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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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?”

1. Once tripped, this switch commands \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ attention.
2. When that switch is flipped, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is pumped into the blood stream.
3. Because of the tremendous power adrenaline provides a human being, God

“\_\_\_\_\_\_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” our brain to the emotional indicator of fear.

1. That much power requires a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dedicated mind.
2. When the fear switch is flipped, it turns off all other conscious \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the mind.
3. When fear registers below the red zone, it turns off the “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” switch.

**Section 14 – Anger and Sadness (14:29)**

1. Just like fear, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- also have “override” switches.
2. When tripped, these switches turn off the conscience \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the mind.
3. it is impossible to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when the emotions of warning are in the “red zone.”
4. It is impossible to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ any current event file until these three meters have been dialed back.
5. Never make any \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or take any \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when anger and sadness are in the red zone.
6. This is different from the fear indicator, which commands an immediate

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. What should you do when your anger is in the red zone?
	1. immediately \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ yourself
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for letting anger get out of control!
		* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ anger to dial back
	3. take slow, deep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	4. change your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to comply with Philippians 4:8
	5. \_\_\_\_\_\_\_\_\_\_\_\_ the Psalms out loud, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. It is possible to be angry and not \_\_\_\_\_\_\_\_\_\_\_\_.
3. What should you do when your sadness is registering in the red zone?
	1. 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.
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		* 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!

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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)**

1. “The Christmas shoes” is a fictional \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of how further

investigation can immediately \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our emotional indicator settings.

1. The song presupposes that all of us have found ourselves in a

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ situation.

1. Upon this reminder, we will search our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ banks for those incidents in our past for more information.
2. 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.

1. Without intentionally seeking out more information, the young boy volunteered

the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that changed this man’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ indicators in a moment.

1. The boy’s dad had told him there was not much \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ left for his momma to live.
2. 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.

1. What was the result of this man’s immediate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of all the data he had received concerning this incident? The man laid the

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ down.

1. This action reveals the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ this man reached as he

immediately processed all the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of that experience.

* 1. how he \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. what he \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. what he \_\_\_\_\_\_\_\_\_\_\_\_\_\_ about this experience
1. These conclusions and actions for this file were linked to all of the

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ files that were opened while processing this experience.

1. This link will remind the man not to let his \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meters register so high in any future situations like this one.

1. More tolerant possibilities for reasons and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ surrounding those memories are immediately written into those open files.
2. The emotional indicator settings for those more tolerant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ were experienced and recorded in all those files for future reference.
3. 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.

1. 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)*

1. 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.”*
2. What are some enemies we Christians fight today?
3. 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)*

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