

7 FOUNDATIONS

For Christian living:

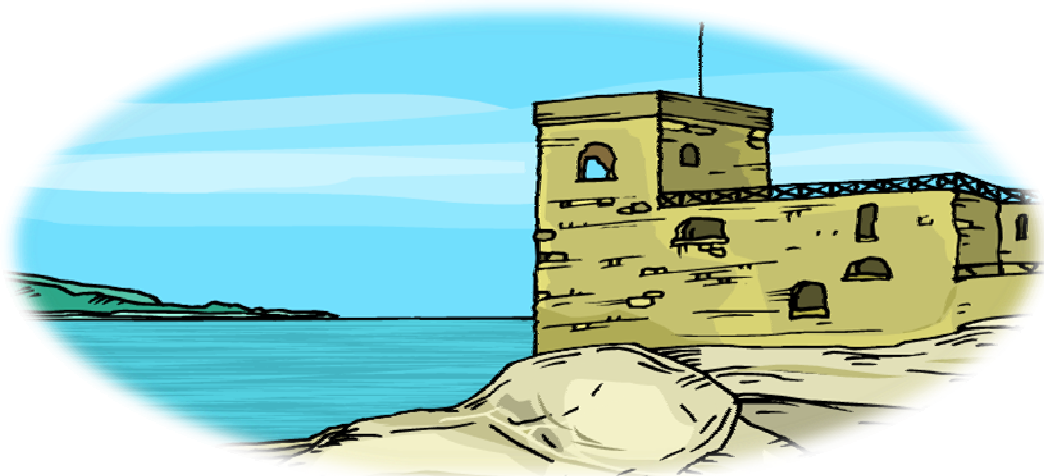
Attitude
Authority
Relationships
Anger Management
Dealing with failure
Temptation
Self acceptance



Matthew 7:24-27 “Anyone who listens to my teaching and obeys me is wise, like a person who builds a house on solid rock. Though the rain comes in and the flood waters rise and the winds beat against that house, it won’t collapse...because it’s foundation was on rock...A foolish man builds his house on the sand.

1 Corinthians 3:11 “For no one can lay any other foundation than the one we already have - -- Jesus Christ.”

Psalms 11:3 When the foundations are destroyed, what can the righteous do?



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Bible Plan for Salvation (First things first!)

1. According to Romans 3:23, who has sinned?
 - a. Those who don't go to church
 - b. Everyone who swears, drinks or smokes
 - c. Everyone

2. According to Romans 6:23, the result of sin is:
 - a. A bad life
 - b. Pleasure and money
 - c. Death

3. 1 John 1:9 says that if we confess our sins, He will:
 - a. Punish us for eternity
 - b. Forgive us and cleanse us
 - c. Consider us members of the church

4. John 1:12 says whoever accepts Christ becomes:
 - a. A child of God
 - b. A sinless Christian
 - c. A righteous saint

5. Rev. 3:20 tells us that Jesus is knocking at the door of our heart. If we open it, He will:
 - a. Close it behind Him
 - b. Come in a fellowship with us
 - c. Bring in others with Him

6. I am saved because I...
 - a. Go to church
 - b. Read the Bible
 - c. Trust in Christ

7. I will go to Heaven because...
 - a. Jesus died on the cross
 - b. I believe and confess that He died and rose from the grave
 - c. Jesus rose from the grave

Bible Plan for Salvation (First things first!)

8. Rom. 10:9 says that I must:
 - a. Believe in my heart
 - b. Confess with my mouth
 - c. Believe and confess

9. Rev. 20:15 says that whoever is not found written in the Book of Life will:
 - a. Die an early death
 - b. Spend eternity in purgatory
 - c. Be thrown in a lake of fire

10. My hope of salvation depends on:
 - a. Doing good works for the church
 - b. My faith in Christ
 - c. My obedience to the 10 Commandments

AUTHORITY

1 SA. 24:6-10 (6) He said to his men, “The LORD forbid that I should do such a thing to master, the LORD’s anointed, or lift my hand against him; for he is the anointed of the LORD.” **(7)** With these words David rebuked his men, and did not allow them to attack Saul. And Saul left the cave and went his way. **(8)** Then David went out of the cave and called out to Saul, “My lord the king!” When Saul looked behind him, David bowed down and prostrated himself with his face to the ground. **(9)** He said to Saul, “Why do you listen when men say, ‘David is bent on harming you’? **(10)** This day you have seen with your own eyes how the LORD delivered you into my hands in the cave. Some urged me to kill you, but I spared you; I said, ‘I will not lift my hand against my master, because he is the LORD’s anointed.’”

MT 8:8-10 (8) The centurion replied, “Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. **(9)** For I myself am a man under authority, with soldiers under me. I tell this one, ‘Go,’ and he goes; and that one, ‘Come,’ and he comes. I say to my servant, ‘Do this,’ and he does it.” **(10)** When Jesus heard this, he was astonished and said to those following him, “I tell you the truth, I have not found anyone in Israel with such great faith.”

Mt 23:1-3 (1) Then Jesus said to the crowds and to his disciples: **(2)** “The teachers of the law and the Pharisees sit in Moses’ seat. **(3)** So you must obey them and do everything they tell you. But do not do what they do, for they do not practice what they preach.”

MK 1:22 The people were amazed at his teaching, because he taught them as one who had authority, not as the teachers of the law.

MK 1:27 The people were all so amazed that they asked each other, “What is this? A new teaching—and with authority! He even gives orders to evil spirits and they obey him.”

MK 4:41 They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

RO 13:1-7 (1) Everyone must submit himself to the governing authorities, for there is no au-

thority except that which God has established. The authorities that exist have been established by God. **(2)** Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves. **(3)** For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and he will commend you. **(4)** For he is God's servant to do you good. But if you do wrong, be afraid, for he does not bear the sword for nothing. He is God's servant, an agent of wrath to bring punishment on the wrongdoer. **(5)** Therefore, it is necessary to submit to the authorities, not only because of possible punishment but also because of conscience. **(6)** This is also why you pay taxes, for the authorities are God's servants, who give their full time to governing. **(7)** Give everyone what you owe him: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor.

EPH 5:22-24 (22) Wives, submit to your husbands as to the Lord. **(23)** For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. **(24)** Now as the church submits to Christ, so also wives should submit to their husbands in everything.

TIT 2:15 These, then, are the things you should teach. Encourage and rebuke with all authority. Do not let anyone despise you.

TIT 3:1 Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good,

ATTITUDES

GE 31:1-7 (1) Jacob heard that Laban's sons were saying, "Jacob has taken everything our father owned and has gained all this wealth from what belonged to our father." **(2)** And Jacob noticed that Laban's attitude toward him was not what it had been. **(3)** Then the LORD said to Jacob, "Go back to the land of your fathers and to your relatives and I will be with you." **(4)** So Jacob sent word to Rachel and Leah to come out to the fields where his flocks were. **(5)** He said to them, "I see that your father's attitude toward me is not what it was before, but the God of my father has been with me. **(6)** You know that I've worked for your father with all my strength, **(7)** yet your father has cheated me by changing my wages ten times. However, God has not allowed him to harm me.

1 KI 11:9-11 (9) The LORD became angry with Solomon because his heart had turned away from the LORD, the God of Israel, who had appeared to him twice. **(10)** Although he had forbidden Solomon to follow other gods, Solomon did not keep the LORD's command. **(11)** So the LORD said to Solomon, "Since this is your attitude and you have not kept my covenant and my decrees, which I command you, I will most certainly tear the kingdom away from you and give it to one of your subordinates.

EZRA 6:22 For seven days they celebrated with joy the Feast of Unleavened Bread, because the LORD had filled them with joy by changing the attitude of the king of Assyria, so that he assisted them in the work on the house of God, the God of Israel.

DA 3:19 Then Nebuchadnezzar was furious with Shadrach, Meshach, and Abednego, and his attitude toward them changed. He ordered the furnace heated seven times hotter than usual.

PR 10:17-21 (17) He who heeds discipline shows the way to life, but whoever ignores correction leads others astray. (18) He who conceals his hatred has lying lips, and whoever spreads slander is a fool. (19) When words are many, sin is not absent, but he who holds his tongue is wise. (20) The tongue of the righteous is choice silver, but the heart of the wicked is of little value. (21) The lips of the righteous nourish many, but fools die for lack of judgment.

MT 5:3-10 (3) "Blessed are the poor in spirit, for theirs is the kingdom of heaven. (4) Blessed are those who mourn, for they will be comforted. (5) Blessed are the meek, for they will inherit the earth. (6) Blessed are those who hunger and thirst for righteousness, for they will be filled. (7) Blessed are the merciful, for they will be shown mercy. (8) Blessed are the pure in heart, for they will see God. (9) Blessed are the peacemakers, for they will be called sons of God. (10) Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

PHP 2:5-8 (5) Your attitude should be the same as that of Christ Jesus: (6) Who, being in very nature God, did not consider equality with God something to be grasped, (7) but made himself nothing, taking the very nature of a servant, being made in human likeness. (8) And being found in appearance as a man, he humbled himself

1 TH 5:12-18 (12) Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you. (13) Hold them in the highest regard in love because of their work. Live in peace with each other. (14) And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone. (15) Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else. (16) Be joyful always; (17) pray continually; (18) give thanks in all circumstances, for this is God's will for you in Christ Jesus.

EPH 4:20-24 (20) You, however, did not come to know Christ that way. (21) Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. (22) You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; (23) to be made new in the attitude of your minds; (24) and to put on the new self, created to be like God in true righteousness and holiness.

1 PE 4:1 Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because he who has suffered in his body is done with sin.

RELATIONSHIPS

GE 2:18 The LORD God said, “It is not good for the man to be alone. I will make a helper suitable for him.”

PR 17:17 A friend loves at all times, and a brother is born for adversity.

PR 18:24 A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.

PR 27:10 Do not forsake your friend and the friend of your father, and do not go to your brother’s house when disaster strikes you—better a neighbor nearby than a brother far away.

PR27:17 As iron sharpens iron, so one man sharpens another.

AM 3:3 Do two walk together unless they have agreed to do so?

ECC 4:7-12 (7) Again I saw something meaningless under the sun: **(8)** There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. "For whom am I toiling," he asked, "and why am I depriving myself of enjoyment?" This too is meaningless— a miserable business! **(9)** Two are better than one, because they have a good return for their work: **(10)** If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! **(11)** Also, if two lie down together, they will keep warm. But how can one keep warm alone? **(12)** Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

MT 17:1 After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves.

MT 26:36-38 (36) Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” **(37)** He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. **(38)** Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

JOHN 15:15 I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

1 COR 1:9-11 (9) God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful. **(10)** I appeal to you, brothers, in the name of our Lord Jesus Christ, that all of you agree with one another so that there may be no divisions among you and that you may be perfectly united in mind and thought. **(11)** My brothers, some from Chloe's household have informed me that there are quarrels among you.

2 COR 6:14-18 (14) Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? **(15)** What harmony is there between Christ and Belial? What does a believer have in common with an unbeliever? **(16)** What agreement is there between the temple of God and idols? For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people." **(17)** "Therefore come out from them and be separate, says the Lord. Touch no unclean thing, and I will receive you." **(18)** "I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty.

PHP 2:1-4 (1) If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, **(2)** then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. **(3)** Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. **(4)** Each of you should look not only to your own interests, but also to the interests of others.

1 JOHN 1:3 We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ.

1 JOHN 2:9 Anyone who claims to be in the light but hates his brother is still in the darkness.

LK 10:27-29 (27) He answered: " 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'" **(28)** "You have answered correctly," Jesus replied. "Do this and you will live." **(29)** But he wanted to justify himself, so he asked Jesus, "And who is my neighbor?"

SELF ACCEPTANCE

JER 1:5-8 (5) "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations." **(6)** "Ah, Sovereign LORD," I said, "I do not know how to speak; I am only a child." **(7)** But the LORD said to me, "Do not say, 'I am only a child.' You must go to everyone I send you to and say whatever I command you. **(8)** Do not be afraid of them, for I am with you and will rescue you," declares the LORD.

JER 18:1-6 (1) This is the word that came to Jeremiah from the LORD: (2) "Go down to the potter's house, and there I will give you my message." (3) So I went down to the potter's house, and I saw him working at the wheel.(4) But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him. (5) Then the word of the LORD came to me: (6)"O house of Israel, can I not do with you as this potter does?" declares the LORD. "Like clay in the hand of the potter, so are you in my hand,

MATT 22:39 And the second is like it: "Love your neighbor as yourself."

EP 2:10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

COL 3:10 and have put on the new self, which is being renewed in knowledge in the image of its Creator.

TEMPTATION

MT 4:1-11 (1) Then Jesus was led by the Spirit into the desert to be tempted by the devil. (2) After fasting forty days and forty nights, he was hungry. (3) The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." (4) Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" (5) Then the devil took him to the holy city and had him stand on the highest point of the temple. (6) "If you are the Son of God," he said, "throw yourself down. For it is written: 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" (7) Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" (8) Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. (9) "All this I will give you," he said, "if you will bow down and worship me." (10) Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" (11) Then the devil left him, and angels came and attended him.

PHIL 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

COL 3:1-2 (1) Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God.(2) Set your minds on things above, not on

JAS 1:13-15 (13) When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; (14) but each one is tempted when, by his own evil desire, he is dragged away and enticed. (15) Then, after desire has conceived, it gives birth

to sin; and sin, when it is full-grown, gives birth to death.

JAS 4:7-8 (7) Submit yourselves, then, to God. Resist the devil, and he will flee from you. **(8)** Come near to God and he will come near to you

1 THESS 5:22 Avoid every kind of evil. (abstain from the appearance)

1 TI 6-10 (6) But godliness with contentment is great gain. **(7)** For we brought nothing into the work, and we can take nothing out of it. **(8)** But if we have food and clothing, we will be content with that. **(9)** People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. **(10)** For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.

ANGER

PR 12:16 A fool shows his annoyance at once, but a prudent man overlooks an insult.

PR 14:29 A patient man has great understanding, but a quick-tempered man displays folly.

PR 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger.

PR 19:19 A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again.

PS 37:8 Refrain from anger and turn from wrath; do not fret—it leads to evil.

EP 4:26-32 (26) “In your anger do not sin” : Do not let the sun go down while you are still angry, **(27)** and do not give the devil a foothold. **(28)** He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need. **(29)** Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. **(30)** And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. **(31)** Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **(32)** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

MT 5:21-24 (21) “You have heard that it was said to the people long ago, ‘Do not murder, and anyone who murders will be subject to judgment.’ **(22)** But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, ‘Raca,’ is answerable to the Sanhedrin. But anyone who says, ‘You fool!’ will be in danger of the fire of hell. **(23)** “Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, **(24)** leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

JAS 1:19-20 (19) My dear brothers, take note of this; Everyone should be quick to listen, slow to speak and slow to become angry, **(20)** for man’s anger does not bring about the righteous life

COL 3:5, 8 (5) Put to death, therefore, whatever belongs to your earthly nature: . **(8)** But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

FAILURE

PR 24:16 for though a righteous man falls seven times, he rises again, but the wicked are brought down by calamity.

PS 37:23 If the LORD delights in a man’s way, he makes his steps firm; though he stumble, he will not fall, for the LORD upholds him with his hand.

PS 38:1-11 (1) O LORD, do not rebuke me in your anger or discipline me in your wrath. **(2)** For your arrows have pierced me, and your hand has come down upon me. **(3)** Because of your wrath there is no health in my body; my bones have no soundness because of my sin. **(4)** My guilt has overwhelmed me like a burden too heavy to bear. **(5)** My wounds fester and are loathsome because of my sinful folly. **(6)** I am bowed down and brought very low; all day long I go about mourning. **(7)** My back is filled with searing pain; there is no health in my body. **(8)** I am feeble and utterly crushed; I groan in anguish of heart. **(9)** All my longings lie open before you, O Lord; my sighing is not hidden from you. **(10)** My heart pounds, my strength fails me; even the light has gone from my eyes. **(11)** My friends and companions avoid me because of my wounds; my neighbors stay far away.

HEB 12:4-11 (4) In your struggle against sin, you have not yet resisted to the point of shedding your blood. (5) And you have forgotten that word of encouragement that addresses you as sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, (6) because the Lord disciplines those he loves, and he punishes everyone he accepts as a son." (7) Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? (8) If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. (9) Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! (10) Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. (11) No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

LK 15:11-32 (11) Jesus continued: "There was a man who had two sons. (12) The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them. (13) "Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. (14) After he had spent everything, there was a severe famine in that whole country, and he began to be in need. (15) So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. (16) He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything. (17) "When he came to his senses, he said, 'How many of my father's hired men have food to spare, and here I am starving to death! (18) I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. (19) I am no longer worthy to be called your son; make me like one of your hired men.' (20) So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. (21) "The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.' (22) "But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. (23) Bring the fattened calf and kill it. Let's have a feast and celebrate. (24) For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate. (25) "Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. (26) So he called one of the servants and asked him what was going on. (27) 'Your brother has come,' he replied, 'and your father has killed the fattened calf because he has him back safe and sound.' (28) "The older brother became angry and refused to go in. So his father went out and pleaded with him. (29) But he answered his father, 'Look! All these years I've been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. (30) But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!' (31) " 'My son,' the father said, 'you are always with me, and everything I have is yours. (32) But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.' "

BEING HONEST ABOUT MY PROBLEMS

On a scale of 1 to 10 grade yourself on the following issues:
 1 means this does not apply, and 10 means this describes me very well.

- ___ 1. In the past my attitude has been bad toward others.
- ___ 2. I usually get mad when things don't go my way.
- ___ 3. I have a hard time admitting when I have failed at something.
- ___ 4. I usually don't respect those in authority over me.
- ___ 5. I don't handle temptation or peer pressure very well.
- ___ 6. I usually don't like myself very well.
- ___ 7. I do not have any close relationships with my family.
- ___ 8. Other people say I have a bad attitude.
- ___ 9. Other people say that I get mad easily.
- ___ 10. Other people call me a failure.
- ___ 11. Other people say that I have a problem with authority.
- ___ 12. Other people tempt me to do things a lot.
- ___ 13. Other people say that I am always too hard on myself.
- ___ 14. Other people say that I should get along with others better.
- ___ 15. My attitude stinks.
- ___ 16. My anger is very strong towards some people.
- ___ 17. My failures seem to "haunt" me.
- ___ 18. My respect for authority doesn't exist.
- ___ 19. My weakness causes me to give into temptations.
- ___ 20. My appearance and/or my body is not very attractive.
- ___ 21. My relationship with my friends is very shallow.
- ___ 22. I wish my attitude was better.
- ___ 23. I wish I could control my anger.
- ___ 24. I wish that I had not failed so much.
- ___ 25. I wish that people in authority were not so demanding.
- ___ 26. I wish that I did not have to face so much temptation.
- ___ 27. I wish that I were born more attractive, intelligent, or wealthy.
- ___ 28. I wish that I got along with my family and friends better.

Add #'s	Total Score:	Area to Improve:
1,8,15,22=	_____	Attitude
2,9,16,23=	_____	Anger/Personal Rights
3,10,17,24=	_____	Failure
4,11,18,25=	_____	Authority
5,12,19,26=	_____	Temptation
6,13,20,27=	_____	Self Acceptance
7,14,21,28=	_____	Relationships

Score 4-12 Is a normal/healthy area
 Score 13-20 Is an area that you should be concerned about
 Score 21-28 Is an area where you need help, counseling, teaching, etc.
 Score 29-40 Means you must repent and change. You are headed for self-destruction!

1. In the past, my attitude has been _____
Toward who? _____
I have acted like _____
In the future I will be _____
My attitude should be like _____
What does the Bible say about attitudes?

2. I get angry when _____
Who makes me the maddest? _____
I lose my temper over _____
I have the right to get mad because _____
In the future, what will I do with angry feelings?

What does the Bible say about anger?

When is anger an acceptable emotion? _____

3. I have failed with _____
I ruined my attempt to _____
The difference in failure and sin is _____
I have learned this from my failures:

Is failure a punishment from God? _____
Why? _____

4. I have a problem with obedience to _____

We should not have to obey _____ when they _____

The term submission applies to _____

Authority belongs to _____

Who has authority over my life? _____

What is the difference in human authority and God's authority?

5. I am often tempted to _____

When I give in to temptation, I feel

I feel guilty over _____

When I am tempted, what do I feel God is doing?

The people who tempt me the most are _____

6. I feel good about myself when _____

I feel I am good at _____

My greatest personal reward is to _____

God created me unique in these ways:

7. I have a good relationship with _____

I have a bad relationship with _____

I can improve relationships by

My relationships with people reflect my relationship with God because

What relationships do I need to seek out in my life?

What relationships do I need to cut off?

TO WHAT DEGREE DO YOU ACCEPT YOURSELF?

Check the following actions and attitudes that you know you have.

- Inappropriate attempts to hide defects
- Overreaction to clothes
- Need for things or titles as status symbols
- Change of hair color
- Inability to trust God
- Conformity to fads
- Excessive shyness and self-consciousness
- Inability to love others
- Self-criticism
- Wishful comparison with others
- Attitudes of superiority and sophistication
- Mocking physical features in others
- Disabling fear of failure
- Continuous underachievement
- Name dropping
- Social climbing
- Inability to accept a life partner
- Flattery of admired people
- Extravagance in purchasing items
- Living beyond my income
- Hypersensitivity to criticism
- "Fishing" for compliments
- Neglect of appearance or bodily care
- Boisterous or argumentative behavior
- Criticism of other people
- Inability to give compliments
- Inability to receive compliments
- Down-grading personal abilities
- Flirting with the opposite sex
- Overdone makeup
- Use of elevators shoes
- Excessive talking
- Preoccupation with diets
- Forcing my children to excel
- Poor eye contact
- Need for constant approval
- Comparison of unchangeable features
- Bizarre actions or statements
- Rejection of family or background
- Exaggeration of achievements
- Neglect of family to please others
- Violation of standards to be popular

BIBLE CHARACTER VIDEO QUIZ

MOSES

- ___ Moses wanted to be a prophet ever since he was born.
- ___ Moses was always a good public speaker and liked to take charge.
- ___ Moses killed a man in anger.
- ___ His brother and sister complained about his leadership.
- ___ Moses was raised as an Egyptian.
- ___ Moses was the most humble man on Earth.
- ___ The people loved to listen to Moses when he told them what to do.
- ___ Moses married a woman from another race.
- ___ Moses never went into the promised land.
- ___ He appointed Joshua as the next leader.

DAVID

- ___ He was a shepherd boy.
- ___ He was a great musician.
- ___ As a boy, he killed a lion and a bear with his bare hands.
- ___ He had many sisters and 1 brother.
- ___ David never broke one of the 10 Commandments.
- ___ He killed Goliath with a bow and arrow.
- ___ He had an affair with another man's wife.
- ___ He was a great king but not a great father.
- ___ His good friends were Jonathon and Absolom.
- ___ Before he died, he built the temple in Jerusalem.

JOSEPH

- ___ He had 7 brothers.
- ___ His brothers loved to hear about his dreams.
- ___ His dad gave him a special coat and favored him.
- ___ He was sold as a slave.
- ___ He had an affair with Potiphor's wife.
- ___ He spent years in prison for a crime he did not commit.
- ___ He became popular but never held any kind of title.
- ___ He was not very forgiving.
- ___ Others mistreated him and he became bitter.
- ___ He saved everyone from famine.

BIBLE CHARACTER VIDEO QUIZ

SAMSON

- ___ He was a ladies' man.
- ___ His gift was his musical talent.
- ___ A birth defect caused him to be weak.
- ___ He took a Nazarite vow never to drink wine or cut his hair.
- ___ He had a problem with lust for women.
- ___ He was tricked by a woman and sinned.
- ___ The woman's name was Deborah.
- ___ He killed a thousand men with a bone from a donkey.
- ___ He was captured and his eyes were burned out.
- ___ He killed himself when he destroyed a temple.

SOLOMON

- ___ He was the son of David and Bathsheba.
- ___ He built the tabernacle in the wilderness.
- ___ He built the temple in Jerusalem.
- ___ He was the wisest man on Earth.
- ___ He did not have much money.
- ___ He had three wives.
- ___ He never served idols or false gods.
- ___ He married for political power.
- ___ His writings are included in the book of Proverbs.
- ___ He was tempted by money, women, and power.

ABRAHAM

- ___ He sacrificed his son Isaac.
- ___ He slept with his wives' maid.
- ___ He was blessed with wealth.
- ___ He was a man of great faith.
- ___ He had very few descendants.
- ___ He hated his nephew named Lot.
- ___ Both he and his wife changed their names.
- ___ He lived in Sodom and Gomorrah.
- ___ His grandson was named Jacob.
- ___ He started the ritual of circumcision.

SETTING GOALS

What is a goal? _____

Why should I have goals?

What happens if I do not set goals with my life?

What goals have I set in the past?

How did I succeed at reaching my goals in the past?

How have I failed to reach my goals in the past?

What do I want to learn this week?

This month? _____

This year? _____

What do I want to accomplish this week?

This month? _____

This year? _____

What do I need to change today?

What are my top 5 priorities?

What should happen if/when I fail?

RULES AND DISCIPLINE

Does God have rules for living? _____

What are they?

Why should men have rules?

What happens when there are no rules?

Should there be consequences when rules are broken?

Read Deuteronomy 5:1-22. Explain:

Read Deuteronomy 6:5-7. What should we do to learn God's rules?

What is the dictionary's definition of discipline?

Read Proverbs 3:11,12 and Hebrews 12:7-11. Explain:

RELATIONSHIPS

Relationship: to be related by blood, marriage, or mutual choice. To have a connection, kinship, association. A reciprocal interaction where 2 people respond favorably to each other.

Why do you think God created man (humans)?

Read Genesis 1 and 2. What did God do to provide for man? Why did he provide for them?

Why is it not good for man to be alone?

What benefits are there to having relationships? What are some of the responsibilities?

Read Genesis 4. What are some potential problems that develop in relationships?

Read the following scriptures and give a brief definition: (on back)

Acts 2:42-47

1 Corinthians 6:14-18

2 Corinthians 1:9, 10

Philippians 2: 1-5

Hebrews 10: 25

1 John 1: 3, 6, 7

Who should we pursue in relationships? _____ and

_____.

Who should we avoid relationships with? _____

RELATIONSHIPS

Get a dictionary and define the following words:

Jealousy

Envy

Discord

Accountability

Community

Friend

RELATIONSHIPS

Explain the following verses about friendships:

John 15:15

Proverbs 17:17

Proverbs 18:24

Luke 11:5-8

What are some things I have done to hurt relationships in the past?

How can I develop a better relationship with God?

Does God really want to be my friend? Do I want Him to be mine? Why? How?

DEALING WITH FAILURE

Failure: unsuccessful, insufficient, a disappointment of the expected outcome. Not able to accomplish our attempt at something.

Success: 1. Achievement or accomplishment of one's goals. 2. Attain fame or wealth.

1. What are our expectations? Of ourselves? Of others? (Matt. 23:4)

2. What are God's expectations? (Micah 6:8)

3. What can we learn from our failures? (Prov. 1:24-28, 2:1-6)

4. How can I set healthy goals? (Luke 14: 28-30)

Read Luke 15: 11-32 (Prodigal Son)

Luke 19: 1-10 (Zachaeus)

Matt. 5:23, 24/ 6:14, 15/ 7:1-5/ 18: 21-35

1. Don't concern yourself with other people's opinion of your failure.
2. Make things right as much as possible.
3. Don't condemn others for their failures.

How can you be a spiritual failure? According to "works" (in the world's eyes)? According to "grace" (in God's eyes)?

DEALING WITH FAILURE

Moses- murdered, rejected by siblings, Ex. 4- full of fear, unbelief, excuses.

Sarah- barren, encouraged husband to commit adultery, impatient, manipulated.

Jacob- deceived his own family, tricked to take the wrong bride, slept around.

David- 2nd degree murder, adulterer, failed to keep order with his children.

Adam- failed test of loyalty, obedience, then hid from God.

Peter- failed to keep his work, denied his faith, then wept bitterly.

1. Don't be afraid of failure – Gideon
2. Don't run from failure – Jonah
3. When feeling unworthy, seek God – woman caught in adultery
4. Keep moving forward, don't grovel

HOW CAN GOD USE A FAILURE?

WE ARE THE ONLY ONES HE CAN USE!!!!

ANGER MANAGEMENT/CONFLICT RESOLUTION

Anger- displeasure, hostility, provoked by something.

Conflict- opposing views, opinions, or ideals, causing contention, and disharmony. To struggle to express ones desires or tendencies.

Manage- to direct or control the use of. To handle. To make submissive to ones authority to discipline.

Resolve- to make a firm decision, come to a conclusion, or mutual agreement.

Confront- come face to face, encounter, or engage, especially with defiance or hostility.

Suppress- to inhibit the expression of, keep from being revealed, to deliberately exclude.

Ground rules for handling conflict:

The enemy of resolve is to focus on others' issues. "They should, why can't you? If they would have." The success to resolving is to learn and communicate your own expectations and boundaries. Keep the focus on understanding the issue and others' point of view, not manipulating the conflict.

1. Show respect- do not degrade, call names, or make comparisons.
2. Talk out your differences, don't act them out.
3. Deal directly with each other- don't draw in a biased third party.
4. Center on the problem- don't harbor on the past or bring in irrelevant issues.
5. State your needs, wants, and desires clearly- don't nag, pout, or complain.
6. Ask for clarification- don't try to read minds or expect others to read yours.
7. Focus on actions and events- don't attack or judge the other person.
8. Maintain self control- don't use force, threats, violence or intimidation.
9. Recognize both sides- there may be another valid perspective.
10. State your limits of stress- don't just leave or walk away.
11. Agree to end an argument you cannot handle- don't cut off, shut down, or ignore.
12. Strive for mutual understanding- don't just try to get your point across.

Don't use statements like, "you NEVER," or "you ALWAYS," or "I always HAVE TO..." These are over exaggerated.

This requires a lot of physical and emotional energy, keeping composed, negotiation, and communication. Don't pursue an argument late at night or during other events. Set a time without distractions and with a neutral mediator when possible.

ATTITUDES

Put a **T** if the answer is true.

Put an **F** if the answer is false.

1. ___ An attitude is the same thing as an emotion.
2. ___ The attitudes that Jesus had are the best kind to use if you want to become a successful Christian.
3. ___ People only use attitudes when they are upset about something.
4. ___ When I am being corrected, I should listen carefully, unless I know I was right.
5. ___ If you know someone has done something wrong, you should correct the person even if you were a part of the problem.
6. ___ An attitude is the way you think about something.
7. ___ Daydreaming can be an effective way of developing Biblical attitudes.
8. ___ When a person has a bad attitude, it is usually someone else's fault.
9. ___ A person's attitudes have very little influence on his daily activities and how he responds in these situations.
10. ___ There is nothing a person can do to change attitudes that he was taught as a little child.
11. ___ The only way a person shows his attitude is by what he says.
12. ___ When someone starts to correct you, the first thing you should do is get them to listen to your side of the story.
13. ___ It is much better to respond with anger than sadness when someone is correcting you.
14. ___ When someone corrects you in a wrong way, you should immediately tell them what they are doing wrong.
15. ___ Every time you correct someone, you must tell what he or she did wrong.

ANGER AND PERSONAL RIGHTS

Put a **T** if the answer is true.

Put an **F** if the answer is false.

1. ___ If you give your personal rights to God, God now owns them – they are now God’s personal rights.
2. ___ If a person gives his personal rights to God, he should decide to thank God for whatever happens next.
3. ___ If a person does not give his personal rights to God, and someone violates (breaks, steps on) one of his personal rights, he will usually get angry.
4. ___ If you do not give your personal rights to God, you are disobeying God’s laws.
5. ___ God does not want you to give Him your personal rights.
6. ___ If a person give his personal rights to God, God will never test him to see if he is sincere.
7. ___ Most Christians are thinking about showing their love to God when they get angry at another person.
8. ___ It is very hard to sin when you are angry.
9. ___ Most Christians never get angry after they give their personal rights to God.
10. ___ God has many rules in the Bible which tell you how to respond after you give Him your personal rights.
11. ___ After you give your personal rights to God, the Bible says you should do nothing when someone violates one of your former personal rights.
12. ___ When someone violates one of your personal rights that you have given to God, you should always tell him his wrong in doing that.

ANGER AND PERSONAL RIGHTS

Multiple Choice Questions

Choose the correct answer and circle the letter.

1. When a person gives his personal rights to God, he should:
 - A. Always get angry.
 - B. Get angry at God only.
 - C. Thank God for whatever happens next.

2. The greatest law in the Bible says to:
 - A. Love our neighbor.
 - B. Love God.
 - C. Love your friends.

3. When you give your personal rights to God you should:
 - A. Learn to develop inward to replace those rights.
 - B. First pray and fast all day, and then tell your pastor about it.
 - C. Ask God to give them back to you as privileges.

4. You give your personal rights to God by:
 - A. Becoming a Christian.
 - B. Telling God in prayer that you want Him to be the owner of your personal rights.
 - C. Praying and seeing a Christian lawyer.

5. Your personal responsibilities are:
 - A. The same as your personal rights.
 - B. Something you have the right to do.
 - C. Something you have been given to do.

6. When you give God your personal rights, He may give some of them back to you. They are now called:
 - A. Personal rights.
 - B. Personal responsibilities.
 - C. Privileges.

GROWING THROUGH FAILURE

Put a **T** if the answer is true.

Put an **F** if the answer is false.

1. ___ A person always sins every time he fails.
2. ___ God is angry at you every time you fail.
3. ___ God has promised to forgive you if you are sincere in asking Him to.
4. ___ If I fail, I should never admit that I was wrong.
5. ___ Successful Christians never fail at anything.
6. ___ When I ask God to forgive me for sinning, I should make a decision to stop doing that sin.
7. ___ I should always try to find the cause of my failures.
8. ___ Smoking is a root problem.
9. ___ The root cause for all my problems is doing things my way instead of God's way.
10. ___ Insecurity is a common result of putting my values in materialistic things.
11. ___ the person who criticizes a lot usually has a root problem of bitterness.
12. ___ When I ask someone to forgive me, I should always start by saying, "If I was wrong, please forgive me."
13. ___ I should not forgive a person unless he pays back what he stole from me.
14. ___ The best way to ask forgiveness is to write a letter and ask the person to forgive you.
15. ___ If you keep failing, this always shows you are not growing at all in that area of your life.
16. ___ Christians never get bored.
17. ___ It is always God's will that I forgive someone who has offended me, even if he/she doesn't admit he/she was wrong.
18. ___ The best way to get rid of a problem is to ask God to take it away and then forget about it.
19. ___ Many times people get bored because they are not doing their best in everything they do.
20. ___ If I have an argument with someone, I should ask this person to forgive me even if I know I was not wrong.

OBEDIENCE TO MEN

Put a **T** if the answer is true.
Put an **F** if the answer is false.

1. ____ If you are told to do something wrong, God wants you to figure out another way to do it, so you will not sin.
2. ____ The two greatest laws in the Bible talk about love.
3. ____ If the person in authority tells you to sin, you should do it even if it is a sin.
4. ____ God wants you to respect only those in authority who do not have any faults.
5. ____ You should always try to understand the main reason why the person in authority told you to do something.
6. ____ God punishes you because He hates you when you sin.
7. ____ It is your responsibility to judge those in authority over you and you should only obey their parents.
8. ____ The Bible tells us that children should not obey their parents.
9. ____ You should always be willing to obey those in authority.
10. ____ When the person in authority over you does something wrong, you should always tell him he is wrong.
11. ____ The Bible says you do not have to obey your parents after you are 18 years old.
12. ____ God has commanded us to love those in authority over us.
13. ____ If you love God, you will obey only Christians. You will not obey those who are sinners.
14. ____ You should learn to obey on your own without being told what to do.

OBEDIENCE TO GOD

Put a **T** if the answer is true.
Put an **F** if the answer is false.

1. ___ The greatest law in the Bible tells us to love our neighbor the same way God loves us.
2. ___ To obey God's laws is one of the most important things you can do as a Christian.
3. ___ God gets angry at you every time you disobey one of His laws.
4. ___ You can obey all of God's laws and still not love God.
5. ___ One of the most important things God told us to do is to love Him.
6. ___ God loves only Christians.
7. ___ Since the Bible does not have any laws about smoking it is OK for Christians to smoke.
8. ___ God wants everyone to become a Christian.
9. ___ The only way for a Christian to find out what God wants him to do is for God to give him a special sign.
10. ___ If you want to be successful in obeying God's laws, you must love your leaders.
11. ___ God does not care what your attitude is. All He cares about is that you obey Him.
12. ___ God punishes you every time you disobey one of His laws.
13. ___ The best way to show God you love Him is to obey His laws.
14. ___ God wants you to have attitudes that make it easy for you to disobey His laws.
15. ___ It is always easy to obey all of God's laws.
16. ___ It is more important for you to show God's love to others than for you to show your love to God.
17. ___ Today Christians only need to obey the laws in the New Testament.
18. ___ The best reason why you should obey God's laws is so you will not go to hell.

OBEDIENCE TO GOD

Multiple Choice Questions

Choose the correct answer and circle the letter.

1. The greatest law in the Bible says to:

A. Love your neighbor.

B. Love God.

C. Love your friends.

2. When a person has a rebellious toward God, he needs to work most on developing a:

A. Respectful attitude.

B. Servant attitude.

C. Grateful attitude.

D. Quiet attitude.

3. The motive to have when obeying God's laws is to obey them because:

A. You love yourself.

B. You are a Christian.

C. You don't want to go to hell.

TEMPTATION

Put a **T** if the answer is true.

Put an **F** if the answer is false.

1. ___ If you resist the devil, he will stop tempting you and run away from you.
2. ___ The best way to prepare for temptation is to draw closer to God.
3. ___ After you become a Christian, God wants you to ignore your desires.
4. ___ Jesus was never tempted as hard as people are today.
5. ___ Satan always wants me to think about the end results of doing what he is tempting me to do.
6. ___ God has promised to fill all of our needs.
7. ___ When Satan tempts people to sin, he usually tells them he is tempting them.
8. ___ God commands Christians to get rid of sinful desires.
9. ___ There is nothing a Christian can do to prevent any temptation coming from the devil.
10. ___ When people give in to temptation, they usually experience temporary satisfaction and pleasure in what they are doing.
11. ___ I should never run away from something that is causing me to be tempted to sin.
12. ___ No matter how much time you spend preparing for temptation, Satan will still tempt you to sin.
13. ___ When a person gives in to temptation, it is usually easier to give in to the same temptation again.
14. ___ The best way to get rid of sinful desires is to ignore them.
15. ___ When a person is tempted to sin, he should immediately curse the devil.
16. ___ Satan will never try to make you feel guilty for giving in to temptation after you confess your sin to God.
17. ___ If I fill my needs God's ways, Satan won't have as many opportunities to tempt me in those areas.
18. ___ It is a sin to be tempted.
19. ___ I should always talk to God every time I am being tempted.
20. ___ If a person lets his desires get out of control, then temptations to sin can become too hard to resist.
21. ___ It is okay to think about doing what you are tempted to do, just so you don't do it.
22. ___ After you give in to a particular temptation, you should make a vow to God that you will never give in to that temptation again.
23. ___ When I am tempted to sin, I should always try to find the need Satan is trying to get me to meet.

TEMPTATION

Multiple Choice Questions

Choose the correct answer and circle the letter.

1. The best way to overcome temptation is to:
 - A. Ignore it. (Say to yourself, "It's not there.")
 - B. Meditate on Bible verses that talk about each temptation.
 - C. Laugh at the temptation.

2. How often does God tempt people to sin?
 - A. Only if a person is a sinner.
 - B. Sometimes when a person disobeys Him.
 - C. Never.

RELATIONSHIPS

Put a **T** if the answer is true.
Put an **F** if the answer is false.

1. ____ Having sexual relations with a person is always a way of showing love.
2. ____ If you want to make new friends, you should never listen to what they say.
3. ____ The two greatest laws in the Bible talk about sex.
4. ____ The Bible says to hate your enemies if they hate you.
5. ____ Good friendships must be based on love.
6. ____ The best way to find out if you and your fiancée will be happy together is to have sex before marriage.
7. ____ God wants the husband and wife to get a divorce if they do not love each other.
8. ____ The Bible says that having sexual relations with another person before you get married is a sin.
9. ____ To be a good friend you must learn how to give.
10. ____ When meeting a new person you should never accept him as he is.
11. ____ Christians have the responsibility to look for the good points in the lives of their friends.
12. ____ You should always tell another person what his faults are, even if you are only a casual friend of his.
13. ____ Christians never have the right to criticize their friends.
14. ____ The wife should love her children more than she loves her husband.
15. ____ God wants you to get your parents' approval before you marry someone.

RELATIONSHIPS

Multiple Choice Questions

Choose the correct answer and circle the letter.

1. I should have the most of this kinds of friends:
 - A. Acquaintances.
 - B. Casual friends.
 - C. Close friends.
 - D. Intimate friends.

2. I have the freedom to correct this kind of friend:
 - A. Acquaintances.
 - B. Casual friends.
 - C. Close friends.
 - D. Intimate friends.

3. This kind of a friendship is best described as a friendship based on common interests and activities:
 - A. Acquaintances.
 - B. Casual friends.
 - C. Close friends.
 - D. Intimate friends.

4. This is a friendship based on a commitment to develop each others characters:
 - A. Acquaintances.
 - B. Casual friends.
 - C. Close friends.
 - D. Intimate friends.

SELF ACCEPTANCE

Put a **T** if the answer is true.
Put an **F** if the answer is false.

1. ___ God loves only those people who are Christians.
2. ___ God never disciplines (punishes) Christians.
3. ___ God's laws say to love neighbors and your enemies.
4. ___ If you do not accept yourself, or love yourself, you will not be able to love others with the love God gives you.
5. ___ God planned how every person should look.
6. ___ God is the most important person to love.
7. ___ A person should thank God for the mother and father he/she has.
8. ___ The two greatest laws in the Bible talk about sex.
9. ___ In 1 Corinthians 13:4 it says love is not important.
10. ___ If you accept yourself, this means that you like the way God made you.
11. ___ God wants you to compare yourself with other people so you can see if you are better than they are.
12. ___ God hates people who hate Him.
13. ___ God says the way a person looks on the outside is more important than inward beauty.
14. ___ If you want to accept yourself and have a positive self image, you must be thankful for the parents you have.
15. ___ Accepting yourself means you like yourself.
16. ___ God wants you to accept the things in your life that you cannot change.
17. ___ When a person does not accept himself, he is really saying he doesn't like the way God made him.
18. ___ It is more important to have faith than to show love to another person.

Attitudes	Anger	Failure	Obedience to Man	Obedience to God
1. F	1. T	1. F	1. T	1. F
2. T	2. T	2. F	2. T	2. T
3. F	3. T	3. T	3. F	3. F
4. F	4. T	4. F	4. F	4. F
5. F	5. F	5. F	5. T	5. T
6. T	6. F	6. T	6. F	6. F
7. T	7. F	7. T	7. F	7. F
8. F	8. F	8. F	8. F	8. T
9. F	9. F	9. T	9. T	9. F
10.F	10.T	10.T	10.F	10.T
11.F	11.F	11.T	11.F	11.F
12.F	12.F	12.F	12.T	12.F
13.F		13.F	13.F	13.T
14.F	1. C	14.F	14.T	14.F
15.F	2. B	15.F		15.F
	3. A	16.F		16.F
	4. B	17.T		17.F
	5. C	18.F		18.F
	6. C	19.T		
		20.T		1. B
				2. A
				3. B

Temptation	Relationships	Self Acceptance
1. T	1. F	1. F
2. T	2. F	2. F
3. F	3. F	3. T
4. F	4. F	4. T
5. F	5. T	5. T
6. T	6. F	6. T
7. F	7. F	7. T
8. T	8. T	8. F
9. F	9. T	9. F
10.T	10.F	10.T
11.F	11.T	11.F
12.T	12.F	12.F
13.T	13.T	13.F
14.F	14.F	14.T
15.F	15.T	15.T
16.F		16.T
17.T	1. A	17.T
18.F	2. D	18.F
19.T	3. B	
20.T	4. D	
21.F		
22.F		