



# HIGH SCHOOL HEALTH 3

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**Author:**

Krista White, B.S.

**Editor:**

Al Christopherson, M.S.

**Illustrations:**

Laura Miller/Alpha Omega Staff



Alpha Omega Publications®

804 N. 2nd Ave. E., Rock Rapids, IA 51246-1759

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## OVERVIEW

Taking care of your health is more than having good eating habits and getting regular exercise. Your spiritual state is the central aspect of your well-being and has direct results on your emotional and social health. As with physical fitness, spiritual fitness must be pursued. Cultivating spiritual health can only take place by the power of the Holy Spirit.

## OBJECTIVES

When you have completed this LIFEPAK<sup>®</sup>, you should be able to:

- Understand the importance of spiritual health.
- Discern the connection of God's grace to your spiritual, mental, emotional, and social health.
- Identify the source of true wisdom.
- Discern the emotional benefits of obedience.
- Understand the importance of love to healthy relationships.
- Explain the benefits of personal hygiene.

## VOCABULARY

**Clique** – a small group of friends that exclude others

**Decomposition** – decay

**Edify** – to build up in the faith

**Fervent** – demonstrating great affection

**Justify** – to remove guilt

**Malady** – illness or disorder of the body

**Peer pressure** – the influence friends exert on other friends

**Precept** – a commandment that directs conduct

**Prejudice** – an unfavorable judgement of a person's character not based on fact

**Sanctify** – to make holy

**Sibling** – a brother or sister

# I. SPIRITUAL, MENTAL, AND EMOTIONAL HEALTH

Tending and caring for your health includes more than practicing good eating habits and getting regular exercise. Your overall health is also affected by your spiritual, emotional, social and environmental well-being. These various components of health directly affect each other. If you are worried about taking a test, for example, you might experience stomach pains or maybe even a headache.

Your spiritual state is the central aspect of your well-being. The apostle Paul emphasized this fact by stating, “For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come” (1 Timothy 4:8). Unlike physical fitness, spiritual fitness has immediate and long-lasting benefits. It has direct results on your emotional and social health, improving your relationship with God, family, and friends. However, similar to physical fitness, spiritual fitness must be pursued. Cultivation of a life that is spiritually, emotionally, and socially healthy can only take place by the power of the Holy Spirit.

As Adam’s descendants, we possess a sinful nature. “Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned” (Romans 5:12). Consequently, we are born in bondage to sin. Our enslavement causes us to willfully hate, lie, steal, lust, and curse (cf. Romans 3:10–18). Ephesians 2:1 paints a picture of our desperate situation by proclaiming that, aside from Christ, we are “dead in trespasses and sins.” God is the only one that can release us from our bondage to sin so that we can pursue godliness. Only God can change our hearts. Only God can cultivate our spiritual health.



“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: not of works, lest any man should boast. For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them” (Ephesians 2:8–10).

Why do we then pursue spiritual fitness if our spiritual fitness is ultimately God’s doing? Can’t we just “let go and let God”, as the saying goes? In Philippians 2:12–14, Paul reconciles the paradox for us by stating, “...work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of his good pleasure.” Spiritual fitness must be pursued. Paul stated this as his goal in Philippians 3:13–14: “...This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.” Spiritual fitness is a matter of being holy as Christ is holy.



**Answer true or false.**

- 1.1 \_\_\_\_\_ Your overall health is not affected by your spiritual well-being.
- 1.2 \_\_\_\_\_ Your level of physical fitness is the central aspect of your well-being.
- 1.3 \_\_\_\_\_ In Ephesians 2:1, Paul uses the phrase “dead in trespasses and sins” to describe our spiritual state, apart from Christ.
- 1.4 \_\_\_\_\_ According to Ephesians 2:8–10, we are saved by our good works and good intentions so that we can have something to brag about.
- 1.5 \_\_\_\_\_ According to Philippians 2:12–14, our desire to obey and please God comes from our own hearts.
- 1.6 \_\_\_\_\_ With God’s help, spiritual fitness must be pursued so that we may be holy as He is holy.



## Spiritual Evaluation

The first step in the pursuit of spiritual fitness is evaluating your spiritual state. Second Corinthians 13:5 warns, “Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?”

Determining whether or not you are a Christian is the most important test you can take. Trusting in Christ’s righteousness is the only hope you have being found guiltless and justified before God (cf. Romans 3:21–28). As one theologian has outlined, evidence of salvation should include “a trust in Christ (Hebrews 3:6), obedience to God (Matthew 7:21), growth in holiness (Hebrews 12:14; I John 3:3), the fruit of the Spirit (Galatians 5:22–23), love for other Christians (I John 3:14), positive influence on others (Matthew 5:16), adhering to the apostolic teaching (I John 4:2), and the testimony of the Holy Spirit within them (Romans 8:15–16).”

**Fruit of the Spirit.** Throughout history, people have judged themselves to be “spiritually fit” by their outward adherence to religion. Outward appearance is a very tempting barometer to use in measuring spirituality. Our outward actions can be observed and quantified, giving substance to our spiritual claims. We see this approach all too well in the lives of the Pharisees. They too were interested in their outward spiritual appearance.



Like the Pharisees, we often fall into this trap because it is so much easier to grade spirituality on external actions rather than on internal motives. For instance, examine your motivations in regards to cursing. Do you curse? If you don't, do you refrain out of fear of punishment, or do you refrain because you love God and wish to please Him? Refraining from cursing purely out of fear of punishment does not necessarily evidence the work of the Holy Spirit in a person's life. Basing your actions on love for God, however, is evidence of the fruit of the Spirit.

As stated above, a person's spiritual progress is dependent upon the indwelling of the Holy Spirit. To become more spiritual is to manifest the fruit of the Spirit in increasing abundance. In Galatians 5:22–23, Paul defines the fruit of the Spirit as “love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance [self-control]” Notice that it is not the “fruits” of the Spirit but the “fruit” of the Spirit. The fruit of the Spirit is different than the gifts of the Spirit. If you are truly a Christian, you will have some evidence of each of these qualities. The evidence might not be much at first, but as you grow in Christ, the evidence of the Spirit's work will increase. The Holy Spirit, as opposed to your sinful nature, will increasingly control your motivations and desires.



### Fill in the blanks.

- I.7 The first step in the pursuit of spiritual fitness is evaluating your \_\_\_\_\_ .
- I.8 As one theologian has outlined, evidence of salvation should include “a trust in \_\_\_\_\_ , obedience to \_\_\_\_\_ , growth in \_\_\_\_\_ , the fruit of the \_\_\_\_\_ , love for other \_\_\_\_\_ , \_\_\_\_\_ influence on others, adhering to the \_\_\_\_\_ teaching, and the testimony of the \_\_\_\_\_ within them.”
- I.9 The real test of \_\_\_\_\_ is evidence of the fruit of the Spirit.
- I.10 The manifestation of the fruit of the Spirit marks a change in \_\_\_\_\_ motives rather than just external actions.
- I.11 The fruit of the Spirit is \_\_\_\_\_ , joy, \_\_\_\_\_ , longsuffering, \_\_\_\_\_ , \_\_\_\_\_ , faith, \_\_\_\_\_ , and \_\_\_\_\_ .



**Love.** Love is at the top of the list of the fruit of the Spirit. In his letter to the Corinthians, Paul emphasizes the central importance of this trait to the Christian life by writing, “Though I speak with the tongues of men and of angels, but have not [love], I am become as sounding brass, or a tinkling cymbal. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not [love], it profiteth me nothing. [Love] suffereth long and is kind; [love] envieth not; [love] vaunteth not itself, is not puffed up; Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. [Love] never faileth. But whether there be prophecies, they shall fail; whether there be tongues, they will cease; whether there be knowledge, it shall vanish away.... And now abideth faith, hope, [love], these three; but the greatest of these is [love]” (1 Corinthians 13:1–8, 13).

Love is the enduring mark of the Christian. It is not merely affection but action. It seeks to please and serve God and others rather than self. It will abide forever because its source is God.

**Loving God.** When asked by one of the Pharisees, "...which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets." (Matthew 22: 36–40). To the man's surprise, Jesus emphasized the primary importance of love for God to spiritual progression. Merely keeping the externals of the Law is not enough; it will not save you or make you more pleasing to God. True obedience to God is based on a love for God. To love God is to desire to please, obey, and serve Him above all else. We love him and obey him because He loved us and saved us.



True love for God is evidenced by wholehearted obedience. "And hereby we do know that we know him, if we keep his commandments. He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him. But whosoever keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him. He that saith he abideth in him ought himself also so to walk, even as he walked" (1 John 2:3–6). As we mature spiritually, our love for God should increase our willingness to be obedient to Him.



**Complete the following with short answers.**

- I.12 What is the defining trait of the Christian life? \_\_\_\_\_
- I.13 Explain why love is not merely a feeling. \_\_\_\_\_  
\_\_\_\_\_
- I.14 What is the greatest commandment? \_\_\_\_\_  
\_\_\_\_\_
- I.15 Define "love for God." \_\_\_\_\_  
\_\_\_\_\_
- I.16 True love for God is evidenced by what? \_\_\_\_\_  
\_\_\_\_\_



**Loving Others.** Loving others is a difficult task. Unlike God, other people frequently sin against us and hurt us. It is easy to believe that others don't deserve our love and kindness. However, loving God means loving others—whether they deserve it or not. Jesus emphasized this fact when He stated, "Ye have heard that it hath been said,



Thou shalt love thy neighbour, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven..." (Matthew 5:43–45).

Love for others is manifested not merely in emotions but in actions. Jesus makes this clear in his parable of the Good Samaritan. A man who wanted to **justify** himself asked Jesus, "Who is my neighbor?" Jesus responded by telling him a parable.

"And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead. And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side. And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side. But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him. And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him. And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee. Which now of these three, thinkest thou, was neighbour unto him that fell among the thieves? And he said, He that shewed mercy on him. Then Jesus said unto him, Go, and do thou likewise" (Luke 10:30–37).

In like manner, Jesus commands us to put the concerns of others above our own. This is the fulfillment of the second greatest commandment which tells us to love our neighbor as ourselves.



**Underline the correct answer.**

- I.17 Loving (**others, ourselves, things**) is a manifestation of our love for God.
- I.18 Love for others is manifested not merely in emotions but in (**feelings, actions, words**).
- I.19 In the parable of the Good Samaritan, the (**priest, Samaritan, sinner**) and the Levite pass the wounded man, ignoring his needs.
- I.20 The (**Levite, priest, Samaritan**) fulfilled the second greatest commandment to "love your neighbor as yourself" by placing the wounded man's concerns above his own.






**Loving Yourself.** Unlike the proponents of the self-esteem movement who tell us to love ourselves first, the Bible directs us to deny self. Implicit within the two great commandments to love God and love others is the command to live a life of self-sacrifice. Other passages are more explicit, such as Matthew 16:24–25, which states, “Then Jesus said unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me. For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it.” Furthermore, Romans 14:7–8 states, “For none of us liveth to himself, and no man dieth to himself. For whether we live, we live unto the Lord; and whether we die, we die unto the Lord: whether we live therefore, or die, we are the Lord’s.”

As the One that lived a life of perfect obedience to God the Father, Jesus gave us the ultimate example of a life of self-sacrifice and love. He loved those that hated and sinned against Him: “But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us” (Romans 5:8). He gave His life for others: “For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many” (Mark 10:45). He sought to please the Father rather than Himself, in spite of the cost: “And he was withdrawn from them about a stone’s cast, and kneeled down, and prayed, Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done” (Luke 22:41–42).



To sum things up, spiritual fitness is based on a right relationship with God. The pursuit of godliness begins by seeking first the kingdom of God and His righteousness (Matthew 6:33). The Christian’s primary focus is to please God. A Christian pleases God by believing His Word. Belief is evidenced by obedience that is rooted in love and gratitude. Both the ability to believe and the will to obey are a gift of God (Ephesians 2:1–10; Philippians 2:12–13; Hebrews 13:21). Faithful obedience to God’s commandments results in a life that puts God first, other people second, and self last. This requires the Christian, with the enabling power of the Holy Spirit, to deny self and repent of his sinful ways. The Christian is to “put off the old man with his deeds,” and “put on the new man,” reflecting Christ’s image more and more (Colossians 3:9–10). As the sinless One, Christ is the personification of spiritual health.



 **Answer true or false.**

1.21 \_\_\_\_\_ The Bible directs us to love ourselves first, God next, and others last.

1.22 \_\_\_\_\_ Christians are to live a life of self-sacrifice.

1.23 \_\_\_\_\_ Jesus Christ was the ultimate example of love and self-sacrifice because namely, He hated those that hated Him; He made sure all His needs were met first; and He sought to please Himself.

1.24 \_\_\_\_\_ Your spiritual health is based on a right relationship with others.

1.25 \_\_\_\_\_ Obedience to God’s commandments requires us to deny self and repent of our sinful ways.

1.26 \_\_\_\_\_ To be spiritually fit is to reflect Christ’s image.

# ACTIVITY

## Examine Yourself

In past sections, you have taken tests to evaluate your level of physical fitness. Physical fitness is important, but it is not the most important aspect of your well-being. The condition of your soul is the most vital component of your health. As Paul said in 1 Timothy 4:8, "...godliness is profitable unto all things, having promise of the life that now is, and of that which is to come." Evaluating your spiritual fitness is the most important test you can take.

Several passages in Scripture command professing Christians to "make your calling and election sure" (2 Peter 1:10). Those that claim to be Christians are told in 2 Corinthians 13:5 to examine themselves.

Listed below are several questions that will help you "examine" yourself in the eight key areas that are outlined above: They are trust in Christ, obedience to God, growth in holiness, the fruit of the Spirit, love for other Christians, positive influence on others, adhering to the apostolic teaching, and the testimony of the Holy Spirit within." The questions are meant to prompt you to reflect on your relationship with God and others. In regards to the corresponding verses, answer each question as fully and honestly as possible.

### Trust in Christ

Scripture states that we are not only to believe that God exists, but we are to trust in Christ for our forgiveness and justification (John 3:16, 18; Romans 3:21–28; Romans 5:12–19; 2 Corinthians 5:16–21; Ephesians 2:1–10).

- Do you believe that Christ was punished for your sins so that you could inherit eternal life? If yes, how are you justified before God? \_\_\_\_\_

### Obedience to God

True faith in Christ is evidenced by obedience (John 14:21, 23; James 2:18–24; 1 John 2:3–6; 1 John 4:7–11). Matthew 7:21 states pointedly, "Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My father in heaven."

- Do you obey God's commandments? If yes, how faithfully? \_\_\_\_\_

### Growth in Holiness

True believers in Christ will grow in holiness (Romans 8:30; Hebrews 12:14; 1 John 3:3). "He who began a good work in you will complete it until the day of Jesus Christ" (Philippians 1:6).

- Are you growing in holiness? Since you professed faith in Christ, have you noticed an increased desire to be like Christ? How have these changed desires affected your behavior toward God and others? \_\_\_\_\_

### The Fruit of the Spirit

Every Christian has the Spirit dwelling inside of him or her (2 Corinthians 1:22; Ephesians 1:13, 14, 4:30). The Spirit's presence is evidenced by fruit: "...love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance...."

- Do you manifest this fruit in your thoughts and actions towards others? If yes, how? \_\_\_\_\_

● ● ● ● **Love for Other Christians**

1 John 3:14 states, "We know that we have passed from death to life, because we love the brethren. He who does not love his brother abides in death."

- Do you love other Christians? If yes, is your love more than just feelings? How do you serve or deny yourself on behalf of other believers? \_\_\_\_\_

\_\_\_\_\_

● ● ● ● **Positive Influence on Others**

Matthew 5:16 states, "Let your light so shine before men, that they may see your good works and glorify your Father in heaven."

- Does your life have a positive influence on others? Do your words and deeds encourage others to "glorify your Father in heaven"? \_\_\_\_\_

\_\_\_\_\_

● ● ● ● **Adherence to the Teaching of the Apostles**

The twelve apostles, and Paul, were Christ's chosen representatives (Mark 3:14, Romans 11:13, Galatians 2:9). Their testimony carries with it the authority of God (cf. 2 Timothy 3:16). To disbelieve their teachings is to disbelieve God.

- What are your religious beliefs based on? Do they conform to the teachings of the apostles as found in Scripture? \_\_\_\_\_

\_\_\_\_\_

● ● ● ● **Testimony of the Holy Spirit**

Romans 8:15-16 states, "For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God."

- How do you view God? Do you think of Him merely as your judge? Or do you have the assurance that He is your loving heavenly Father? \_\_\_\_\_

\_\_\_\_\_



**Adult Check**

\_\_\_\_\_ **Initial**

\_\_\_\_\_ **Date**



## Mental and Emotional Health



**A Renewed Mind.** The pursuit of godliness is a daily task that must be entered into diligently. Sin not only affects the way we act but also the way we think. Sinful actions are first proceeded by sinful thoughts. For instance, before a person willfully commits murder, he first thinks about how he will do it. In His Sermon on the Mount, Jesus emphasizes the seriousness of our thought life by saying in Matthew 5:27-28, “Ye have heard that it was said by them of old time, Thou shalt not commit adultery: But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.”

Central to growing in godliness is not only a changed heart but also a changed mind. We must exchange our old way of thinking for God’s way of thinking. In his letter to the Romans, Paul states this fact plainly: “And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God” (Romans 12:2).

As one author has noted, “Right thinking is grounded in knowledge of the gospel, encouraged by the Holy Spirit, and mindful of Christ’s return. The truth that God saves sinners should guide all of our thoughts. This includes how we think

about God, mankind, and the world around us. Proving what the will of God is in each situation of life is the purpose of a renewed mind.” As John Calvin observed, “It is to dismiss our own counsels and desires, and those of all men, and be attentive to the will of God alone. The Christian’s mind-set is to be determined and reshaped by knowledge of the gospel, by the power of the Spirit, and by the concerns of the age to come (Romans 8:5–9; 13:11–14), rather than by the passing fashion of this age (2 Corinthians 4:18; 1 John 2:17). Only by such **sanctifying** renewal is the Christian made sufficiently sensitive to ‘prove’ [discern] the behavior that is God’s will in each situation.”

**Source of Wisdom.** In its rejection of God’s truth, the world attempts to formulate its own standards of right and wrong. Throughout history perfection was believed to be found in the strict adherence to man-made religious laws and regulations. Science has also been looked to as the means of perfection. Today, perfection is found in tolerance of every and any standard of right and wrong. As Paul wrote in 1 Corinthians 3:19, these assertions of wisdom are “foolishness with God.”

By definition, wisdom is sound judgment based on knowledge and understanding of the truth. The world has rejected the Truth (cf. John 14:6; Colossians 2:3) and cannot lead people to true wisdom. All knowledge and understanding must begin with the fear of the LORD (Proverbs 1:7). Fearing the LORD includes acknowledging that His thoughts and ways are above our own (Isaiah 55:8). It includes trusting that He will do what He has promised to do. True wisdom is dependent upon faith.

Concerning the dichotomy of the world’s wisdom and God’s, Paul wrote, “Which things also we speak, not in the words which man’s wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual. But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned. But he that is spiritual judgeth all things, yet he himself is judged

of no man. For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ” (I Corinthians 2:13–16).

In addition to giving us the wisdom that leads to salvation through faith in Jesus Christ, the Scriptures teach us how to live to the glory of God. As one writer has observed, true wisdom teaches prudence (Proverbs 8:5, 12), understanding (v. 5), excellent things (v. 6), truth (v. 7), hatred of wickedness (v. 7), righteousness (v. 8), knowledge (v. 12), discretion (v.12), and fear of the LORD (v. 13). The writer further observed that abiding by God’s wisdom results in riches and honor (Proverbs 8:18), blessings (vs. 32, 34), life (v. 35), and God’s favor (v. 35).



**Answer the following questions with short answers.**

I.27 Why does a Christian need to have his mind renewed? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I.28 What is to “determine and reshape a Christian’s mind-set”? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Fill in the blanks.**

I.29 \_\_\_\_\_ is sound judgment based on knowledge and understanding of the truth.

I.30 The \_\_\_\_\_ of the LORD is the beginning of all knowledge and understanding.

I.31 True wisdom is dependent upon \_\_\_\_\_ .

I.32 The wisdom of the \_\_\_\_\_ teach us prudence, understanding, excellent things, truth, hatred of wickedness, righteousness, knowledge, discretion, and fear of the LORD.

I.33 Abiding by God’s wisdom results in \_\_\_\_\_ and honor, blessings, \_\_\_\_\_ , and \_\_\_\_\_ favor.



**Knowing God's Will.** You may ask, "How can I know for certain what God's will is for my life?" Knowing God's will is not as difficult as it sometimes is made out to be. The Scriptures communicate to us in clear terms the infallible application of knowledge and understanding. God's written Word tells us what His will is for our lives. As one commentary has noted, "The law reflects God's holy character and His purposes for created human beings. God commands behavior that pleases Him and forbids what offends Him."

God has given us the Old and New Testament so that we can discern what is His "good and acceptable and perfect will" for our lives. For example, "Whom does God want me to marry?" is a question that is frequently asked by young Christian adults. The Scriptures tell us that Christians are not to be unequally yoked with unbelievers (2 Corinthians 6:14–18). So the answer to the question of a marriage partner is simple. He wants you to marry a Christian. Now, whether he or she a Christian with brown hair or a Christian with blonde hair is up to you. All of our decisions, whether big or small, should be guided by God's will as revealed in the Scriptures.

### **Understanding Your Emotions.**

As an adolescent, you probably experience a lot of emotions. If someone happens to ask you how you are doing, you might respond by saying, "Okay." But on the inside, you are thinking and feeling a lot more or less than 'okay.' As Christian counselor Jay Adams has observed, emotions are passionate responses to behavior, whether the behavior is acted out or just contemplated. For example, you might feel angry if you think about a time that a friend treated you badly.

The body can and often does let us know when we are feeling the stress of a particular circumstance. God has given us emotions, and our emotional responses to life situations are normal. As a matter of fact, serious health issues such as heart disease and hypertension can be brought on by prolonged stress.



By themselves, emotional responses and their corresponding physical effects are not wrong or sinful, it is how we address these responses. God offers His peace which comforts us in these times of stress. It may not mean the "butterflies" will immediately disappear, but the degree to which we can rest in this peace can give us an indication of our spiritual health.

The possession of a renewed mind is essential to responding emotionally to actions in a God-honoring manner. Proving God's will is obeying God's commandments. When we sin, the Holy Spirit convicts us and we feel bad. As Jay Adams observed, "People feel bad because of bad behavior; feelings flow from actions."

Adams has additionally observed that many of David's Psalms demonstrate for us God's remedy for sadness and despair—confession. Psalm 32:3–5, 10–11 is a good example: "When I kept silence, my bones waxed old through my roaring all the day long. For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin.... Many sorrows shall be to the wicked: but he that trusteth in the LORD, mercy shall compass him about. Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart."



Great joy can be experienced by those that have a clean conscience before God. When you sin against God or other people, seek their forgiveness. A guilty conscience, as Adams has observed, often leads to fear, and further sin, which in turn leads to greater despair.

In dealing with the sins of others, Paul has instructed us to, “Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil....And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you” (Ephesians 4:26–27, 30–32).

If you become angry with someone, maybe a friend or a family member, first consider your reasons. Are you angry because of a wrong they committed against you or because you just didn’t get your way? If you were truly wronged, think about your relationship with Christ. How many times has God forgiven you? Seek to restore the relationship in an attitude of love and humility by following the principles outlined in Matthew 18. As

Scripture says, try to do this immediately. Dwelling on another’s sin will only cause you to become more angry and will hinder the process of forgiveness. If your selfishness was the cause of your anger, confess your sin to God and repent of your behavior by fulfilling the needs of others above your own.

As Christians, we have the Spirit of God dwelling inside of us (Romans 8:9). Its fruit includes the emotional states of love, joy, and peace, which make us feel good. The key to feeling good, even in the midst of great trouble, is to “...put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness” (Ephesians 4:22–24).



**Answer the following questions using short answers.**

I.34 Where is God’s “good and acceptable and perfect” will for our lives revealed to us? \_\_\_\_\_  
\_\_\_\_\_

I.35 Define emotions. \_\_\_\_\_  
\_\_\_\_\_

- I.36 Give some examples of God's emotional responses to man's behavior. \_\_\_\_\_  
 \_\_\_\_\_
- I.37 Why do people feel bad? \_\_\_\_\_  
 \_\_\_\_\_
- I.38 According to many of David's Psalms, what is God's remedy for sadness and despair? \_\_\_\_\_  
 \_\_\_\_\_
- I.39 If someone has wronged you, in what manner are you to approach them? \_\_\_\_\_  
 \_\_\_\_\_
- I.40 What is the key to feeling good, even in the midst of great trouble? \_\_\_\_\_  
 \_\_\_\_\_

## ACTIVITY

### Renewing Your Mind

The memorization of Scripture is a powerful means of renewing your mind. Once you memorize a verse, you can always bring it to mind. You can think about it whether you are taking a walk in the woods, driving a car, or trying to make a decision. With the power of the Holy Spirit, a memorized verse can be used to change your thinking.

In this activity, you will learn one method of memorization by memorizing the verses below. Memorization takes diligence. Most people cannot simply look at a verse once and be able to repeat the words verbatim a month later. Copy the verses below onto an index card. Carry the card around with you throughout the day and study it periodically. Thinking about the meaning of the verse will help you to remember the words.

“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity [love], which is the bond of perfectness. And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the father by him.”

**Colossians 3:12–17**

**NOTE:** You will be asked to write out this passage on the LIFEPAK Test.



**Adult Check**

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Review the material in this section in preparation for the Self Test. The Self Test will check your mastery of this particular section. The items missed on this Self Test will indicate specific areas where restudy is needed for mastery.



## SELF TEST I

**Answer true or false** (each answer, 2 points).

- I.01 \_\_\_\_\_ A person's level of physical fitness is the central aspect of their well-being.
- I.02 \_\_\_\_\_ In Ephesians 2:1, Paul uses the phrase "dead in trespasses and sins" to describe our spiritual state, apart from Christ.
- I.03 \_\_\_\_\_ According to Ephesians 2:8–10, we are saved by our good works and good intentions so that we can have something to brag about.
- I.04 \_\_\_\_\_ According to Philippians 2:12–14, our desire to obey and please God comes from our own hearts.
- I.05 \_\_\_\_\_ With God's help, spiritual fitness must be pursued so that we may be holy as He is holy.
- I.06 \_\_\_\_\_ The Bible directs you to love yourself first, God and others second.
- I.07 \_\_\_\_\_ Jesus Christ was the ultimate example of love and self-sacrifice because He hated those that hated Him, served His own needs first, and only wanted to please Himself.
- I.08 \_\_\_\_\_ Your spiritual health is based on a right relationship with others.
- I.09 \_\_\_\_\_ Obedience to God's commandments requires us to deny self and repent of our sinful ways.
- I.010 \_\_\_\_\_ To be spiritually fit is to reflect Christ's image.

*apostolic  
Christ  
Christians  
faith*

*faithfulness  
fear  
God  
goodness*

*holiness  
joy  
life  
longsuffering  
love*

*positive  
riches  
Scriptures  
Spirit*

*spiritual state  
spirituality  
temperance  
wisdom*

**Using the word list above fill in the blanks** (each problem, 2 points).

- I.011 The first step in the pursuit of spiritual fitness is evaluating your \_\_\_\_\_ .
- I.012 As one theologian has outlined, evidence of salvation should include "a trust in \_\_\_\_\_ , obedience to \_\_\_\_\_ , growth in \_\_\_\_\_ , the fruit of the \_\_\_\_\_ , love for other \_\_\_\_\_ , \_\_\_\_\_ influence on others, adhering to the \_\_\_\_\_ teaching, and the testimony of the Spirit within them."
- I.013 The real test of \_\_\_\_\_ is evidence of the fruit of the Spirit.
- I.014 The fruit of the Spirit is \_\_\_\_\_ , \_\_\_\_\_ , peace, \_\_\_\_\_ , gentleness, \_\_\_\_\_ , faith, meekness, \_\_\_\_\_ .
- I.015 \_\_\_\_\_ is sound judgment based on knowledge and understanding of the truth.
- I.016 The \_\_\_\_\_ of the LORD is the beginning of all knowledge and understanding.
- I.017 True wisdom is dependent upon \_\_\_\_\_ .
- I.018 The wisdom of the \_\_\_\_\_ teach us prudence, understanding, excellent things, truth, hatred of wickedness, righteousness, knowledge, discretion, and fear of the LORD.
- I.019 Abiding by God's wisdom results in \_\_\_\_\_ and honor, blessings, \_\_\_\_\_ , and God's favor.

**Answer the following questions with short answers** (each answer, 3 points).

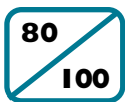
- I.020 Explain why love is not merely a feeling. \_\_\_\_\_  
\_\_\_\_\_
- I.021 What is the greatest commandment? \_\_\_\_\_  
\_\_\_\_\_
- I.022 True love for God is evidenced by what? \_\_\_\_\_  
\_\_\_\_\_
- I.023 What is to “determine and reshape a Christian’s mind-set”? \_\_\_\_\_  
\_\_\_\_\_
- I.024 If someone has wronged you, in what manner are you to approach them? \_\_\_\_\_  
\_\_\_\_\_
- I.025 What is the key to feeling good even in the midst of great trouble? \_\_\_\_\_  
\_\_\_\_\_

**Multiple choice** (each answer, 6 points).

- I.026 What is the defining trait of the Christian life? \_\_\_\_\_  
a. Peace  
b. Happiness  
c. Love  
d. Boldness
- I.027 Why does a Christian need to have his mind renewed? \_\_\_\_\_  
a. His thoughts have been corrupted by sin.  
b. It is tired of thinking good thoughts.  
c. Our sinful nature does not affect our thoughts.  
d. Sin only affects our actions.
- I.028 Emotions are defined as what? \_\_\_\_\_  
a. Thoughts of goodness.  
b. Evil reactions to sin.  
c. Passionate responses to behavior.  
d. Inappropriate responses to behavior.
- I.029 Why do people feel guilty? \_\_\_\_\_  
a. Because they followed God’s Word.  
b. Because they disobeyed God.  
c. Because they were faithful to follow all the words of the law.  
d. Because they have an illness.
- I.030 According to many of David’s Psalms, what is God’s remedy for sadness and despair? \_\_\_\_\_  
a. Confession of sin.  
b. A vacation.  
c. Medication.  
d. Good works.

**Underline the correct answer** (each answer, 2 points).

- I.031 Loving (**others, ourselves, things**) is a manifestation of our love for God.
- I.032 Love for others is manifested not merely in emotions but in (**feelings, actions, anger**).
- I.033 In the parable of the Good Samaritan, the (**priest, Samaritan, sinner**) and the Levite pass the wounded man, ignoring his needs.
- I.034 The (**Levite, priest, Samaritan**) fulfilled the second greatest commandment to “love your neighbor as yourself” by placing the wounded man’s concerns above his own.
- I.035 “The knowledge of (**God’s will, world history, philosophy**) is true wisdom.”
- I.036 God’s “good and acceptable and perfect will” is revealed in (**Scripture, dreams, feelings**).
- I.037 All decisions whether big or small should be guided by (**our, God’s, the world’s**) will.
- I.038 Sound judgement based on knowledge and understanding of the ruth is (**fear, wisdom, prejudice**).



Score \_\_\_\_\_

Adult Check \_\_\_\_\_

Initial

Date