _____

- b) As an adult, _____

19. What is the one thing that gives human beings worth? _____

20. The theological answer to this lie can be found in Psalms 139:13-14. Here the psalmist gives God credit for preparing him in the womb and praises Him because:
- a) _____ (v. 13a)
- b) _____ (v. 13b)
- c) _____ (v. 14b)
- d) _____ (v. 14c)
21. In Galatians 3:10-11, we read that “our performance” is as dirty rags before the Lord. We are justified before God by _____
22. Read Ephesians 2:1-10. Where were we before God found us? _____
_____ (v. 1)
23. We formerly walked according to:
- a) _____ (v. 2a)
- b) _____ (v. 2b)

c) _____
_____ (v. 2c)

24. We were controlled by _____ (v. 3a)

25. Our natural condition identified us a _____ (v. 3c)

26. But, praise God, what is our position now that we have believed on Jesus Christ?

a) _____ (v. 5b)

b) _____ (v. 6a)

c) _____ (v. 6b)

27. What made this change from being a child of wrath to being a child of heaven possible? _____

_____ (v. 4)

28. What can you then say to the person who believes he is only as good as what he can do? _____

Worldly Lie #3: "Life Should Be Easy."

29. What are just a few of the conveniences we have today that make life easy?
- | | |
|----------|----------|
| a) _____ | e) _____ |
| b) _____ | f) _____ |
| c) _____ | g) _____ |
| d) _____ | h) _____ |
30. How does TV reinforce the lie that life should be easy? _____

31. But the truth is, life _____

32. Christians are especially susceptible to this lie. So many believe that when they get saved, that will be the end of their problems. They expect to have a carefree "rose garden" life. However, God does make several promises to believers regarding problems and difficulties. One of the best promises Christianity offers is can be found in Rom. 8:28. _____
_____."
33. Read Rom. 8:28-39. How should we respond to difficulties which invade our lives?

_____ (v. 31b)
34. What proof do we have that God is interested in our problems? _____

_____ (v. 32)
35. What promise is given to the believer who faces difficult times? _____
_____ (v. 37)

36. List the things listed in verse 35 that cannot defeat the trusting Christian.

- | | |
|----------|----------|
| a) _____ | e) _____ |
| b) _____ | f) _____ |
| c) _____ | g) _____ |
| d) _____ | |

37. The theological truth about this lie can also be found in John 16:33. What are we told here? _____

38. Read James 1:2-8. What does James say difficulties will produce in a person of faith? _____

_____ (v. 3)

39. What happens to the person who endures (suffers over a long period without giving up)? _____

_____ (v. 4)

40. What should you do if you are uncertain how to act, or what to do, in a time of trouble? _____ (v. 5b)

41. Does God criticize the troubled or confused Christian? _____

_____ (v. 5c)

42. What kind of person will receive help to overcome trials and temptations? _____

_____ (v. 6a)

43. Why must we maintain confidence in God, and a commitment to right living, when we pray for help? _____

44. Read Philippians 4:6-8. It is easy to become anxious and frustrated when things are not easy, when difficulties come upon us. What are we directed to be anxious or frustrated about? _____ (v. 6a)
45. What should we do when anxiety, frustration, anger or fear begins to develop in our life because things are not easy? _____
 _____ (v. 6d)
46. What two parts of your person will be helped when you pray? (v. 7c)
 a) _____ b) _____
47. Many people fail to experience lasting relief from their anxieties during difficult times after they pray. Discover the reason for this as you meditate on Philippians 4:8 and record it below. (*Thought Question*) _____

Worldly Lie #4: "Life Should Be Fair."

48. Fairness is encouraged in the classroom, and at home, and has fostered the belief in some people that life should _____.
49. The truth is _____.
50. What is the most difficult thing for a person to do, when they have been harboring a grudge for a past "unfairness" so many years? _____

51. The theological truth about the "Fair Life" lie can be found in Ecclesiastes 8:14. It says that there are 2 seemingly unjust things in life:
- a) _____
- b) _____
- This is just man's viewpoint, and even the righteous are tempted to look at things this way, but eventually we will all see these things from God's viewpoint.
52. A parable that demonstrates this concept perfectly can be found in Matthew 20:1-16. What did the landlord promise to pay the first group he hired? _____
_____ (v. 2)
53. What did he promise to pay those whom he hired later? _____
_____ (vv. 4-5)
54. How much did he pay the men who had worked only one hour? _____
_____ (v. 9)
55. How much did those who had worked all day receive? _____ (v. 10)
56. Were all the workers happy with their pay? Did this seem fair to them? _____
57. Was the landowner unfair in the way he treated the all-day workers? _____
_____ (vv. 12-15)

In this parable, we learn that fairness does not mean that one is unable to be more than fair (generous) when led to do so. Fairness means that each person is treated justly, rightly, and properly. No one will be hurt by fair treatment.

Worldly Lie #5: “You Shouldn’t Have To Wait for What You Want.”

58. The “Don’t Wait” lie is a variation of the “_____” lie.
59. Psychologists, psychiatrists, and therapists can tell which of their patients have bought into the “don’t wait” lie because _____
60. We are told in Matthew 6:19-20 to _____
61. If the person you are counseling has made their credit card their best friend, what are some suggestions you might make to curb this compulsion?
- a) _____
- b) _____
- c) _____
62. The theological answer to the “don’t wait” lie is found in Galatians 6:7-8. What do these verses say will happen to the man who sows to please his sinful nature?
63. What will happen to the man who sows to please the Spirit? _____
64. Are you one of those people who are impatiently looking for immediate solutions to personal dilemmas? You are certainly not alone ... the world is filled with impatient people. They honk at stop-lights. They shove in lines – or cut in front of you. They curse about inconveniences and make lots of hurried mistakes.
65. Read James 5:7-11. How long are we encouraged to be patient.? _____
- _____ (v. 7)

66. What three examples of patience are found in the text?
- a) _____ (v. 7)
- b) _____ (v. 10)
- c) _____ (v. 11)
67. What must the farmer wait patiently for? _____
 _____ (v. 7)
68. What three admonitions are based upon the farmer's example?
- a) _____ (v. 8a)
- b) _____ (v. 8b)
- c) _____ (v. 9a)
69. Why are the prophets used as an example? _____

70. What does the patience of Job teach us?
- a) _____ (v. 11a)
- b) _____ (v. 11d)
71. When we pray, we must "wait on the Lord" for the answer to our prayers. What are we told to do in Col. 1:9 while we are waiting for the answer? _____

72. Read Psalm 27:14. What will the Lord do for the person who waits on Him with good courage? _____

73. What command is repeated twice in this verse? _____

Worldly Lie #5: "People Are Basically Good."

74. In an age when human potential and self-actualization are buzzwords, and when best-selling books include *Personal Power* and *Awaken the Giant Within*, the idea that our nature is _____ tends to threaten us because it forces us to give up cherished notions about our own goodness.

75. What are two sources of evidence that tip the scales of human nature toward the truth that not all people are good?

a) _____

b) _____

76. The theological truth can be found in Jeremiah 17:9, which says, "_____

77. Matthew 15:19 tells us that out of the heart comes:

a) _____	e) _____
b) _____	f) _____
c) _____	g) _____
d) _____	

78. According to Mark 7:23, where do all these evil things come from, and what will they do? _____

4. Marital Lies

Marital Lie #1: "All My Marital Problems Are My Spouse's Fault."

1. The truth about marriage is that it is a relationship between two people who _____

2. The "all your fault" lie implies _____

3. For a marriage to work, each spouse must take to heart the biblical teaching in Matthew 7:3 which says that we must first _____
_____ before we _____
_____.
The "beam" referred to in this verse would be the size of a telephone pole or a tree trunk. A person who cannot see a telephone pole can certainly not see a "mote," which is about the size of a splinter.
4. The theological truth for the "all your fault" lie can be found in Romans 2:1. Here we learn that to the degree we judge others - _____

5. The story of Adam and Eve gives us the classic example of a married couple who played the "blame game." Read Genesis 3:1-13. How did Satan (the serpent) begin his temptation? _____
_____ (v. 1)
6. What did Satan say about God's warning against eating the fruit on the forbidden tree?
 - a) _____ (3:4)
 - b) _____ (3:5a)
 - c) _____ (3:5b)

d) _____ (3:5c)

7. What did Satan's comments lead Eve to do?

a) _____ (3:6a)

b) _____ (3:6c)

c) _____ (3:6d)

8. How did this disobedient act affect Adam and Eve?

a) _____ (3:7)

b) _____ (3:8)

c) _____ (3:10)

9. Here is the enactment of the "blame game" in this true story. What did Adam and Eve say after they sinned?

a) Adam said: _____

b) Eve said: _____

10. What did both Adam and Eve fail to do in their response? _____

11. Do married couples still tend to blame each other when they have done something wrong today? _____

***Marital Lie #2: "If Our Marriage Takes Hard Work,
We Must Not Be Right for Each Other."***

12. Any marriage that stays healthy and happy through the years has been _____ on.
13. The struggles in our marriages often show us _____

14. In I Cor. 7:28b, Paul warns us that _____
_____.
15. However, in Ecclesiastes 4:9-12, we learn that marriage is good. List the advantages two people have over a single person.
- a) _____ (v. 9b)
- b) _____ (v. 10)
- c) _____ (v. 11)
- d) _____ (v. 12)
16. Ecclesiastes 4:12 speaks of the strength possessed by a three-strand cord. Meditate on this verse and then try to identify each of the three strands, which cannot be easily broken, in the Christ-centered marriage.
- a) Strand one: _____
- b) Strand two: _____
- c) Strand three: _____
17. Read 1 Peter 3:7-12. What are husbands directed to do? _____
_____ (v. 7b)
18. What phrase indicates that men and women are partners in the marriage? _____
_____ (v.7)

19. The Apostle Peter summarizes the positive needs within a marriage in verses 8 and 9. We should all be ...

a) _____ d) _____

b) _____ e) _____

c) _____ f) _____

20. What exchanges should never take place in the home?

a) _____ (v. 9a)

b) _____ (v. 9b)

21. What is God's will for every life and marriage? _____

_____ (v. 9e)

22. Read 1 Peter 3:1-6. Who is the example for wives to follow? _____

_____ (I Peter 2:21-25)

23. What is the wife directed to do? _____ (v. 1b)

24. Does this directive apply to wives with unsaved or uncommitted husbands? _____

_____ (v. 1)

25. What is more effective than nagging, scolding, or blaming when a husband doesn't do right? _____

_____ (vv. 1-2)

26. What is the most important part of a woman? _____

_____ (v. 4)

Marital Lie #3: “My Spouse Can and Should Meet All of My Emotional Needs.”

27. Another unrealistic notion many of us have is that _____

28. The reality of any relationship is that no one person can be the perfect “_____” for another person, so our needs are best met through a variety of healthy, appropriate sources.

29. When you have emotional needs that are not being met in the marriage, there are several things you can do. List a few here.

a) _____

b) _____

c) _____

d) _____

30. The secular truth is that no one person can meet all our _____. We need to let our spouse off the hook, if that is what we are expecting.

31. The theological truth is that there is only one Person who can meet all of our needs.

We find the proof of this in Philippians 4:19. Copy the verse here. _____

_____ This is a promise that is still true for those who are in Christ, and who are faithful to God as the Philippians were.

32. Within the story of Jacob, there is a good example of God meeting the needs of a lonely and unloved wife. Read Genesis 29. How did Jacob meet Rachel?
 _____ (v. 10)
33. What agreement did Jacob and Laban make? _____
 _____ (v. 18)
34. Seven years is a long time. What made Jacob so persistent? _____
 _____ (v. 20)
35. What happened to Jacob when the seven years ended? _____
 _____ (vv. 23-25)
36. What is ironic about the way Laban tricked Jacob? _____

 _____ (Gen. 27:5-30)
37. What did the Lord observe about Leah? _____
 _____ (v. 31a)
38. How did the Lord react to Leah's need? _____
 _____ (v. 31b)
39. How did Leah feel about God's intervention?
- a) _____ (v. 32)
 - b) _____ (v. 33)
 - c) _____ (v. 34)
 - d) _____ (v. 35)
40. What does this passage teach us about the pain of feeling unloved, lonely, rejected – about not having our emotional needs met by our spouse? _____

Marital Lie #4: “My Spouse Owes Me (For All I Do).”

41. Describe the “green stamp” marriage style. _____

42. The marriage is more peaceful if you meet each other’s needs without keeping score. In such a marriage, :
- a) you help each other out because _____
 - b) you tell your spouse it was your choice to do something, and nothing is _____
 - c) you are grateful when your spouse is _____
 - d) you quit thinking of marriage as a _____
43. The theological truth that refutes this lie can be found in 1 Peter 5:5b. Who does God give grace to? _____
44. Read Philippians 2:1-11. Jesus is the supreme example of a humble person, doing good things for others without expecting anything back. Here we learn that humble persons do not do these things.
- a) _____ (v. 3a)
 - b) _____ (v. 3b)
 - c) _____ (v. 4a)
45. Humble persons do these things.
- a) _____ (v. 4)
 - b) _____ (v. 4b)
46. Read Mark 9:35. How can we apply this verse to a marriage experiencing the “you owe me” struggle? _____

***Marital Lie #5: "I Shouldn't Have To Change
Who I Am To Make Our Marriage Better."***

47. Pulling off an intimate marriage requires that we _____
_____ not wrapping ourselves in an "accept me as I am" flag.
48. The secular truth about this lie is that marriage requires change. People who refuse to change stagnate themselves and their marriages. The theological answer to this lie is found in Hebrews 12:14a. Please copy that part of the verse here. _____

49. Before a person will be willing to make changes for the benefit of the marriage, there must be a renewing of the mind. Romans 12:2 commands us to be transformed, rather than conformed, in our daily lives. Read Romans 12:1-21.
50. How does the process of transformation take place? _____
_____ (v. 2)
51. The words transformation (v. 2) is from the Greek word for metamorphosis. It is the same word which is used to describe the process of change a worm passes through in becoming a butterfly. Just think of what benefits there can be to the marriage when one is willing to be transformed within the marriage! How will transformed thinking affect your view of yourself? _____

_____ (v. 3)
52. How will transformed thinking affect your attitude toward your spouse? _____

_____ (vv. 4-5)
53. How will a renewed mind function within the marriage? _____

_____ (vv. 6-8)

Marital Lie #6: “My Spouse Should Be Like Me.”

54. This lie embraces the belief that your own way of being a human being is the best, and that your spouse must _____

55. To put it bluntly, these people want more of a _____ than a _____
56. The key to a harmonious marriage is the ability to compromise and accept each other’s ways. A great example of a person willing to accept others’ ways for the benefit of the gospel was the Apostle Paul. In 1 Corinthians 9:18, Paul states that he did not “make full use of his rights.” Read 1 Corinthians 9:16-22.
57. What did Paul do in order to win more souls? _____
_____ (v. 19b)
58. Notice how Paul adapted his ministry to his listeners.
- a) When working with Jews, he became as _____ (v. 20a)
 - b) When witnessing to Law-keepers, he _____ (v. 20d)
 - c) When talking to people without the Law, he became _____
_____ (v. 21b)
 - d) When ministering to the weak, he became _____
_____ (v. 22a)
59. Changing to become like others to the extreme becomes “wishy-washy.” What indicates that Paul was not “wishy-washy” in his lifestyle? _____
_____ (v. 21c)
60. Why was Paul so flexible, so willing to make changes? _____
_____ (v. 22d)
61. Why should we be willing to be flexible in the marriage? _____

5. *Distortion Lies*

1. Name the six distortions:

- a) _____ - the Mountain out of a Molehill lie
- b) _____ - the Taking Everything Personally lie
- c) _____ - the Black/White lie
- d) _____ - Missing the Forest for the Trees lie
- e) _____ - the History Always Repeats Itself lie
- f) _____ - Don't Confuse Me with The Facts lie

Distortion Lie #1: "A Mountain Out of a Molehill"

2. A person who makes each event even bigger mentally makes his life almost _____.

3. When Jill felt like wringing her son's neck for the mess her son left in the den, what are three things she should have done instead of blowing up?

- a) _____
- b) _____
- c) _____

4. The theological answer to anger based on exaggeration can be found throughout the Bible. Read Psalm 37:8 to find three commands with regard to anger.

- a) _____
- b) _____
- c) _____

5. The person who believes the "mountain out of a molehill lie" usually has a short fuse. What do we learn in Proverbs 16:32 about the value of being slow to anger?

Distortion Lie #2: “Personalization: Taking Everything Personally”

6. When someone treats you badly (or nicely, that is a statement about _____

not a statement about you..
7. A great example of a Bible character who took everything personally was Jonah. After being miraculously saved from the big fish, Jonah grudgingly obeyed God, and brought the message to Nineveh.
8. Read Jonah 3:5 – 4:3. Why was Jonah so angry? _____

9. What did Jonah ask God to do? _____
_____ (v. 3)
10. Read Jonah 4:5-11. What did God do for Jonah as he sat in his shelter? _____
_____ (v. 6)
11. What did God cause to happen to the plant? _____
_____ (v. 7)
12. What happened the next day? _____
_____ (v. 8)
13. What did Jonah say after the plant withered? _____
_____ (vv. 8-9)
14. Why was Jonah so unhappy? What was his problem? _____

15. We can see Jonah measured everything God did by how it reflected on him, or how it affected his comfort. It was “all about him,” rather than all about others. Jonah took personally everything that God did. The Bible does not say how long after this time that Jonah remained angry, but we know he remained angry to the end of this book.

Distortion Lie #3: "Polarization: Making Everything Black or White"

16. The _____ takes reality and cuts it into extremes of black and white.
17. Describe a person who engages in scum/saint thinking. _____

18. To label ourselves as "scum" or "saint," or to stick either label on others is to miss seeing the _____ person.
19. Pride can set the stage for committing immoral acts you never thought you would because you didn't watch out for your _____ spots.
20. "Black and white" people can be quite susceptible to temptation. They may find themselves in what looks like a harmless situation, suddenly spinning out of control. They walk carefully around the obvious temptations, the black and white situations, but slip up with small, carefully masked situations.
21. Read 1 Cor. 10:12. What advice does this verse offer to all of us? _____

22. In 1 Cor. 10:13, we are told we do not have to stand helpless before temptation and yield to it. We learn that:
- a) God is _____.
 - b) He will not allow us to be tempted _____.
 - c) With the temptation, He will always _____

23. What are some changes in thinking that the polarized thinker needs to make? _____

Distortion Lie #4: “Selective Abstraction: Missing the Forest for the Trees”

24. An offshoot of the polarization lie is one called selective abstraction – the “_____” way of distorting reality.
25. A person who distorts reality in this way focuses _____

26. If a person focuses on every negative that happens, it is no wonder if he becomes _____.
27. Give the scenario of a teacher who has missed the forest for the trees with her student. _____

28. The Pharisees were renowned for “missing the forest for the trees. “ Give an example of a Bible story where the Pharisees took Jesus to task for something He did, because they thought He was breaking the law, teaching blasphemy, or doing something wrong – and they missed the entire point of what Jesus was really doing.. Give the Bible location and a brief summary of the situation.

Distortion Lie #5: “Overgeneralization: History Always Repeats Itself”

29. In the overgeneralization distortion, any negative event can lead to the lie that the future _____
30. What impact does this thinking error have on marriages, when one partner is sold out on it? _____

31. Is it possible for people with this thinking error to change? _____
32. In order to break the predicted pattern of history repeating itself once more, a person must experience a renewing of the mind in Christ. Read 1 Peter 2:1-3. What changes should occur in the life of person whose mind has been renewed in Christ?
- a) He should discontinue several sinful activities (v. 1)
- a) _____ d) _____
- b) _____ e) _____
- c) _____
- b) He should begin a new habit, namely _____
_____ (v. 2:2a)
33. What is the purpose for taking the Word of God into your life? _____
_____ (v. 2:2b)
34. Read Hebrews 5:12. If a person is spiritually weak and cannot seem to get past this lie, what does he need someone to do? _____

_____ (v. 12b)

Distortion Lie #6: “Emotional Reasoning: Feelings Equal Facts”

35. After reading this chapter, hopefully you will see that _____ are usually an unreliable barometer of what the “facts” actually are.
36. When people turn their feelings into _____, they are much harder to help.
37. We should completely ignore our feelings when dealing with things.
_____ True _____ False
38. A Bible character who exemplified this type of thinking, and was therefore hard to help, can be found in 2 Kings 5:1-14. What was Naaman’s problem? _____
_____ (v. 1)
39. What did the captive Israelite maid suggest that Naaman do? _____
_____ (v. 3)
40. What did Naaman do in his first attempt to become healed? _____
_____ (v. 5)
41. What did the messenger of Elisha tell Naaman to do? _____
_____ (v. 10)
42. Why did Naaman go away in a rage? _____

_____ (vv. 11-12)
43. Who convinced Naaman to obey Elisha’s instructions? _____ (v. 13)
44. Naaman had the feeling that he knew how to get his miracle. He brought along the equivalent of \$77,370.00 in gold and silver, because he felt like he had to buy his way out of leprosy. But he not only didn’t get to pay the bill, he didn’t even get to see the “doctor.” If he could have paid for his miracle, man would have gotten the glory. Instead, we must give the praise and glory to _____ for his healing.

6. Religious Lies

1. _____ lies are usually taught as theological truth by people we trust, so we don't typically feel much freedom to doubt them..
2. Religious lies are taught to us as what _____, and not many of us are willing to disagree with God.
3. Religious lies make us _____ ill.

Religious Lie #1: "God's Love Must Be Earned."

4. The person who believes this lie has fallen into the trap of believing that his/her actions affect whether or not _____
5. The theological truth is _____

6. What are some steps a person could take to overcome the religious lie that God's love must be earned?
 - a) _____

 - b) _____

 - c) _____

7. Christians who believe this lie will also feel that they must earn their way to heaven by doing good works. We find the answer to this lie in Eph. 2:1-10. What is the past condition of every believer?
 - a) _____ (v. 1)
 - b) _____
_____ (v. 2)

c) _____
_____ (v. 3)

8. List the reaction of God to man's fallen condition.

a) _____ (v. 4)

b) _____ (v. 5)

c) _____
_____ (v. 6)

9. Discover God's purpose in redeeming mankind. _____

_____ (v. 7)

10. How does the process of salvation take place according to verse 8. It comes by
_____ through _____, as a _____ of God.

11. Now this question is very important for the "Earning God's Love" believer to understand. How does salvation **NOT** happen?

a) Not of _____ (v. 8)

b) Not of _____ (v. 9)

12. In addition, we read in 2 Tim. 1:9 that God has called us with a holy calling, but not according to our _____, but according to _____

Religious Lie #2: “God Hates the Sin and Sinner.”

13. When we buy into this lie, we make turning away from the sin much more difficult.

Why? _____

14. The story of the woman caught in adultery is a classic example of God’s true concept of the sin versus sinner relationship. Read John 8:3-11. Whom did the

Pharisees bring before Jesus? _____ (v. 3)

15. What did the law of Moses say should be done in such a case? _____

_____ (v. 5)

16. What did Jesus say and do when the Pharisees asked Him what should be done with the adulterous woman?

a) _____ (v. 6)

b) _____

_____ (v. 7)

c) _____ (v. 8)

What Jesus wrote on the ground is not recorded, but some think He was writing in the dust a list of the sins committed by the Pharisees in His presence.

17. What was the Pharisees’ response? _____

_____ (v. 9)

18. After everyone had left, what did Jesus say to the woman? _____

_____ (v. 11)

Some early Christians avoided reading this passage in church, because they thought Jesus said here that he did not condemn adultery. After some time, this passage was even left out of some copies of Scripture as well. However, Jesus frankly told the adulterous woman to sin no more. He condemned the **sin**, but did not pass sentence on the sinner.

***Religious Lie #3: “Because I’m a Christian,
God Will Protect Me From Pain and Suffering.”***

19. The Christian who buys into this lie foolishly believes that the God will protect him from the troubles other people endure such as:
- a) _____
 - b) _____
20. If anything, being a Christian means more troubles for two primary reasons.
- a) _____

 - b) _____

21. The ultimate comfort of Christianity is that however bad life is down here for us, we have _____

22. We find the theological answer to this lie in 1 Peter 4:12-13. We are told not to be surprised at _____
_____ (v. 12)
23. How then are we to respond to trials and tribulations? _____
_____ (v. 13)
24. Again in John 16:33, Jesus reassured us that troubles are a normal part of life, even for the Christian. He told us that we might have _____ (v. 33b)
25. Why does Jesus tell us we can be of good cheer? _____
_____ (v. 33d)
26. Again, in Philippians 1:29, Paul warns us that we are not only to believe in Christ, we are also to _____

Religious Lie #4: "All My Problems Are Caused by My Sins."

27. We humans like to _____ things. We believe everything must happen for a _____. And so to believe we cause all of our own problems is a very easy _____ to believe.
28. Sometimes God allows bad things to happen to good people so He can demonstrate His _____.
29. This principle is very well demonstrated in John 9:1-3. What question were the disciples asking Jesus? _____
_____ (v. 2)
30. Whom did Jesus say had sinned? _____ (v. 3)
31. Why did Jesus say the man had been born blind? _____
_____ (v. 3)
32. The challenge, then, is to examine the root of a given problem.
- a) If the root is personal sin, _____

- b) If the root is someone else's sin, or no sin at all, _____

33. Many times problems come because we are being oppressed by the devil. What do we learn Jesus did for such people in Acts 10:38? _____

34. Another example of this can be found in Matt. 12:22. What three problems did the devil lay on the man in this verse?
- a) _____ b) _____ c) _____
35. What did Jesus do for him? _____

Religious Lie #5: "It is My Christian Duty to Meet All the Needs of Others."

36. This lie could also be called the “_____” lie, and it’s a tape a lot of us play and replay every day.
37. Many of us forget that we can only do so much to meet the _____ of others, and that God would not call us to live a life of meeting others’ needs in a way that burns us out in the process.
38. Many of us turn Christianity into something heavy and burdensome, by trying to be _____
39. If you are a pastor who needs running shoes because of the quantity of things that need to be done, you are a prime candidate for _____
40. The theological truth to refute this lie can be found in Romans 12:6-8. What gifts are mentioned in these verses?
- | | |
|----------|----------|
| a) _____ | e) _____ |
| b) _____ | f) _____ |
| c) _____ | g) _____ |
| d) _____ | |
41. Is a person expected to possess all of these gifts? _____ Should a person be expected to minister with all of these gifts? _____ Exactly. These gifts are given and to be exercised according to grace and the measures of faith.
42. Read 1 Cor. 12:27-31. Again, we see that one person cannot be all things to all people. We are not called to do it all. We are only called to do our part. How can we discern what part the Lord has planned for our lives, when we are to say yes and when we are to say no, to the requests people make of us? (*Thought Question*)

Religious Lie #6: “A Good Christian Doesn’t Feel Angry, Anxious or Depressed.”

43. _____ is taking what we feel and repressing or suppressing it, so that we don’t feel it.
44. Ultimately, when too many feelings get stuffed, there are two bad results.
- a) _____
- b) _____
45. Emotional problems that may signal psychological and spiritual problems are
- a) Painful emotions that show up _____
- b) Emotions that are overwhelmingly _____
- c) Painful emotions that last too _____
46. Chronic anxiety reflects a lack of mature faith in the fact that God
- a) _____
- b) _____
47. Read Mark 14:32-34. What emotion was Jesus feeling in this passage? _____
_____ (v. 34)
48. How do you think He might have felt when He went to check on the disciples, and found them asleep? _____ (vv. 37-38)
49. Read Mark 11:15-16. What emotion did Jesus express in these verses?
_____ Why? _____

50. Read John 11:33-35. What emotion did Jesus express in these verses? _____

Religious Lie #7: “God Can’t Use Me Unless I’m Spiritually Strong.”

51. One of Christianity’s paradoxes is that, through our _____, God can show power.
52. The bottom line is that we are all “_____” and in need of the Great Physician..
53. Many of our Biblical heroes felt inadequate to serve God when they were called. Gideon is a perfect example of such a man. Read Judges 6:11-21. In verse 14, God called Gideon to save the people of Israel. What were Gideon’s excuses that he used to explain why he could never do this thing? (v. 15)
- a) _____
- b) _____
54. How did God say He would enable Gideon to smite the Midianites? _____
_____ (v. 16)
55. Moses is another person who was 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. Read Exodus 3 and 4 to find God’s answers to Moses’ questions and objections.
- a) “Who am I that I should go unto Pharaoh?” _____
_____ (Ex. 3:12a)
Notice this is virtually the same answer that God gave when Gideon was questioning his calling.
- b) “What shall I say when they ask Your name?” _____
_____ (Ex. 3:14)
- c) “They won’t believe me.” _____
_____ (Ex. 4:2-5)
- d) “I am not eloquent. I am slow of speech.” _____
_____ (Ex. 4:12)
- e) “Send someone else.” _____
_____ (Ex. 4:14)

56. Jesus had the power to produce instant, charismatic evangelists. Instead, the Lord took ordinary men, just as they were – spiritually weak and sinners, taught them, gave them detailed instructions, and then sent them out to practice.

57. Read Matthew 10:5-33 and record the detailed instructions Jesus gave to His disciples.

a) Whom were they to approach? _____
_____ (vv. 5-6)

b) What were they to say? _____
_____ (v. 7)

c) How were they to give? _____ (v. 8)

d) What were they to not be concerned about? _____
_____ (vv. 9-10)

e) How were they to choose a room? _____
_____ (v. 11)

f) How were they to begin their witness? _____
_____ (v. 12)

g) How were they to respond to rejection? _____

_____ (vv. 13-15)

58. Complete the following statements about the difficulty of their task.

a) They would be as _____ among _____ (v. 16a)

b) They should be as _____ as serpents, and as _____
as doves (v. 16c)

c) They should expect to be questioned and mistreated, but even this would
provide an opportunity to give a _____ (vv. 17-20)

d) Families would be divided by their response to Christ. (v. 21).

e) They would be _____ (v. 22a) and _____
(v. 23a)

59. Jesus told them not to be afraid of physical harm, because nothing happens without God's permission. He said the _____ on their heads were all _____ (v. 30).
60. And so we see God is willing to use those who are weak, and He will take the time to mold them into the tool He needs them to be.

Part 2: Telling Ourselves the Truth

7. The Truth About the Truth

1. What were the three major problems troubling Bill?
 - a) _____
 - b) _____
 - c) _____
2. Bill was confused about the _____ of these situations.
3. What are the seven truths about truth taught in this chapter?
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
 - g) _____
4. Read Jer. 7:28. Jeremiah was exhorting the people of Judah by listing signs of their rebellion against God. What four signs are listed in this verse?
 - a) _____
 - b) _____
 - c) _____
 - d) _____
5. The people of Judah did not accept the truth of the Lord's instructions and would not obey Him. By contrast, in Psalm 86:11, David prayed that God would teach him His way. David promised to _____

8. To Err is Human

6. Why do we all hate to make mistakes? _____

7. Some people take an extreme attitude, believing “to err is stupid.” What do such people do to try and correct the problem? _____

8. The Bible says that to “err” is very much a part of being human. In fact, the scriptures teach that we all have a sinful nature. When did we receive this sinful nature? _____ (Ps. 51:5)

9. How does this sinful nature affect us when we try to do good? _____

_____ (Rom. 7:18)

10. How many people have sinned, made mistakes, and fallen short of the glory of God?

_____ (Rom. 3:10-11)

11. What does the Bible say are the works of the flesh? (Gal. 5:19-21)

a) _____	j) _____
b) _____	k) _____
c) _____	l) _____
d) _____	m) _____
e) _____	n) _____
f) _____	o) _____
g) _____	p) _____
h) _____	q) _____
i) _____	

9. You Can't Please Everyone

12. When does our God-given need for approval become a problem? _____

13. If you are counseling with a person who is addicted to approval, what are some positive steps you could suggest that he/she take to “go straight?”

a) _____

b) _____

c) _____

d) _____

14. Did Jesus please everyone He encountered? _____

_____ (Isa. 53:3)

15. Whom should we seek to please above all? _____ (Gal. 1:10)

16. James 4:4 tells us that friendship with the world is _____

_____. In addition, whoever wants to be a friend of the world makes himself an _____.

17. We should actually be concerned about the person who appears to have everyone's approval. According to the above scriptures, such a person _____

(Thought Question)

10. There Is No Gain Without Pain

18. When is a person you are counseling most likely to bail out or give up trying?

19. The truth is, becoming a better person requires _____

20. In James 1:2-4, we read that we should count it pure joy when we _____

_____, because _____

21. Read Philippians 3:8-21. Paul was willing to pay the price of personal suffering in order to mature and yield a great reward. What were the 12 great goals of Paul that made him willing to face the pain in order to achieve the gain?

- a) _____ (v. 8)
- b) _____ (v. 9)
- c) _____ (v. 9)
- d) _____ (v. 10)
- e) _____ (v. 10)
- f) _____ (v. 10)
- g) _____ (v. 10)
- h) _____ (v. 11-12)
- i) _____ (v. 12-13)
- j) _____ (v. 14)
- k) _____ (v. 15-19)
- l) _____ (v. 21)

11. You Don't "Have To" Do Anything

22. You don't "have to" do anything, but _____
may come your way if you choose not to do certain things.

23. When we say the words "have to," we have lost sight of the truth that _____

24. What is a primary reason that therapy doesn't "work" for some clients? _____

25. The Bible teaches that we have free will. We are free to go our own way, but there are consequences for our choices. Read Deut. 30:19-20. What opposing choices has the Lord set before us in these verses?

_____ or _____
_____ or _____

26. What should we choose? _____

27. Write the values mentioned in Prov. 8:10-11. Circle the ones you should choose.
_____ or _____
_____ or _____
_____ or _____

28. What two things are we advised to select in Prov. 16:16?
a) _____ b) _____

29. In Gal. 5:1, the advice Paul gave the Galatians is also true for us today. He said to
a) _____ (v. 1a)
b) _____
_____ (v. 1b)

12. The Virtue Lies in the Struggle, Not the Prize

30. What is the “scoreboard” mentality? _____

31. The truth is the virtue is always in our _____, not in what they
_____.

32. The Bible teaches that we will never be perfectly moral or mature during our lives,
no matter how hard we try. Does that mean we should give up the effort? _____

Explain. _____

(Thought Question)

33. Read Heb. 12:1-2. What two things must be set aside as we struggle in this area?

a) _____ (v. 1b)

b) _____ (v. 1c)

34. What two things must be done as we struggle to become better Christians?

a) _____ (v. 1d)

b) _____ (v. 2a)

35. What was Jesus’ experience with enduring the struggle to attain the prize?

a) _____ (v. 2b)

b) _____ (v. 2c)

36. Read Phil. 3:12-15. What was the goal Paul was pressing toward? _____

37. Did Paul ever believe that he was completely successful at this during his lifetime?

38. Did he get discouraged, or give up? _____

13. Life Is Difficult

39. We all know intellectually that problems are a part of life, but many of us believe that _____
40. What changes did Becky need to make in her thinking that would help her deal with challenging customers in an acceptable way? _____

41. The Bible teaches us that life has not been easy since the fall. What are some of the difficulties we now face because of this?
- a) For women (Gen. 3:16)
- i) _____
- ii) _____
- iii) _____
- b) For men: (Gen. 3:17-19; Rom. 5:12-20)
- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____
42. What are some difficulties we all endure because of the sin of Adam and Eve?
- a) _____ (Isa. 59:2)
- b) _____ (Gen. 9:2)
- c) _____ (Gen. 6:5-7)
- d) _____ (Gen. 3:22-24)
- e) _____ (Gen. 3:16-19; Matt. 8:17)
- f) _____ (Eph. 4:22-24; 1 Pet. 2:24)

14. You Reap What You Sow

43. In dozens of different ways, we all hope that we can avoid _____

44. However, we never actually get away with anything because _____

45. If you sow lies in your mind long enough, you will reap _____

But if you sow truth in your mind long enough, you will reap _____

46. The truth “you reap what you sow” shows up frequently in the Bible. As we will see in the following scriptures, this principle can be applied both negatively and positively.

a) If you sow _____, you will reap _____
(Job. 4:8)

b) If you sow _____, you will reap _____
(Prov. 11:18)

c) If you sow _____, you will reap _____
(Prov. 22:8)

d) If you sow _____, you will reap _____,
and if you sow _____, you will reap _____
(Prov. 11:18) (2 Cor. 9:6)

e) If you sow _____, you will reap _____,
and if you sow _____, you will reap _____
_____ (Gal. 6:7-8)

15. You Are Not Entitled to Anything

47. What is the “entitlement” attitude? _____

48. Entitlement thinking is the kiss of death to _____

49. How can entitlement thinking destroy a marriage? _____

50. The painful truth is that _____

51. A perfect example of entitlement thinking can be found in Luke 18:9-14. Write in the entitlement statements made by the Pharisee.

a) _____ (v. 11)

b) _____ (v. 12a)

c) _____ (v. 12b)

52. Which man went to his house justified? _____ (v. 14)

Why? _____

53. Are we entitled to salvation? _____ Explain _____

_____ (Eph. 2:1-9)

54. According to Matthew 18:3, how can we become the greatest, entitled to all the kingdom of heaven has to offer? _____

The way of greatness in the world is to work our way **up**, by every means we can – at the expense of all others. The way of the gospel is to go **down**, to become least and the servant of all, considering the other the better man.

16. Emotional Pain Is Good

55. Emotional pain is good for us for two reasons.
- a) It serves as a warning signal _____

 - b) It motivates us to _____

56. How do some people “self-medicate” themselves to dilute or avoid emotional pain?

57. What two serious problems can result from “self-medication?”
- a) _____
 - b) _____
58. There are several Biblical verses supporting the truth that emotional pain is good.
Why are those who mourn blessed? _____
_____ (Matt. 5:4)
59. When we have been comforted by God, what will we be able to do for others?

_____ (2 Cor. 1:3-4)
60. What do tribulations produce in us? _____
_____ (Rom. 5:3-4)
61. What emotion should we feel when we face trials? _____ (James 1:2-4)
62. We know that all things work together for good, for those _____
_____ (Rom 8:28)

17. You Are Going To Die

63. Death will come and there is no _____ from it.
64. What may be one reason people aren't more motivated to live a fuller life, given that they know their days are numbered? _____

65. What are a few of the changes that often occur after a person has experienced a near-death experience?
- a) _____
 - b) _____
 - c) _____
 - d) _____
66. Man has an inescapable appointment. It is appointed, or laid up by divine decree, ". . . _____"
_____ " (Gen. 3:19c)
67. What is the answer to the question posed in Ps. 89:48? _____
68. Ecc. 3:2 says there is a time to be _____ and a time to _____.
69. What is the destiny of every man? _____ (Ecc. 7:2)
70. This law of death will hold firm for all men until the rapture. What will happen to the people who are living then? _____

_____ (1 Thess. 4:17)
71. 1 Cor. 15:26 says that the last enemy to be destroyed is death. When will this happen? _____ (1 Cor. 15:24)

This is not the end at Christ's coming, but this end will come 1,000 years later, when all rebellion has been put down and the earth has been made new. (Rev. 20:1-10; 21:1-22) At that time, death will be destroyed, and all things will be again as they were before Adam and Eve sinned.

18. Is There An Ultimate Source of Truth?

72. What were the three reasons Dr. Thurman gave Bill for believing that God exists?
- a) _____
 - b) _____
 - c) _____
73. Why do Christians who believe in God seem as messed up as everyone else? _____
- _____
- _____
- _____
74. What are two sources people look to for the truth?
- a) _____
 - b) _____
75. Where can we find the truth? _____(Ps. 119:105)
76. What five facts about the Word of God do we learn in Heb. 4:12?
- a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
77. Where will the way of truth take you? _____
- _____
78. What will the way of truth provide?
- a) On earth _____
 - b) After death _____

19. The Truth About God and the Truth About You

79. What are the attributes of God?

- a) _____ g) _____
- b) _____ h) _____
- c) _____ i) _____
- d) _____ j) _____
- e) _____ k) _____
- f) _____

80. The Bible teaches us basic facts about ourselves and our relationship with God. If we understand the good news and the bad news about ourselves taught in the Bible, we will see ourselves accurately. Personalize answers by using the pronoun "I."

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____
- h) _____
- i) _____
- j) _____
- k) _____
- l) _____
- m) _____
- n) _____

81. Do you believe these truths, as taught in the Bible? (Answer optional) _____

HOW TO DEFEAT YOUR LIES

(Thought questions - answers not in text)

1. For the Christian, the most critical step in defeating lies, religious and otherwise, deals with two familiar but often misused practices: memorization and meditation. How would scripture memorization help defeat the lies in your mind?

2. Read Psalm 119:11. What does this verse say is a benefit of hiding the Word in your heart? _____

3. How do you think meditation could help defeat the lies in your mind? _____

4. Read Psalm 119:15. What does this verse say will happen when we meditate on the Lord's precepts? _____

5. Read Psalm 63:6. What did David find to be a good time to meditate on Bible verses? _____

6. Read 2 Timothy 3:16. According to this verse, how much of Scripture would be beneficial for memorization or meditation? _____

7. What four things is all Scripture profitable for?

a) _____	c) _____
b) _____	d) _____