

**Test name:** Emotions 6

### Question 1 of 25

Emotional health according to EHS is defined as our ability to be self-aware and love well.

---

- A) True
- B) False

### Question 2 of 25

contemplative spirituality is defined as slowing down to cultivate our relationship with Jesus.

---

- A) True
- B) False

### Question 3 of 25

The "main problem" with EHS is that the degree to which we are willing to give Jesus access to what is deeply beneath the surface in our lives is the degree to which we will experience freedom in Him.

---

- A) True
- B) False

### Question 4 of 25

In the series called MASQUERADE, the first topic was HIDING FROM GOD.

---

- A) True
- B) False

### Question 5 of 25

the definition of a hypocrite like an actor playing a role, someone wearing a mask to misrepresent reality.

---

- A) True
- B) False

**Question 6 of 25**

3 elements of SATAN'S SHAME GAME include, first when you experience something deeply painful or sinful. Then you connect what happened with who you are. And last you believe the only way to be safe is to hide.

- A) True
- B) False

**Question 7 of 25**

Gen 3:7-10 says that Adam and Eve felt shame, tried to cover themselves to hide from God, and then acted out because of fear.

- A) True
- B) False

**Question 8 of 25**

THOSE WHO DON'T KNOW, DON'T KNOW THEY DON'T KNOW. This is from week 4 called "self deception"

- A) True
- B) False

**Question 9 of 25**

THE LONGER WE VIEW OURSELVES THROUGH A DISTORTED LENS THE MORE LIKELY WE ARE TO BELIEVE A DISTORTED TRUTH.

- A) True
- B) False

**Question 10 of 25**

Craig gives 4 steps to live in truth (week 2 of Masquerade)

- A) True

B) False

### Question 11 of 25

Week 3 is called hiding your sin. We learn that AFTER YOU SIN, YOU HAVE TWO CHOICES, CONCEAL YOUR SINS or CONFESS YOUR SINS.

A) True

B) False

### Question 12 of 25

There are 3 TYPES OF CONFESSION. First CONFESS TO GOD FOR FORGIVENESS, then, CONFESS TO PEOPLE FOR HEALING, and last CONFESS to a priest for absolution.

A) True

B) False

### Question 13 of 25

Many people try to hide the hurt they feel, it is a good way to find hope through pretending it doesn't exist.

A) True

B) False

### Question 14 of 25

In week 1 of "baggage" we need to do a baggage check by acknowledging our baggage like in Job 7:11.

A) True

B) False

### Question 15 of 25

In order to let go, we need to renew our mind, let God restore what was lost, and release our offender.

A) True

B) False

**Question 16 of 25**

week 3 talks about emotional baggage as we often leave the door open to voices from the past.

---

- A) True  
 B) False

**Question 17 of 25**

The first lie is that YOU DON'T FIT IN, so we become CONFORMERS.

---

- A) True  
 B) False

**Question 18 of 25**

The second lie is that YOU AREN'T GOOD ENOUGH so we become PERFORMERS.

---

- A) True  
 B) False

**Question 19 of 25**

Another lie says YOU ARE NOT WORTHY. That's often why we are CLINGERS.

---

- A) True  
 B) False

**Question 20 of 25**

The truth is IN CHRIST, YOU ARE FORGIVEN, SECURE and free.

---

- A) True  
 B) False

**Question 21 of 25**

We should not shut doors of voices in the past, they always reveal the truth.

---

- A) True
- B) False

**Question 22 of 25**

Week 4 is about depression. We learn that we must take off your MASK and be HONEST about where you are in life.

---

- A) True
- B) False

**Question 23 of 25**

It is vital to seek help through a LIFE GROUP, personal ACCOUNTABILITY, A SPIRITUAL MENTOR, COUNSELING, or even PRESCRIPTION MEDICINE if necessary.

---

- A) True
- B) False

**Question 24 of 25**

The Bible promises that "He heals the brokenhearted and binds up their wounds." in Psalms 147:3

---

- A) True
- B) False

**Question 25 of 25**

Ultimately we believe that GOD ALONE is the source of our healing from Isaiah 61:1-7. "The spirit of the Sovereign Lord is on me, he has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to comfort all who mourn, to bestow on them a crown of beauty instead of ashes, instead of shame a double portion, instead of disgrace an inheritance and everlasting joy will be theirs."

---

- A) True
- B) False