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Chapter 9 Understanding Our Soul Bible Class Handout Week 7

Today's Date: _____ My Name: _____

Section 13 – Fear, a Unique Emotion (9:43)

1. When fear registers in the red zone, it trips a _____ that does not allow us to think of anything except what we are afraid of.
2. When that switch is flipped on, the only question our brain is allowed to answer is, "Should I _____, or should I _____?"
3. Once tripped, this switch commands _____ attention.
4. When that switch is flipped, _____ is pumped into the blood stream.
5. Because of the tremendous power adrenaline provides a human being, God "_____ - _____" our brain to the emotional indicator of fear.
6. That much power requires a _____ dedicated mind.
7. When the fear switch is flipped, it turns off all other conscious _____ of the mind.
8. When fear registers below the red zone, it turns off the "_____ " switch.

Section 14 – Anger and Sadness (14:29)

9. Just like fear, _____ and _____ - also have "override" switches.

10. When tripped, these switches turn off the conscience _____ of the mind.
11. it is impossible to _____ when the emotions of warning are in the "red zone."
12. It is impossible to _____ any current event file until these three meters have been dialed back.
13. Never make any _____, or take any _____ when anger and sadness are in the red zone.
14. This is different from the fear indicator, which commands an immediate _____ and _____.
15. What should you do when your anger is in the red zone?
 - a. immediately _____ yourself
 - b. _____
 - _____ for letting anger get out of control!
 - _____ anger to dial back
 - c. take slow, deep _____
 - d. change your _____ to comply with Philippians 4:8
 - e. _____ the Psalms out loud, or _____
16. It is possible to be angry and not _____.
17. What should you do when your sadness is registering in the red zone?
 - a. NEVER let yourself be _____.
 - Get around _____
 - If no one is available, _____ someone!
 - Do NOT think you should be _____, and get through this on your own.
 - b. _____

- Ask someone to _____ with you as you pray.
- command your soul to be _____!
- Thank God that you are _____ in the likeness and image of God for the _____ of glorifying Jesus!

c. _____ the Lord with all your strength

- _____ sing a worship song you know!
- _____ any Psalm out loud

Section 15 – A Lesson in Processing a Current Event File (14:19)

18. “The Christmas shoes” is a fictional _____ of how further investigation can immediately _____ our emotional indicator settings.
19. The song presupposes that all of us have found ourselves in a _____ situation.
20. Upon this reminder, we will search our _____ banks for those incidents in our past for more information.
21. Once we find our own files of similar circumstances. We immediately know some of the _____ and emotions that were racing through that man’s head.
22. Without intentionally seeking out more information, the young boy volunteered the _____ that changed this man’s _____ indicators in a moment.
23. The boy’s dad had told him there was not much _____ left for his momma to live.
24. This small amount of _____ is enough for the man’s frustration and anger meters to totally cease from registering, and for the

- _____ and empathy meters to peg past the red zone.
25. What was the result of this man's immediate _____ of all the data he had received concerning this incident? The man laid the _____ down.
26. This action reveals the _____ this man reached as he immediately processed all the _____ of that experience.
- how he _____
 - what he _____
 - what he _____ about this experience
27. These conclusions and actions for this file were linked to all of the _____ files that were opened while processing this experience.
28. This link will remind the man not to let his _____ and _____ meters register so high in any future situations like this one.
29. More tolerant possibilities for reasons and _____ surrounding those memories are immediately written into those open files.
30. The emotional indicator settings for those more tolerant _____ were experienced and recorded in all those files for future reference.
31. The result of this one correctly processed experience changed the way this man now looks at all of his _____ similar experiences, and how he will look at all _____ similar experiences as well.
32. The telling of this story to _____ also has the same effect on all _____ similar files as well.

Discussion Questions

1. The leader should read this scripture, then each person takes turns expressing How did Joshua help his captains help their men of war reset, or dial back, their fear meters after the danger had passed?

So it was, when they brought out those kings to Joshua, that Joshua called for all the men of Israel, and said to the captains of the men of war who went with him, "Come near, put your feet on the necks of these kings." And they drew near and put their feet on their necks. Then Joshua said to them, "Do not be afraid, nor be dismayed; be strong and of good courage, for thus the Lord will do to all your enemies against whom you fight." And afterward Joshua struck them and killed them, and hanged them on five trees; and they were hanging on the trees until evening. Joshua 10:24-26 (NKJV)

2. How does this phrase apply to us Christians today? *"Do not be afraid, nor be dismayed; be strong and of good courage, for thus the Lord will do to all your enemies against whom you fight."*
3. What are some enemies we Christians fight today?
4. Compare the promise from Joshua with this promise from Jesus:

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." John 16:33 (NKJV)

5. How does it give you peace to know that Jesus has overcome the world?