



## Chapter 9 Understanding Our Soul

### Bible Class Handout Week 4

Today's Date: \_\_\_\_\_ My Name: \_\_\_\_\_

#### Section 9 – What Should We Think About? (27:13)

1. God never intended for the emotions of warning to \_\_\_\_\_ to register!
2. Long-term stress the warning emotions put on your body can compromise your \_\_\_\_\_.
3. What we \_\_\_\_\_ most of the time will determine how we feel emotionally.
4. When we open an event/memory file, the emotional indicators are \_\_\_\_\_ to where they were in that event.
5. God has provided emotions of \_\_\_\_\_ so we can enjoy the life He has given to us.
6. Sensitivity to all emotions can becomes \_\_\_\_\_ because of our busy lifestyles, causing us to miss things God brings into our lives to provide us with \_\_\_\_\_.
7. The importance of smelling a rose is to trigger the resetting of our pleasurable emotions by opening memory files with beautiful scents, which are opened by that rose's \_\_\_\_\_.
8. The stimulus of sweet smells helps to reset our emotional indicators to a \_\_\_\_\_ setting, which releases us from the effects of continual exposure to the emotions of \_\_\_\_\_.

9. The continual registering of the emotions of pleasure provides a perfect backdrop for the emotions of warning to \_\_\_\_\_ best.
10. If the emotions of pleasure are always on, the emotions of warning's sharp \_\_\_\_\_ is an early \_\_\_\_\_ system.
11. God intends for us to experience these \_\_\_\_\_ emotions all the time.
12. This is necessary for obtaining and maintaining our overall health on all levels of our being, which are:

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13. God \_\_\_\_\_ us to constantly and consciously recall memories, all the time, that trigger these pleasurable emotional indicator settings.
14. The scripture where God tells us to think positive is \_\_\_\_\_
15. Half-truths are \_\_\_\_\_.
16. Don't waste your time on \_\_\_\_\_ reports.
17. The ultimate truth we should be thinking about all the time is the \_\_\_\_\_.
18. Truth can apply to \_\_\_\_\_ event file at a time, but someone who is \_\_\_\_\_ is truthful all the time, faithfully.
19. The world has done away with absolutes by introducing " \_\_\_\_\_."
20. Justness is one of God's universal laws that spans both the \_\_\_\_\_ and the \_\_\_\_\_ realms.
21. Whatever a man sows, that he will also \_\_\_\_\_. (= just)
22. What is the scripture reference for the last statement? \_\_\_\_\_

- 23. God will hold every person responsible for his or her \_\_\_\_\_.
- 24. Things that are pure have not been \_\_\_\_\_ by something foreign in it.
- 25. Something “lovely” is also something \_\_\_\_\_.
- 26. Our flesh is drawn to \_\_\_\_\_ reports.
- 27. In order for our emotions of warning to be effective, God made it so they will always register \_\_\_\_\_ than the emotions of pleasure.
- 28. \_\_\_\_\_ and \_\_\_\_\_ are the two categories of memory files in which the other six type of files fit.
- 29. The only synonym listed for “virtuous” is the word “\_\_\_\_\_.”
- 30. The first three types of memory files in Phil. 4:8 all fit into the category of virtuous or righteous experiences. They are:
- 31. The second three types of memory files in Phil. 4:8 all fit into the category of praiseworthy experiences. They are:

30. <b>virtuous</b>	31. <b>praiseworthy</b>

- 32. Praiseworthy memories could also called “\_\_\_\_\_ memories.”
- 33. By being commanded to think on virtuous and praiseworthy memories, we are also being commanded to \_\_\_\_\_ think about the unjust things, and the non-praiseworthy memories.
- 34. This commandment in Phil. 4:8 is to protect all three parts of our being from the destructive \_\_\_\_\_ of the strong emotions of warning.
- 35. God’s redemption plan involves bringing the \_\_\_\_\_ back to the realm of mankind through Jesus.

36. Both of these pleasurable emotional \_\_\_\_\_ are mentioned as foundational tenants of the kingdom.
37. Fill in the blanks on this chart.

Philippians 4:8	virtue	praise
	righteous	beautiful
Romans 14:17		
Hebrews 7:1-3		
James 3:18		
Isaiah 61:11		

### Discussion Questions

1. The leader should read this scripture, then each person takes turns expressing a brief summary of a personal memory for each of these six categories of memories – true, honest, just, pure, lovely, and a good report.

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Philippians 4:8 KJV*

2. Now that you have been remembering your own positive memories, and hearing the positive memories of others, quickly describe verbally how you feel right now both physically and emotionally.
3. The leader should read this scripture, then each person takes turns expressing How does Galatians 6:7 apply to Philippians 4:8?

*Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. Galatians 6:7 NKJV*

4. The leader should read this scripture, then each person takes turns expressing How does James 3:18 apply to Galatians 6:7?

*And the fruit of righteousness is sown in peace of them that make peace.*  
*James 3:18 KJV*