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**INTRODUCTION**

Feelings and emotions are a vital part of our total being. God gave them to us to help complete us. They are the spice of life. They are always expressed in any relationship, unless of course you are an android or a Vulcan from Star Trek! When we laugh, cry, or share them with someone in any way it creates a unique bond. God even encourages the involvement of feelings and emotions in our worship experience. Without them, we settle for a stale religious ritual. They are truly a gift.

As you will see in this course, they have their place and must be kept in check. They are for our use and purposes, they must not be in control of us. We truly believe that you can feel and experience the presence of God, however, feelings are not the basis for a healthy relationship

of any kind. Feelings come and go. They can misrepresent the facts. When we understand how they fit in to the total structure of a person, we can live and function as God intended.

Many Christians are totally controlled by emotions. Some so much that they consult counselors and therapists but leave out the principles of scriptural behavior. Take anger for example, it is a powerful emotion. God told Cain to master it, or it would master him. He chose the latter and suffered the consequences. We pray that this study guide will help you keep a balanced walk with God and enjoy the benefits of healthy feelings and emotions.

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## **Anger**

Gen4:5 So Cain was very angry, and his face was downcast. Then the LORD said to Cain, "Why are you angry? Why is your face downcast? [7] If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it." And while they were in the field, Cain attacked his brother Abel and killed him.

GE 31:36 Jacob was angry and took Laban to task.

EX 32:19 When Moses approached the camp and saw the calf and the dancing, his anger burned and he threw the tablets out of his hands, breaking them to pieces at the foot of the mountain.

PS 145:8 The LORD is gracious and compassionate, slow to anger and rich in love.

PS 37:8 Refrain from anger and turn from wrath;

PR 14:17 A quick-tempered man does foolish things . . .

PR 29:22 An angry man stirs up dissension, and a hot-tempered one commits many sins.

PR 22:24 Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared.

Matt. 5:[22] But I tell you that anyone who is angry with his brother will be subject to judgment.

Eph.4:[31] Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

JAS 1:19 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 that God desires.

## **Anxiety, (Worry / Stress)**

PS 94:19 When anxiety was great within me, your consolation brought joy to my soul.

PR 12:25 An anxious heart weighs a man down, . . .

ECC 11:10 So then, banish anxiety from your heart . . .

Ecc.2: [22] What does a man get for all the toil and anxious striving with which he labors under the sun? [23] All his days his work is pain and grief; even at night his mind does not rest. This too is meaningless.

MT 6:25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?"

LK 21:34 "Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap.

LK 10:41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, [42] but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

Phil.4[6] Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. [7] And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1PE 5: [7] Cast all your anxiety on him because he cares for you.

### **GIVING UP YOUR PERSONAL RIGHTS**

1. The law (both God's & man's) protects us from others. (eye for an eye, tooth for a tooth) "flesh issue"
2. Grace, mercy, & forgiveness releases others from judgment "spirit issue"
3. We must forgive others, not because they are innocent, but because God forgives us.
4. It is impossible to be immune from offenses, we must prepare our heart and spirit to deal with them.
5. Defer vengeance and retribution to God. This does not eliminate the need for normal consequences.
6. Forgiveness never requires being passive or in denial about what has happened. We still set healthy boundaries to prevent offenses as much as possible.

\* IT IS NOT A SIN TO GET ANGRY, IT BECOMES SIN WHEN ANGER CHANGES OUR COURSE OF BEHAVIOR AND CONTROLS OUR ACTIONS.

## Overcoming Daily Anger

1. Differentiate between righteous indignation and carnal anger
2. Recognize you are angry and resolve it as early as possible.
3. Ask God to release the power of the Holy Spirit to help you to have self control.
4. Forgive anyone who has wronged you
5. Repent of any sin connected to the angry feelings.
6. Appropriately communicate your angry feelings to the person who has wronged you. Ex: " I feel angry when you behave like that."
7. Develop Healthy Boundaries (see page 20)
8. Meditate on scriptures from the word of God concerning anger and pray them into your life and spirit.
9. Develop a rejoicing and thankful thought-life.
10. Re-define any unrealistic expectations

### What about Long-Standing Unresolved Anger?

1. Define the Offense
2. Allow yourself to grieve
3. Try to understand your offender
4. Release Your Offender
5. Look for the lesson to be learned
6. Put your feelings in writing
7. Reach Out to your Offender

## ANXIETY COMES FROM A LACK OF TRUST

PS 84:12 O LORD Almighty, blessed is the man who trusts in you.

PS 37:3-5 Trust in the LORD and do good; dwell in the land and enjoy safe pasture. Delight yourself in the LORD and he will give you the desires of your heart. Trust in the LORD with all your heart and lean not on your own understanding;

PS 20:7 Some trust in chariots and some in horses, but we trust in the name of the LORD our God.

PS 56:3 When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?

JN 14:1 "Do not let your hearts be troubled. Trust in God; trust also in me.

### **Anxiety and stress is rooted in fear**

1 John 4: [18] There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

2 Tim. 1:[7] For God did not give us a spirit of fear, but a spirit of power, of love and of sound mind.

1SA 15:24 Then Saul said to Samuel, "I have sinned. I violated the LORD's command and your instructions. I was afraid of the people and so I gave in to them.

## **DEPRESSION**

**JOB** 7:16 I despise my life; I would not live forever. Let me alone; my days have no meaning.

### **Elijah**

1KI 19:10 He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

### **Jonah**

JONAH 4: [3] Now, O LORD, take away my life, for it is better for me to die than to live." . . .  
[8] When the sun rose, God provided a scorching east wind, and the sun blazed on Jonah's head so that he grew faint. He wanted to die, and said, "It would be better for me to die than to live."

### **David**

PS 102:3-7 For my days vanish like smoke; my bones burn like glowing embers. My heart is blighted and withered like grass; I forget to eat my food. Because of my loud groaning I am reduced to skin and bones. I am like a desert owl, like an owl among the ruins. I lie awake; I have become like a bird alone on a roof.

PS 42:5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and [6] my God.

### **Paul**

2 Cor 1:8 We were under great pressure, far beyond our ability to endure, so that we despaired even of life.

## **DEPRESSION AND SELF-CENTEREDNESS**

6.3 million people are currently being treated in the U.S. for depression by mental health facilities, counselors, psychiatrists, or doctors, not by pastors, or biblical accountability. Billions of dollars are spent on Zoloft, Prozac, and other antidepressants. It is much easier to label and medicate, than to expose the root of responsibility for our behavior.

### **Main Causes of Depression?**

1. Perceived Pressures of Responsibility
2. Disappointment from unrealistic expectations
3. Negative Thinking
4. Sin and Guilt not dealt with
5. Physical Factors (chemical imbalance)
6. Unresolved Anger
7. Self Pity
8. Prolonged Loneliness
9. Low Self Esteem

### **SIGNS OF DEPRESSION:**

Symptoms of depression can include: Sadness, pessimism, fear, apathy, weariness, fatigue, a loss of energy a lack of enthusiasm an inability to make decisions a desire to withdraw from life, self-criticism, a sense of worthlessness, helplessness a loss of interest in work, sex and normal activities, difficulty in concentrating, insomnia and loss of appetite. Left unchecked, it often leads to suicidal tendencies.

Suicide is the ultimate act of self centered behavior.

\*Normal, healthy emotions may include short term loneliness, & grief. This is not a sin. When left unchecked & prolonged they may lead to sin.

### **10 PROVEN STEPS TO VICTORY:**

1. Accept yourself as a creature of God.
2. Accept God's forgiveness for your sins
3. Admit to and get rid of longstanding unresolved Anger
4. Admit to and get rid of Self Pity

5. Visualize by faith your basic life goals and write them down
6. Anticipate the superabundant life God has in store for you
7. Seek first the kingdom of God and His righteousness
8. Give yourself to God to serve people / look for and recognize the needs of others
9. Give thanks in all circumstances

**Personality types most associated with  
Anxiety and Depression :**

- extremely analytical
- emotionally sensitive
- over reacts
- sensitive to criticism
- low self esteem
- need to appear in control at all times
- obsessive thinking
- inner nervousness
- high expectations
- guilt ridden
- easily irritated
- hypochondriac
- worrier

**Panic attacks may include :**

- persistent sadness and crying
- diarrhea and stomach problems
- irrational fears about—
  - dying, embarrassing yourself, losing your mind, guilt, failure, etc.
- hyperventilation
- rapid heart rate
- withdrawal and hiding

## **Shame and Guilt**

GE 2:25 The man and his wife were both naked, and they felt no shame.

GE 3:10 He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

Ezra 9:6 - "O my God, I am too ashamed and disgraced to lift up my face to you, my God, because our sins are higher than our heads and our guilt has reached to the heavens.

JOB 10:15 If I am guilty--woe to me! Even if I am innocent, I cannot lift my head, for I am full of shame and drowned in my affliction.

JOB 11:14 –15 if you put away the sin that is in your hand and allow no evil to dwell in your tent, then you will lift up your face without shame; you will stand firm and without fear.

JOB 31:33 if I have concealed my sin as men do, by hiding my guilt in my heart...

JOB 33:5-9 Answer me then, if you can; prepare yourself and confront me.:6 I am just like you before God; I too have been taken from clay. No fear of me should alarm you, nor should my hand be heavy upon you. "But you have said in my hearing-- I heard the very words--`I am pure and without sin; I am clean and free from guilt.

PS 32:5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"-- and you forgave the guilt of my sin.

PS 38:4 My guilt has overwhelmed me like a burden too heavy to bear.

Rom. 10:[11] As the Scripture says, "Anyone who trusts in him will never be put to shame."

1 Peter 4:[16] However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name.

2CO 7:10 Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. See what this godly sorrow has produced in you; what earnestness, what eagerness to clear yourselves . . .

### **ILLUSTRATIONS**

An author for Reader's Digest writes how he studied the Amish people in preparation for an article on them. In his observation at the school yard, he noted that the children never screamed or yelled. This amazed him. He spoke to the schoolmaster. He remarked how he had not once heard an Amish child yell, and asked why the schoolmaster thought that was so. The schoolmaster replied, "Well, have you ever heard an Amish adult yell?"

-Reader's Digest

90% of the friction of daily life is caused by the wrong tone of voice.

-Leadership, Vol. 1#4, . 23

Angry cynical people die young. Men who score high for hostility on standard tests are four times more likely to die prematurely than men whose scores are low.

-Bottom Line, Feb1989



A lady once came to Billy Sunday and tried to rationalize her angry outbursts. “There’s nothing wrong with losing my temper,” she said. “I blow up, and then it’s all over.” “So does a shotgun,” Sunday replied, “and look at the damage it leaves behind!”

-Billy Sunday

The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety.

-George Muller

The Average Person’s Anxiety is based on:

40%—things that will never happen

30%—things about the past that can’t be changed

12%—things about criticism by others, mostly untrue

10%—about health, which gets worse with stress

8%—about real problems that will be faced

How can you tell when it’s going to be a bad day?

1. You wake up face down on the pavement.
2. You call Suicide Prevention and they put you on hold.
3. You see a “60 Minutes” news team waiting at your office
4. Your birthday cake collapses from the weight of the candles
5. You turn on the news and they’re showing emergency routes out of the city.
6. Your twin sister forgot your birthday
7. Your car horn goes off accidentally and remains stuck as you follow a group of Hell’s Angels on the freeway
8. Your boss tells you not to bother taking off your coat
9. The bird singing outside your window is a buzzard
10. You wake up and your braces are locked together
11. You call your answering service and they tell you it’s none of your business.
12. Your income tax check bounces
13. You put both contact lenses in the same eye.
14. Your wife says, “Good morning, Bill”, and your name is George.

Worry is wasting today’s time to clutter up tomorrow’s opportunities with yesterday’s troubles.

What does your anxiety do? It does not empty tomorrow of its sorrow, but it does empty today of its strength. It does not make you escape the evil; it makes you unfit to cope with it when it comes. God gives us the power to bear all the sorrow of His making, but He does not guarantee to give us strength to bear the burdens of our own making such as worry induces.

-Ian Maclaren

Hudson Taylor, missionary to China and founder of the Overseas Missionary Fellowship, gave this excellent advice: “Let us give up our work, our plans, ourselves, our lives, our loved ones, our influence, our all, right into God’s hand; and then, when we have given all over to Him there will be nothing left for us to be troubled about.”

**How Emotions Relate to the Body, Soul, & Spirit**

## **A. The Body**

The body is not eternal, in fact it is in a steady state of decline and degradation. When Christ comes back we will receive a new "glorified" body. The Bible often refers to the body as "flesh." The body's natural nature is to seek pleasure and avoid pain. It is born with a sin nature. The Bible refers to it as a body of death. In fact the Bible compels us to overcome our sin nature by first receiving Christ as our Savior and then walking in the Spirit.

The body is a complex machine created by God. It takes in information through the senses and in turn, physically express our emotions. Tears, sweat, anxiety symptoms, raised blood pressure, smiling, yelling, clapping are all just a short list of ways the body experiences and expresses our emotions. In fact, deep within our bodies is a natural mechanism called the "Fight or Flight Response" This response is a built-in protective mechanism which when triggered helps us to be alert and prepared for action. Extreme fear and anger both trigger this response. It causes the heart to pound faster, the blood pressure to rise, perspiration, muscle tension and a release of adrenaline.

## **B. The Spirit**

The Spirit is a nontangible, "breath" or energy which is contained in the body. You were born with this spirit. It is the part of you that is most like God. It is eternal. When you become a Christian, God's Holy Spirit comes and takes up residence in your spirit. He transforms it. It becomes a new creation. Your spirit can grow and help you to overcome hardships and sin if you continue to fellowship with the Holy Spirit and continue to feed your spirit with God's Word. It is in your spirit that you are able to communicate fully and intimately with God. It is extremely important that you don't neglect this vital part of your makeup as it is your avenue of fellowship with God. It can also be the place of deep seated wounds and offenses.

The Bible speaks frequently of the spirit. It says to "Walk in the Spirit and you will not gratify the flesh" It also says "the Spirit is willing but the flesh is weak" So, as you can see it is extremely important to understand what the spirit is. In regard to emotions, one can lean on the Spirit to overcome many overwhelming emotions such as fear, anxiety, depression, guilt, shame, etc.

## **C. Your Soul**

Your soul is made up of three parts:

### 1. Your Mind

Your mind is the place in your brain that houses your intellect, reason, thoughts, memory, and beliefs. The Bible states that we should renew our minds with the word of God so that all of our thoughts and beliefs will be in line with God's Truth.

### 2. Your Will

Your will includes your plans, choices and actions. It is either in line with God's will or not. It is best to align your will with God's. For His plans for us are perfect.

Your will is the place of obedience or rebellion.

### 3. Your Emotions

Your emotions are specific expressions of feelings. They are felt in the heart and are expressed through our bodies.

God gave us these emotions to fully experience a relationship with Him and with others. Some emotions are to alert us to danger, other emotions are to express devotion. They can be both wonderful and miserable. When they get out of control, they can create havoc in our lives. Left unchecked, they can manipulate our mind, will, spirit, and body.

## **BOUNDARIES / EXPECTATIONS**

### What are Healthy Boundaries?

1. Not taking on (absorbing) other people's feelings. When you get angry, it doesn't mean that I have to
2. Respecting myself and others
3. Saying No without feeling guilty
4. Saying, "I need time", or "Slow down"
5. Being safe from physical, emotional or sexual abuse
6. Being touched how and when I choose
7. Communicating my needs and expecting them to get met
8. Responsible for my behavior and holding others responsible for theirs.
9. Normal consequences / both good and bad (sowing and reaping)
10. Healthy evaluations of life's activity.
11. Being humble or submissive without being passive.
12. Exercising meekness without weakness. Having strength under control.
13. The right to have personal convictions.

## **RENEWAL FROM THE INSIDE OUT**

Proverbs 23:7 - For as a man thinks in his heart, so is he....

PR 2:10 For wisdom will enter your heart, and knowledge will be pleasant to your soul.

PR 4:23 Above all else, guard your heart, for it is the wellspring of life.

PR 21:2 All a man's ways seem right to him, but the LORD weighs the heart.

PR 26:24 A malicious man disguises himself with his lips, but in his heart he harbors deceit. Though his speech is charming, do not believe him, for seven abominations fill his heart.

PR 27:19 As water reflects a face, so a man's heart reflects the man.

1SA 16:7 The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart."

MT 12:33 "Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit. [34] You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks. [35] The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him.

MT 15:[18] But the things that come out of the mouth come from the heart, and these make a man `unclean.' [19] For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. [20] These are what make a man `unclean'

2CO 4:16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

### **“MYTHS” about setting boundaries :**

1. I am being selfish if I set them.
2. Boundaries are hateful a sign of rebellion.
3. When I set them, I am responsible if others get offended by them.
4. Boundaries cause others to feel guilty.
5. Boundaries are always permanent and Unchangeable.
6. Boundaries cause conflict and burn bridges with others.

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TRUTH : people who complain about healthy boundaries, usually do not respect

themselves or others. They act passive-aggressive and are often co-dependant in relationships.

### From Insecurity to Living Secure

Rate yourself from 1-10 on the following Opposites.

<b>1</b>	<b>.....3.....5.....7.....</b>	<b>.....9.....10</b>
Objective (live by principles)		Subjective (feeling, experience)
Faith / Grace		Works / Laws
Secure		Insecure / fearful
Internal / introspective		External / popularity, socialite
Assertive / confident		Passive - aggressive
Repentant		Condemned, guilty, shameful
Improving, maturing		Immature "rut"
Healed		Wounded
Accepting, accepted		Rejection, (performance based acceptance
Relaxed / content		Panic, anxiety
Ready and Able to forgive		Easily offended
Overcomer		Victim

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Total \_\_\_\_\_

12 = Healthy, secure

120 = unhealthy, sick, insecure

### **The Root of Insecurity is the Fear of being Rejected by Men**

Isaiah 41:9 I took you from the ends of the earth,  
from its farthest corners I called you. I said, 'You are my servant'; I have chosen you and have not  
rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen  
you and help you; I will uphold you with my righteous right hand.

1Samuel 15:24 Then Saul said to Samuel, "I have sinned. I violated the  
LORD's command and your instructions. I was afraid of the people and so I gave in to them.

EX 32:21 He said to Aaron, "What did these people do to you, that you led them into such great sin?" "Do not be  
angry, my lord," Aaron answered. "You know how prone these people are to evil. [23] They said to me, 'Make us  
gods who will go before us. As for this fellow Moses who brought us up out of Egypt, we don't know what has  
happened to him.' [24] So I told them, 'Whoever has any gold jewelry, take it off.' Then they gave me the gold, and I  
threw it into the fire, and out came this calf!"

Moses saw that the people were running wild and that Aaron had let them get out of control

John 12:42 Yet at the same time many even among the leaders believed in him. But because of the Pharisees  
they would not confess their faith for fear they would be put out of the synagogue; [43] for they loved praise  
from men more than praise from God.

Matthew 21:45 When the chief priests and the Pharisees heard Jesus' parables, they knew he was talking about them. [46] They looked for a way to arrest him, but they were afraid of the crowd because the people held that he was a prophet.

Matthew 22:15 Then the Pharisees went out and laid plans to trap him in his words. [16] They sent their disciples to him along with the Herodians. "Teacher," they said, "we know you are a man of integrity and that you teach the way of God in accordance with the truth. You aren't swayed by men, because you pay no attention to who they are.

**Peace is not the absence of conflict , but  
the presence of justice.**

Duke University did a study on "peace of mind." Factors found to contribute greatly to emotional and mental stability are:

- 1) the absence of suspicion and resentment. Nursing a grudge was a major factor in unhappiness.
- 2) Not living in the past. An unwholesome preoccupation with old mistakes and failures leads to depression.
- 3) Not wasting time and energy fighting conditions you cannot change. Cooperate with life, instead of trying to run away from it.
- 4) Force yourself to stay involved with the living world. Resist the temptation to withdraw and become reclusive during periods of emotional stress.
- 5) Refuse to indulge in self-pity when life hands you a raw deal. Accept the fact that nobody gets through life without some sorrow and misfortune.
- 6) Cultivate the old-fashioned virtues--love, humor, compassion and loyalty.
- 7) Do not expect too much of yourself. When there is too wide a gap between self-expectation and your ability to meet the goals you have set, feelings of inadequacy are inevitable.
- 8) Find something bigger than yourself to believe in. Self-centered egotistical people score lowest in any test for measuring happiness.

**PEACE**

**PEACE**—Completeness, wholeness, tranquility, rest, harmony (Old Testament) and the inner tranquility and poise of the Christian whose trust is in God through Christ. (New Testament)

ISA 26:3 You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

John 14:[27] Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Phil. 4:[7] And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PS 119:165 Great peace have they who love your law, and nothing can make them stumble.

PR 14:30 A heart at peace gives life to the body, but envy rots the bones

PR 16:7 When a man's ways are pleasing to the LORD, he makes even his enemies live at peace with him.

ECC 3:8 a time to love and a time to hate, a time for war and a time for peace.

ISA 9:6 Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

JN 16:33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

### **RENEWING THE MIND**

The Mind is made up of Patterns of thought. These patterns of thought are belief systems which are the root of all of our behavior. Strongholds are patterns of thought which are in direct contradiction to the truth of the Bible. These strongholds are made up of evil, worldly thoughts, taught to us by the World and the Devil. Thoughts (both conscious and subconscious) are determined by the perceived reality in what we see and hear.

**Rom. 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.**

1. Being conformed to this World is to be molded and shaped by carnal influences.
2. What are some teachings of the World?
  - \* We are self sufficient, we don't need any outside source of wisdom or guidance.
  - \* There are no absolute truths. Ethics and morality is based on the situation and personal application. What's good (or right) for you, may not be good for me
3. What does "Renewing the Mind" mean? Spiritual brainwashing of the Bible. It is to replace worldly thinking with Godly thinking. Not according to tradition, or personal conclusions, but by "scriptural principles".

