

Answer Key to Study Questions

Introduction - What is Christian Living?

1. How does *Guideposts* define a Christian?

Guideposts defines a Christian in four ways:

- ✓ A mind through which Christ thinks.
- ✓ A heart through which Christ loves.
- ✓ A voice through which Christ speaks.
- ✓ A hand through which Christ helps.

2. What has God called us to?

God has called us to a walk of holiness.

3. What does T. F. Tenney say about believing in holiness?

"We must believe in holiness externally, internally and eternally."

4. What are God's promises to His children in Jeremiah 31:33?

In Jeremiah 31:33, God promises:

- ✓ I will put my law in their inward parts.
- ✓ I will write it in their hearts.
- ✓ I will be their God.
- ✓ They will be my people.

5. Why does God give us new hearts?

God gives us new hearts so we can better love and obey Him.

6. What does Raymond Woodward say about internal holiness in his book, *Because We Are His*?

Raymond Woodward in his book, *Because We Are His*, says, "If you are a spirit-filled child of God, you already have internal holiness, because God's Spirit is holy!"

7. What question should we ask ourselves when we are unsure of what to do?

"What would Jesus do? Would what I am about to do please Him?"

8. What will worldliness rob us of?

Worldliness will rob us of our peace, joy, and nearness to the Lord.

9. According to 1 Samuel 16:7, man looks on the outward appearance, but the Lord looks where?

"For the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart" (1 Samuel 16:7).

10. What is the question that is asked to conclude this lesson?

"What have you done today that only a Christian would have done?"

Lesson One - Obedience

1. Summarize Romans 5: 15-18.

Disobedience made us sinners, but the obedience of Christ brought us redemption, allowing us to be called righteous. Christ's obedience covers those affected by Adam's disobedience.

2. Who is considered righteous in God's eyes?

Everyone can listen to the Word of God, but only the ones who obey it are righteous in God's eyes.

3. What two things work together?

Faith and obedience work together.

4. How is faith measured in a person's life?

The depth of a person's faith can be judged by his obedience.

5. What did Saul's disobedience cost him?

Saul's disobedience cost him the kingdom.

6. What happened when Solomon neglected to obey God's Word?

Solomon's disobedience and desire to do his own thing resulted in God's judgment. His disobedience led to the kingdom being divided and finally destroyed.

7. What is obedience better than?

Obedience is better than sacrifice.

8. Who is our best example of obedience?

Jesus Christ is the ultimate example of obedience.

9. What happened to Peter and John when they preached Jesus?

Although Peter and John were threatened by the magistrates, they ceased not to preach the name of Jesus.

10. Why does obeying God sometimes cause us to conflict with others?

A life separated from sin will conflict with some people.

Lesson Two - The Rewards of Obedience

1. List five things that obedience brings.

Obedience brings –

- ✓ Blessing
- ✓ Long Life
- ✓ A Peculiar Treasure
 - ✓ Salvation
 - ✓ The Presence of God
 - ✓ Answered Prayer
 - ✓ Restoration

2. What did the Israelites have to do in order to be blessed?

The Israelites were to choose whether or not they would live a victorious lifestyle.

3. What continued because of Abraham's obedience?

Because of Abraham's obedience, God's covenant promise remained in effect.

4. According to this lesson, what are Christians commanded to do? Provide Scripture with your answer.

Christians are commanded to live a holy life. "But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light" (1 Peter 2:9).

5. Why was God's mercy and grace bestowed upon Noah?

God's mercy and grace were bestowed upon him because he remained distant from a perverse generation.

6. What do the people who seek God experience?

Those who seek the Lord experience His wonderful presence.

7. God fulfills His promises in response to what?

God responds to earnest prayer.

8. What did Jeremiah tell the Israelites in his letter?

Jeremiah told them to continue to seek the Lord. If they would seek the Lord with all their hearts and obey His Word, restoration would be theirs.

Lesson Three - The Mind

1. What is the mind?

The mind is the headquarters where information is gathered and understood.

2. Quote Romans 3:23.

"For all have sinned, and come short of the glory of God" (Romans 3:23).

3. When do we get a new mind?

When we repent of our sins, are baptized in Jesus' name for the remission of our sins, and receive the Holy Ghost, we become new creatures. We are given a new mind.

4. How often should man renew his mind?

We need to daily renew our mind.

5. When the mind is renewed, what does inward change produce?

When the mind is renewed, inward change produces outward change.

6. Give two ways to guard our minds.

A few ways to guard our minds are:

- ✓ Through prayer and fasting.

- ✓ Reading God's Word.
- ✓ Reading Christian literature.
- ✓ Asking God to cover our minds with His blood.

7. Quote Hebrews 4:12.

"For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart" (Hebrews 4:12).

8. What do the helmet of salvation and the sword of the Spirit do for the mind?

The helmet protects the mind, and the sword cuts down anything that might injure the mind.

9. What happens when we love God with all our mind?

When we love God with all our mind, we submit our mental power to His will.

10. Quote Philippians 2:5.

"Let this mind be in you, which was also in Christ Jesus" (Philippians 2:5).

Lesson Four - Doors to the Mind

1. According to Nachman of Bratslav, what is more precious than all five senses?

"Thinking is more precious than all five senses."

2. What has Satan fought for since the beginning?

Since the beginning of time, Satan has warred for control of man's mind.

3. What can Satan not do according to this lesson?

Satan cannot read our thoughts.

4. When does man receive power over the devil?

After receiving the Holy Ghost, we have the power to defeat the devil.

5. What happens at baptism?

At baptism we take on the name of Jesus, and at the name of Jesus the devil must flee. Jesus' name is so powerful that Satan cannot withstand it.

6. Quote James 4:7.

"Submit yourselves therefore to God. Resist the devil, and he will flee from you" (James 4:7).

7. What are the five doors to the mind?

The five doors are the five senses:

- ✓ Ears (hearing)
- ✓ Eyes (sight)
- ✓ Nose (smell)
- ✓ Mouth (taste)
- ✓ Hands (touch)

8. Give the statement from the lesson that best fits the devil.

The devil is forceful, sneaky, and will take all he can get. "Give him an inch and he will take a mile." As Christians, we need not give him anything.

9. Explain what happened in Genesis 3:1-6, and which doors Eve opened to her mind.

(Refer to page 12, column two.)

10. What must the devil do when we resist him?

When we resist him, he has to flee, but we have to start the fight.

11. Quote Ephesians 6:12-13.

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand" (Ephesians 6:12-13).

12. What are two ways we can keep our ears pure?

A few ways that man can keep his ears pure are:

- ✓ Listen to positive conversation.
- ✓ Listen to godly music that uplifts the Lord and praises His holy name.
- ✓ Attend church as much as possible to hear the preaching of the Word.
- ✓ After prayer, stop and listen to what God might say. He will give the strength needed to overcome the devil.

13. What did the psalmist David do to protect his eyes?

The psalmist David made a covenant to not set anything sinful before his eyes.

14. When will we have an easier time keeping our hands clean of sin?

When we submit our hands to God's work, we have an easier time keeping them clean.

15. What is the nose most closely connected to?

The "smell" door is the one most closely connected to memory.

16. What is vital to the survival of a Christian?

As food is vital to life, a daily portion of the Bread of Life (God's Word) is vital to our spiritual survival.

17. What are the statistics related to the senses and memory retention?

- ✓ We remember 10% of what we hear (1 door).
- ✓ We remember 50% of what we hear and see (2 doors).
- ✓ We remember 70% of things we hear, see, and speak (3 doors).
- ✓ We remember 90% of things we hear, see, speak, and do (4 doors).

18. Explain how the enemy got through the Great Wall of China.

During the first one hundred years after the Great Wall was built, China was invaded twice. The wall was strong. How did this happen? The gatekeeper became careless, and the enemy

bribed their way through the gate. Two invasions happened because someone unlocked the door and let the enemy enter.

Lesson Five - The Will

1. What is the will of man?

The will of man is where emotions and knowledge come together and decisions are made.

2. Give three right choices man can make.

| Right Choices | Scripture Reference |
|----------------------|----------------------------|
| Steadfast | Psalms 108:1 |
| Full of integrity | 1 Kings 9:4 |
| Prompts action | Exodus 25:2 |
| Loves God | Deuteronomy 6:5 |
| Tender | Ezekiel 36:26 |
| Seeks God | 2 Chronicles 19:3 |
| Sincere | Hebrews 10:22 |
| Obedient | Psalms 119:36 |
| Purposeful | 2 Chronicles 6:7 |
| Decisive | 2 Chronicles 6:7 |

3. Give three wrong choices man can make.

| Wrong Choices | Scripture Reference |
|----------------------|----------------------------|
| Works wickedness | Psalms 58:2 |
| Deceitful | Jeremiah 17:9 |
| Inclines toward evil | Genesis 8:21 |
| Hard | Exodus 8:32; 4:21 |
| Proud | Ezekiel 28:2 |
| Stone-like | Ezekiel 36:26 |
| Unrepentant | Romans 2:5 |
| Unbelieving | Hebrews 3:12 |

4. How is the will connected to the heart?

We cannot just know the will of God and do it, but we need to do the will of God "from the heart."

5. Can we go wrong when seeking God's guidance?

We cannot go wrong when we seek God's guidance.

6. Quote Psalm 25:9.

"The meek will he guide in judgment, and the meek will he teach his way" (Psalm 25:9).

7. What makes a believer want to do God's will?

A sincere love for God will make the believer want to do His will no matter what.

Lesson Six - Guard Your Heart

1. What must the heart be capable of in order for life to be continued?

As long as the heart receives and sends blood, life continues.

2. What did Charles Spurgeon tell his London congregation?

Charles Spurgeon told his London congregation, "Set your heart upon God's Word! It is the only way to know it thoroughly; let your whole nature be plunged into it as cloth into a dye."

3. How did Caleb serve the Lord?

"I, however, followed the LORD my God wholeheartedly."

4. What was Caleb given in Joshua 14?

Caleb was given the land of Hebron.

5. What is special about the girdle in the armour of God?

The girdle covered the intimate parts of the body. This piece of armour kept the whole suit together.

6. What is our girdle?

Truth or honesty is our girdle.

7. What does God desire in the inward parts?

God desires truth and sincerity in the inward parts.

8. What is the Christian's breastplate?

Righteousness is the Christian's breastplate.

9. What was the purpose of the breastplate?

The breastplate kept the vitals safe and sheltered the heart. A soldier could not defend himself against the enemy without a breastplate.

10. What will the righteousness of God do?

The righteousness Christ gives us protects us against the enemy's arrows.

11. What saved Officer David Schafer's life?

The good news was that the bulletproof vest that she had bought him had saved his life.

12. What is the spiritual application?

Christ provides us with the breastplate of righteousness—a shield over our hearts that sin cannot penetrate.

God's Word hidden in our hearts will keep us from sinning. No temptation of the enemy can penetrate the breastplate of righteousness.

Lesson Seven - How Is Your Heart?

1. What does the condition of a man's heart determine?

The condition of a man's heart determines his response to the Word of God.

2. What parable is studied in this lesson?

The parable of the Sower.

3. What are the enemies of God's Word?

The enemies of God's Word are:

- ✓ Satan.
- ✓ Worldly concerns.
- ✓ Riches.
- ✓ Pleasures.

4. What is man's heart-soil capable of producing?

It is capable of:

- ✓ Improvement
- ✓ Bearing good fruit

5. What does the reception of the Word depend upon?

The Word (seed) will only live in man's heart if the heart is prepared. The prepared heart bears fruit when the seed of the Word is nurtured.

6. List the four types of soil and hearts.

The four different types of soil represent four types of hearts.

| Soil | Results | Represents |
|-------------|----------------|---------------------------------|
| Wayside | None | Hard hearts |
| Stony | Short-lived | Shallow hearts |
| Weedy | Choked out | Cluttered hearts |
| Good | Fruitful | Whole (responsive) hearts |

7. What kind of heart is compared to the hard ground?

Those with hard hearts hear the Word, but they do not understand it because their heart has not been prepared. They are not interested in the things of God.

8. What is the only thing that will prepare the hard heart for seed?

If we do not break up the ground by preparing our hearts for the Word, and do not cover the seed with meditation and prayer, we will be unfruitful.

9. What four things identify stony, shallow hearts?

The stony, shallow hearts:

- ✓ Hear the Word.
- ✓ Are quick to receive it.
- ✓ Receive it with joy.
- ✓ Endure for awhile.

10. List three reasons for the lack of fruit in stony, shallow hearts.

- ✓ No root in themselves.
- ✓ No settled, fixed principles in their judgments.
- ✓ No firm resolution in their wills.
- ✓ No rooted habits in their affections.
- ✓ Nothing firm that will be either the sap or the strength of their profession.

11. According to *Matthew Henry's Commentary*, what do the stones and thorns destroy?

The stones spoil the root, and the thorns spoil the fruit.

12. What are some of the thorns that choke out the things of God?

Some of the thorns that choke out the things of God are:

- ✓ Cares of this world.
- ✓ Deceitfulness of riches.
- ✓ Desires of other things.
- ✓ Pleasures of this life.

13. What type of heart is the whole heart?

The whole (responsive) heart is the prepared heart, cleared of stones and clutter.

14. What type of heart bears much fruit?

A heart soft and tender stirred to its depths by the great things of eternity and jealously guarded from worldly things will produce much fruit.

15. Who is the best heart specialist?

Jesus Christ is the best heart specialist.

16. Quote Psalms 51:10.

"Create in me a clean heart, O God; and renew a right spirit within me" (Psalm 51:10).

17. Quote 2 Corinthians 5:17.

"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new" (2 Corinthians 5:17).

Lesson Eight - Fruitful Actions

1. What is produced by our actions?

Fruit is produced by our actions.

2. What kind of crop do we reap?

We reap what we sow.

3. List the fruit of the Spirit.

- ✓ Love
- ✓ Joy
- ✓ Peace
- ✓ Longsuffering
- ✓ Gentleness

- ✓ Goodness
- ✓ Faith
- ✓ Meekness
- ✓ Temperance

4. What conflicts with the fruit of the Spirit?

The fruit of the Spirit works in conflict with the works of the flesh.

5. What enables us to overcome the enemy?

Only a committed heart enables us to overcome the enemy.

6. What does this lesson say about Ruth?

- ✓ Ruth (Ruth 3:10-11).

God honored Ruth's virtue. She forsook her homeland to be with her mother-in-law (Naomi). After Ruth married Boaz, Obed was born. Obed was the father of David. This is the family line through which Christ came into the world.

7. What will produce fruit of righteousness?

We need to be sincere, without any mixture of evil, completely pure before the Lord. This will produce fruit of righteousness.

8. Who is the true vine?

Jesus is the true vine.

9. What are the two types of branches?

In John 15, Jesus talks about two types of branches on vines.

- ✓ The fruitless.
- ✓ The fruitful.

10. What must our fruit do?

Our fruit must bring glory to God through our life and witness.

11. How will we be known?

We will be known by our fruit (Matthew 7:16).

Lesson Nine - The Destructive Three

1. Name three things that will destroy the child of God?

- ✓ Lust of the flesh.
- ✓ Lust of the eyes.
- ✓ Pride of life.

2. Is it possible to love God and the world at the same time? Give Scripture with your answer.

We cannot love the Father and the world at the same time. Loving the world defiles our relationship with God and leads to spiritual destruction.

“No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon” (Matthew 6:24).

3. To what can friendship with the world be compared?

Friendship with the world is spiritual adultery.

4. What must man flee from according to 1 Corinthians 6:18?

Flee fornication.

5. What is the gate from the world to the flesh?

The eyes are the gate from the world to the flesh.

6. Summarize what Jesus said in Matthew 6:19-21.

“Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasure is, there will your heart be also” (Matthew 6:19-21).

7. Why should we take heed of pride?

The devil fell through pride, which is a good reason why we should take heed of pride. Pride turns angels into devils.

8. What will happen to the one who does the will of God?

Doing the will of God leads to eternal life.

9. Explain how Genesis 3:6 is connected to 1 John 2:16.

Genesis 3:6 and 1 John 2:16 are connected.

| Genesis 3:6 | 1 John 2:16 |
|---|--------------------|
| Eve saw the fruit on the tree, that it was good for food. | Lust of the flesh |
| It was pleasant to the eyes. | Lust of the eyes |
| It was desired to make one wise. | Pride of life. |

10. How did Jesus overcome temptation?

Each time Jesus submitted Himself to the Word of God, He overcame the temptation.

11. According to *The Full Life Study Bible*, how can the Word of God be used to overcome temptation?

The Full Life Study Bible gives a list of how to use the Word of God to overcome temptation:

- ✓ Realize that through the Word of God you have the power to resist any appeal Satan can make.
- ✓ Memorize the Word of God.

- ✓ Meditate day and night on the verses you have memorized.
- ✓ Say the memorized passages to yourself and God the instant you are tempted.
- ✓ Recognize and obey the prompting of the Holy Spirit to live by God's Word.
- ✓ Surround all the above steps with prayer.

12. List three ways to keep the "destructive three" out of our lives.

We can be victorious like Christ. The "destructive three" will not have an entrance into our lives if we:

- ✓ remain in the Word,
- ✓ stay full of the Spirit, and
- ✓ determine to live as Christ has shown us.

Lesson Ten - Which Frame of Mind Are You?

1. What is a "frame of mind"?

A "frame of mind" is an attitude.

2. Can negative attitudes be overcome?

Negative attitudes are destructive but can be overcome and we can victoriously move forward with a brighter outlook on life.

3. What kind of attitude did Saul have?

Saul had a destructive attitude of rebellion.

4. What did Saul's attitude cost him?

Saul's rebellious attitude had him removed from the throne.

5. How was Joseph different from his brothers?

Joseph, the son of Jacob, had an excellent attitude. His attitude was constructive. He had many occasions to be hateful, but continued to have the mind of God (Genesis 37, 39-45).

Joseph was not like the other sons of Jacob. His attitude was pure even though he was sold as a slave, lies were told about him, and he was unjustly imprisoned.

6. How can we keep a positive attitude?

The apostle Paul gave some pointers in I Thessalonians 5: 16-18:

- ✓ Be joyful.
- ✓ Keep on praying.
- ✓ No matter what happens, be thankful, for this is God's will for you who belong to Christ Jesus.

7. What is Paul talking about in Philippians 2:5?

Paul is talking about Christ coming to the earth. The God of glory robed Himself in the flesh of a baby, and slipped into our world. Where was this King of kings born? Surely His parents were rich and famous.

8. What does Paul tell us in Philippians 2:2?

He lived to serve and save others. Paul tells us to imitate Christ's humility and "be likeminded, having the same love, being in one accord, of one mind" (Philippians 2:2).

9. What does Betty Sachelli say about our thoughts?

"Two thoughts cannot occupy the mind at the same time, so the choice is ours as to whether our thoughts will be constructive or destructive." (Betty Sachelli)

Lesson Eleven - A Matter of Attitude

1. According to David and Loretta Bernard, what are the most important basics of holiness?

David and Loretta Bernard in their book, *In Search of Holiness: A Practical Guide for Today*, say, "Attitudes are the most important basics of holiness."

2. What are wrong attitudes a first sign of?

Wrong attitudes are the first signs of backsliding and are usually works of double standards.

3. Who were the first three kings of Israel?

Different attitudes are visible in each of the first three kings of Israel, Saul, David, and Solomon.

4. According to Luis Palau, what did Saul's heart problem consist of?

Saul's attitude problem consisted of the following:

- ✓ Impatience (1 Samuel 13:11-12).
- ✓ Partial obedience (1 Samuel 15:10-14).
- ✓ Rebellion (1 Samuel 15:22-23).
- ✓ Profanity (1 Samuel 14:24).
- ✓ Selfishness (1 Samuel 15:12; Philippians 3:15).
- ✓ Disloyalty (1 Samuel 14:39).
- ✓ Jealousy (1 Samuel 18:5-9).

5. What was David called?

"David the son of Jesse, a man after mine own heart, which shall fulfill all my will" (Acts 13:22).

6. For what did Solomon ask?

Solomon asked for a discerning heart.

7. What did God give Solomon in addition to his request?

Besides a wise and discerning heart, God gave Solomon riches and honor, and promised him a long life if he walked in His ways (1 Kings 3:10-14).

8. List the seven attitudes (postures) of the spiritual life.

- ✓ Lying down for spiritual rest
- ✓ Sitting for instruction
- ✓ Standing for warfare
- ✓ Walking for fellowship
- ✓ Running for progress
- ✓ Leaping for ecstasy (joy)

✓ Mounting up for exaltation

9. What does our attitude toward the world depend upon?

Our attitude toward the world around us depends upon what we are ourselves.

10. What does Arthur Schopenhauer say in this lesson?

Arthur Schopenhauer adds, "To one man, the world is barren, dull, and superficial; to another rich, interesting, and full of meaning."

Lesson Twelve - The Unruly Member

1. What are the three definitions that *The Revell Dictionary* gives of "tongue"?

The Revell Bible Dictionary defines "tongue" three ways.

- ✓ *The moveable muscular structure in the mouth.*
- ✓ *A language or dialect.*
- ✓ *Figuratively, one's speech.*

2. What is said about the tongue in James 3?

James chapter three gives a detailed explanation of how dangerous an untamed tongue is. This little member can do great damage (James 3:5-6).

3. Give one of the comparisons that James states about the tongue.

James compares the tongue to several common things.

- ✓ **A horse's bit (James 3:3).** The bit is placed in the horse's mouth to make it obey when the reins are tugged. With the bit in the horse's mouth, a man can control the animal.
- ✓ **A ship's helm.** Strong winds drive a ship, but a small wheel called a helm controls it. With a turn of this wheel, the ship goes wherever the captain chooses (James 3:4).
- ✓ **A fire.** A small fire can do a world of damage. The tongue can defile the rest of the body and destroy many lives (James 3:6).

4. Quote James 1:19.

"Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath" (James 1:19).

5. Name three ways that we can sin with our mouth.

- ✓ Gossiping / talebearing / slander (Proverbs 26:20-22).
- ✓ Lying / exaggeration (Exodus 20:16).
- ✓ Cursing (harsh words) / taking the name of the Lord in vain (Exodus 20:7).
- ✓ Teaching false doctrine (1 Timothy 6:3-5).
- ✓ Boasting (Psalm 10:3).

6. How can a Christian refrain from sinning with his speech?

A Christian can refrain from sinning with his mouth by giving the Holy Spirit control.

7. What does the guidance of the Spirit cast down?

The guidance of the Spirit "casts down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ" (2 Corinthians 10:5).

8. What does talebearing sow?

Talebearing sows discord.

9. Who is the father of lies?

Satan is the father of lies (John 8:44).

10. Who died because they lied to the Holy Ghost?

Ananias and Sapphira lied to the Holy Ghost and died for it (Acts 5:1-11).

11. What is the best policy?

Honesty is the best policy.

12. Quote Exodus 20:7.

"Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain" (Exodus 20:7).

13. What should not come out of the same mouth?

Cursings and blessings should not come out of the same mouth.

Lesson Thirteen - Words Fitly Spoken

1. What are pleasant words to the soul and to the bones?

"Pleasant words are as an honeycomb, sweet to the soul, and health to the bones" (Proverbs 16:24).

2. Quote Proverbs 25:11.

"A word fitly spoken is like apples of gold in pictures of silver" (Proverbs 25:11).

3. What powers are in the tongue (Proverbs 18:20-21)?

Death and life are in the power of the tongue.

4. Give one of the Incentives for Pure Speech listed in this lesson.

- ✓ Honest words bear fruit. "A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled" (Proverbs 18:20).
- ✓ Honest words are valuable. "There is gold, and a multitude of rubies: but the lips of knowledge are a precious jewel" (Proverbs 20:15).
- ✓ Honest words bring freedom. "Whoso keepeth his mouth and his tongue keepeth his soul from troubles" (Proverbs 21:23).
- ✓ Honest words bring acceptance. "He that loveth pureness of heart, for the grace of his lips the king shall be his friend" (Proverbs 22:11).

5. What do David and Loretta Bernard say about the tongue and relationships with God?

"The way you use your tongue is a good indication of your relationship with God. The tongue speaks whatever is in the heart."

6. Quote Proverbs 4:23.

"Keep thy heart with all diligence; for out of it are the issues of life"(Proverbs 4:23).

7. What is a reason why God used speaking in tongues as the initial sign of receiving the Holy Ghost?

One reasonable explanation is that the tongue is the hardest part of a man to tame. Once God has control of the tongue, He has the life.

“And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance” (Acts 2:4).

This disobedient member is the hardest for us to yield to God. Therefore, when we speak in tongues as the Spirit gives the utterance, it signifies that we have given God complete control.

8. Name two things that words can do.

Words have the power to bring life or death. They will either build or destroy.

9. What psalm can we pray when trying to control the unruly member?

“Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength and my redeemer” (Psalm 19:14).

10. Give the quote at the end of this lesson.

“Dear Father, Help me bridle my tongue, so that on judgment day I will not be found guilty of assault with a deadly weapon.”(Anonymous)

Lesson Fourteen - Holy Hands

1. What are the three things that the hand can do?

The hand can:

- ✓ Bless or curse;
- ✓ Lift up or tear down;
- ✓ Worship or scorn.

2. What does 1Timothy 2:8 show?

Barnes' Notes gives an insight to the key verse, I Timothy 2:8. “Holy hands here, means hands that are not defiled by sin. When men approach God, they should do it in a pure and holy manner.”

3. List the things that the hands can express.

- ✓ Victory
- ✓ Supplication
- ✓ Uplifting
- ✓ Submission

4. What happened when Moses's hands were up?

As long as Moses held up the rod of God, which symbolized power and authority, Israel prevailed over the Amalekites.

5. What does Psalm 68:31 mean?

This verse refers to the time when Ethiopia would stretch forth its hands in supplication.

6. What type of hands will a submissive person have?

A submissive person opens his hands, surrendering all. Whereas, a closed tight fist indicates clutching and an unwillingness to yield.

7. What did Jesus teach about in Matthew 23?

Man is easily fooled by outward cleanliness. However, God sees the heart. We cannot have clean hands and a dirty heart at the same time.

8. List three sins that start in the mind and are carried out by the hands.

- ✓ Stealing
- ✓ Murder
- ✓ Fornication/adultery
- ✓ Vandalism
- ✓ Sexual harassment

9. Give an example of a sin that starts with the hands.

The actions of the hands can plant the seed of sin in the mind. For example—when touching a person of the opposite sex who is not your spouse. In church circles we shake hands and say, “Praise the Lord.” It should stop at that. Holding hands can lead to lustful thoughts. Continued interaction feeds the sexual hormones. If the body is not brought under subjection, sin can enter and defile the body, possibly leading to adultery or fornication.

10. What are the two things that need to be clean according to James 4:8?

“Cleanse your hands, ye sinners; and purify your hearts, ye double minded” (James 4:8).

Lesson Fifteen - Dedicated Hands

1. What type of hands should a Christian have?

A Christian should have giving hands.

2. Quote Luke 6:38.

“Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again” (Luke 6:38).

3. What does Billy Graham say about hands?

“God has given us two hands – one for receiving and the other for giving.” (Billy Graham)

4. Quote Philippians 4:19.

“But my God shall supply all your need according to his riches in glory by Christ Jesus” (Philippians 4:19).

5. What do we need to hold in our hands during warfare?

In spiritual warfare we protect ourselves by holding the shield of faith and the sword of the Spirit.

6. What is faith?

Hebrews 12:1 tells us it is “the substance of things hoped for, the evidence of things not seen.” Faith is believing without evidence. Faith is our defense against Satan’s attacks.

7. What is the sword of the Spirit?

The sword of the Spirit is the Word of God.

8. What type of arguments are the most powerful?

Scripture-arguments are the most powerful arguments to repel temptation with.

9. Who are Christ’s hands?

We are His hands.

10. When will the church progress?

The church only progresses when we have a mind to work. Growth will not just happen.

Lesson Sixteen - Have Ears? Listen

1. What does the ear represent biblically?

Biblically, the ear represented receiving, understanding, and responding to God’s Word.

2. Quote Proverbs 18:15.

“The heart of the prudent getteth knowledge; and the ear of the wise seeketh knowledge” (Proverbs 18:15).

3. What happens when the ear seeks knowledge?

Those who seek knowledge will find it. God never said seeking was time wasted, but “seek and you shall find” (Matthew 7:7). If the ear seeks knowledge, the heart gets it, keeps it, and is enriched by it. We must get knowledge, not only into our heads, but also into our hearts.

4. What is the cost of turning away the ear from God’s Word?

There is a tremendous cost in turning away the ear. If we do not regard God’s Word, our prayers will not be accepted, and they will be as an abomination to God. Refusing to listen to God’s Word costs us God’s listening ear. If we want God to listen to us, we must listen to Him.

5. Explain what happened to Judah when they failed to listen to the Word of God.

The people of Judah set up a competition between their will and God’s. They did not incline their ears to listen, or their hearts to obey His commandments. They wanted their own way and did as they chose, ignoring what God asked of them. They relied on their own counsel, rather than the Word of God.

At Mount Sinai Israel said that whatever God said they would do. (See Exodus 19:8.) They started well, but less than two years later, they fell behind at Kadesh-Barnea when they wanted to choose a new leader and return to Egypt (Numbers 14). God told them to go forward, but they turned their ears from hearing. If they had just obeyed, all would have been well, but they drew back in rebellion and paid for it.

6. What is the connection between the heart and the ears?

What you hear enters your heart. The ears are very tender. What is heard is put into memory and later comes out in conversation.

7. What gets God's immediate attention?

The simple mention of His name gets God's attention immediately.

8. What does God like to hear?

God wants to hear our voices calling upon Him.

9. Quote Psalm 94:9.

"He that planted the ear, shall he not hear?" (Psalm 94:9).

10. Give the final quote in this lesson and explain what it means.

"He who has ears, hears what he chooses." (Anonymous)

People can be deaf by choice. The mother hears the baby's cry while the father can sleep through it, never hearing anything. The mother sleeps with one ear open, while her husband sleeps with both ears closed.

We can be the same with the world. We can be deaf by choice, blocking out the filth and evil. Although we have ears, we do not have to hear all that goes on around us.

On the other hand, we can choose to hear God's voice and live an overcoming Christian life.

Lesson Seventeen - Clear Vision

1. What do we need in order to live a holy and acceptable life?

To live a holy and acceptable life, we need a clear vision, focused on Christ.

2. What is one of the easiest ways to get into the mind?

Satan knows that one of the easiest ways to enter the mind is through the eyes.

3. What would Satan like for us to focus on?

Satan wants us to focus on immorality, violence, pornography, and other lustful things. He displays these things through the media, movies, television, books, magazines, and advertisements.

4. What is spiritual blindness?

Eyes not guarded against the filth of the world, eventually become blind. Spiritual blindness robs man of eternal life.

5. How can the sight of a spiritually blind person be restored?

There is hope for the blind. God is forgiving and ever-loving. When we obey the plan of salvation, the spiritual scales fall from our eyes and our understanding is enlightened.

6. When does this restoration take place?

When we are cleansed by the blood, God gives us light so we can stay focused on Him. When we focus on Him, understanding comes.

7. Quote 1 John 1:7.

“But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin” (1 John 1:7).

8. Give the comparison between the Christian and the runner.

Just as the runner keeps his focus on the finish line, so should the Christian look unto the author and finisher of his faith.

9. How can we stay focused? How can we guard our eyes?

- ✓ Make a Covenant.
- ✓ Read God’s Word.
- ✓ Prayer and Fasting.
- ✓ Be around other focused Christians.

10. Finish this statement. United we stand, divided we fall.

11. How important is clear vision to a Christian?

Clear vision is vital to a Christian.

12. What does Charles R. Swindoll say in this lesson?

“Vision is essential for survival. It is spawned by faith, sustained by hope, sparked by imagination, and strengthened by enthusiasm. It is greater than sight, deeper than a dream, broader than an idea. Vision encompasses vast vistas outside the realm of the predictable, the safe, the expected. No wonder we perish without it!” (Charles R. Swindoll)

Lesson Eighteen - Walking in His Ways

1. Quote Proverbs 4:26.

“Ponder the path of thy feet, and let all thy ways be established” (Proverbs 4:26).

2. Why did the Israelites wear their shoes when eating the Passover?

The Israelites ate the Passover with their shoes on. They were ready to travel.

3. What is the quote about the heart and feet in this lesson?

“Where your heart is, your feet will follow.” (Anonymous)

4. Who orders the steps of a good man? Give Scripture with the answer.

“The steps of a good man are ordered by the LORD: and he delighteth in his way. Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand” (Psalm 37:23-24).

5. Explain the importance of a Christian wearing the right footwear.

When a soldier went to battle, he needed proper footwear. As we go into spiritual battle, it is important that our feet are protected. A Christian who has properly dressed his feet can make it through obstacles and trials.

6. What does Ephesians 6:12-13 say?

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand" (Ephesians 6:12-13).

7. What must one keep in order to walk in the ways of the Lord?

"Therefore thou shalt keep the commandments of the LORD thy God, to walk in his ways, and to fear him" (Deuteronomy 8:6).

8. Quote Psalm 119:133.

"Order my steps in thy word: and let not any iniquity have dominion over me" (Psalm 119:133).

9. What will walking in the light of His Word do for us?

Walking in the light of God's Word shows us the impurities in our lives. When a light is turned on, the dirt is revealed. Cleansing is needed to remove the dirt. The light of Christ reveals the sin, and the blood of Christ removes it.

10. What should we do if we want to learn how to walk in Christ?

If we want to learn how to walk, we must spend some time at Jesus' feet. Sitting at His feet and looking at His example will tell us a great deal about what we should do. While Martha was worried about the meal, Mary forgot about the cares of life and sat at His feet.

Conclusion - Reflecting His Glory

1. Why should we be holy? Give two Scripture references with your answer.

We should be holy for God is holy.

"Sanctify yourselves therefore, and be ye holy: for I am the LORD your God. And ye shall keep my statutes, and do them: I am the LORD which sanctify you" (Leviticus 20:7-8).

"Follow peace with all men, and holiness, without which no man shall see the Lord" (Hebrews 12:14).

2. How does Genesis 1:27 say that man was created?

"So God created man in his own image, in the image of God created he him; male and female created he them" (Genesis 1:27).

3. What is a true Christian like?

The true Christian reflects a wonderful and loving Savior.

4. What is essential to salvation?

Holiness is essential to salvation.

5. What does holiness include?

Holiness includes the sacrifice of our desires and will. We must be holy and separated in order to be acceptable to God.

6. What will create a desire inside of man to abstain from the evil of this world?

A true and sincere love for God creates a desire within us to abstain from the evil of this world.

7. What is special about 1 Corinthians 13?

First Corinthians 13 is the love chapter of the Bible. In this chapter Christ-like character is exalted more than ministry, faith, or the possession of spiritual gifts. God values and emphasizes character that acts in love, patience, kindness, unselfishness, and love for truth.

8. Quote 1 John 2:15.

“Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him” (1 John 2:15).

9. List four ways we can grow in the Lord’s grace and glory.

Some ways we can grow in grace and glory are:

- ✓ Study God’s Word.
- ✓ Pray.
- ✓ Fast.
- ✓ Show God’s love to others.

10. Quote John 1:14.

“His glory is full of grace and truth” (John 1:14).

11. Summarize Peter’s final advice.

“Since Christ suffered and underwent pain, you must have the same attitude he did; you must be ready to suffer, too. For remember, when your body suffers, sin loses its power, and you won’t be spending the rest of your life chasing after evil desires but will be anxious to do the will of God. You have had enough in the past of the evil things the godless enjoy—sex, sin, lust, getting drunk, wild parties, drinking bouts, and the worship of idols, and other terrible sins. Of course, your former friends will be very surprised when you don’t eagerly join them anymore in the wicked things they do, and they will laugh at you in contempt and scorn. But just remember that they must face the Judge of all, living and dead; they will be punished for the way they have lived. The end of the world is coming soon. Therefore be earnest, thoughtful men of prayer. Most important of all, continue to show deep love for each other, for love makes up for many of your faults” (1 Peter 4:1-5, 7-8, *TLB*).