



Grace  
COMMUNITY CHURCH

✧ A Study Guide For ✧

# Feelings and Faith

*Cultivating Godly Emotions in the Christian Life*

*Part Four (Chapters 13-21)*

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**Feelings and Faith**  
Cultivating Godly Emotions in the Christian Life  
Part Four: Cultivating Godly Emotions  
**CHAPTER 13: An Introduction to Cultivating Godly Emotions**

1. In the opening paragraphs of the chapter, Pastor Brian compares cultivating a rose garden to cultivating Godly emotions.
  - A. Using Proverbs 24:30-35 compare weeding a garden to mortifying sinful emotions.
    1. What kind of a man was the owner of the field? Was he living wisely?
    2. What was the condition of the vineyard?
    3. What was the state of the wall? What was the purpose of the wall and was it useful in its current state?
  - B. How you can apply the above observations to our responsibility to put our sins to death (Romans 8:13)?
2. Mortifying and cultivating Godly emotions requires putting off certain sins and putting on Christlike virtues and graces. Using Ephesians 4:22-23, consider the process of mortifying ungodly sins.
  - A. What are we to do with our former manner of life (the old self)?
  - B. What is wrong with the old self?
  - C. We are to put on a new self. What does the new self “look like”?
3. Ephesians 4:24 states that we are “to put on the new self, created of the likeness of God in true righteousness and holiness”. From the following verses, make a list of Christlike characteristics and emotions we are to be developing.
  - A. Galatians 5:22-23
  - B. 1 Timothy 6:11
  - C. Peter 1:5-7

4. Because Jesus Christ is God incarnate, we must look to Him as our perfect pattern for developing godly emotions. What do the following verses say about the fact that Jesus Christ is God incarnate?
  1. John 14:9
  2. 2 Corinthians 4:4
  3. Colossians 1:15
  
5. Meditate on Hebrews 7:26. Why is it important to know that Jesus Christ is perfect humanity with no sin, defect, or flaw to His character?
  
  
  
  
  
  
  
  
  
  
6. **APPLICATION:** Write Hebrews 7:25-26 on a notecard or piece of paper. Memorize the verse while focusing on the purity of Christ and His ongoing work as your High Priest. Ask yourself the following questions as you study these verses:
  - A. What do these verses teach me about Jesus Christ?
  - B. What do these verses teach me about myself?
  - C. Is there something God wants me to believe in these verses?
  - D. How should the above encourage me as I labor to cultivate godly emotions?

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**CHAPTER 14: Jesus Our Pattern, Part 1**

1. The Bible states that Jesus Christ is fully Deity and fully man. Summarize what each of the following verses says about the nature of the Person of Jesus Christ.
  - A. John 1:14
  - B. Hebrews 2:14
  - C. 1 John 4:1-2
  - D. 2 John 7
  
2. Jesus is our perfect example because He experienced the full range of human emotions yet without sin. Identify one or two key points concerning Jesus as our pattern from each of the following references.
  - A. Hebrews 4:15
  - B. Hebrews 7:26-27
  - C. 2 Corinthians 5:21
  - D. 1 Peter 2:21-22
  
3. There is a distinction between saying Jesus is our **moral** example and Jesus Christ is our **ultimate moral** example. What are two problems with trying to follow Jesus' moral example without His saving power?
  - A.
  - B.
  
4. God's goal in saving sinners is that they be conformed to the image of His Son--including conformity to His Son's emotions. Pastor Brian discusses three aspects of our conformity to the image of Christ. Explain each of these aspects using the noted references.
  - A. Conformity to the image of Christ is God's goal in our predestination (Romans 8:29).
  
  - B. Conformity to the image of Christ is the goal of our sanctification (Colossians 3:10).
  
  - C. Conformity to the image of Christ is the ultimate call of the Christian life (2 Corinthians 3:18).

- 5. APPLICATION:** The Lord Jesus Christ is to be both our Redeemer and our Example. Using the following verses, identify the specific example to be followed. How can you specifically apply example to your own life?
- A. Mark 10:45
    - 1. Christ's example
    - 2. My application
  - B. John 13:15
    - 1. Christ's example
    - 2. My application
  - C. 1 Peter 2:21
    - 1. Christ's example
    - 2. My application
  - D. Philippians 2:5-8
    - 1. Christ's example
    - 2. My application
- 6.** Jesus had one holy passion: obedience to His Father's will.
- A. What do the following verses say about Jesus' devotion to obedience?
    - 1. John 4:34
    - 2. John 8:29
  - B. What do the following verses say about Jesus' devotion to submission?
    - 1. John 5:30
    - 2. Luke 22:39-46
  - C. What do the following verses say about Jesus' devotion to zeal?
    - 1. John 2:17
    - 2. Psalm 69:9

- 7. APPLICATION:** Set aside some time for prayer, meditation, and study. Use that time to thoughtfully consider the following questions.
- A. What are you truly passionate about?
  - B. Where are you not submitting to the will God?
  - C. What specific things will you do this week to become more conformed to the image of Christ in these areas?

- 8.** Not only is Jesus' example one of devotion to God, Jesus' example is also one of delighting in God.

**QUOTABLE:** *"If our Lord was the Man of Sorrows, He was more profoundly still the Man of Joy"* (B.B. Warfield, page 153).

- A. What did Jesus delight in?

- 1. Hebrews 10:5-7
- 2. Isaiah 11:3
- 3. Psalm 40:8

- B. Where did Jesus find His joy?

- 1. Psalm 16:10-11
- 2. Psalm 45:6-7
- 3. Luke 10:21
- 4. Hebrew 12:2

- 9. APPLICATION:** Jesus' happiness came in the fulfillment of God's purpose in his life. Carefully read the quote from C. S. Lewis (pages 154-155) and thoughtfully answer the following.

- A. Where am I "making mud pies" rather than experiencing the "holiday at the sea"?

- B. Consider your answer to "A". Why are you too easily pleased?

- C. What concrete steps will you take to experience God *as "not only the giver but the gift itself, for whose sake all other earthly gifts exist"* (Bonhoeffer, page 155)?

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**CHAPTER 15: Jesus Our Pattern, Part 2**

1. Jesus' compassion is displayed by His tenderness and sympathy, which motivated the giving of help. **Pick two** of the following five passages and identify one of Jesus' compassions that you find striking.
  - A. The blind men (Matthew 20:30-34)
  - B. The leper (Mark 1:40-42)
  - C. The hungry (Mark 8:1-3)
  - D. The mournful (John 11:30-35)
  - E. The spiritually distressed (Matthew 9:36)
  
2. Jesus is our perfect pattern for compassion. What do the following verses say about the importance of our compassion?
  - A. 1 John 3:17
  - B. Colossians 3:12
  - C. 1 Peter 3:8
  
3. **APPLICATION:** Consider Pastor Brian's statement on page 159, "We need to see people as Jesus sees them and feel for them as He feels for them".
  - A. Who needs your compassion today? Be specific.
  - B. Can you think of a recent time when you helped someone because of duty rather than from compassion?
  - C. What steps can you take to become more compassionate to others?
  
4. Not only was Jesus compassion incarnate, but He was also love incarnate who perfectly fulfilled the first and second commandment.
  - A. What are the first and second great commandments? (Matthew 22:34-40)
    1. The first great commandment is to....
    2. The second great commandment is to....
  - B. What was Jesus' example of devotion to the first great commandment? (John 14:31)?

- C. Jesus also fulfilled the second great commandment as He perfectly loved all people. What do the following verses say about Jesus' perfect love?
1. John 13:1
  2. John 15:9
5. Loving our neighbors as ourselves does not come naturally.
- A. What do the following verses say about loving our neighbor?
1. Luke 6:27-28
  2. Luke 23:34
- B. Where does the love originate?
1. Jeremiah 31:31-33
  2. Romans 5:5
  3. 1 John 4:7-11
- C. Read 1 John 3:14, 16. Why is it very important to evaluate our devotion to the second great commandment?
- D. Pastor Brian states on page 163 that the Lord's anger was "always balanced, poised, and measured". Compare the following sets of references and note how Jesus' emotion was specifically appropriate to the situation.
1. Matthew 8:8-10 & Mark 6:5-6
    - a) What was Jesus' response in each situation?
    - b) What was different about the two events?
  2. Mark 3:1-5 & John 2:13-17
    - a) What was Jesus' response in each situation?
    - b) What was different about the two events?
    - c) Read carefully the William Blaikie and Robert Law quote on page 163 (chapter end note #14). Explain why this description of Jesus' anger was an example of perfect balance and appropriateness.



3. Mark 8:33 & Mark 9:19
  - a) What was Jesus' response in each situation?
  - b) What was different about the two events?
- E. **APPLICATION:** Jesus' emotions were always consistent with His values and evaluations.
  1. Consider a recent emotional event in your life. How did you react?
  2. How did your reaction reflect your values and evaluations?
  3. Was your reaction measured and appropriate to the situation? Why or why not?
  4. Consider all that you have studied so far in this book, what would you do differently now?
- F. **APPLICATION:** If we are to be increasingly conformed to the image of Christ, we must meditate on Him and fix our eyes on Him.
  1. Read Psalms 115:4-8. What happens to people whose focus is on false idols?
  2. Read 2 Corinthians 3:18. What happens to those who fix their gaze on Christ?
  3. Read Hebrews 3:1 & Hebrews 12:2. What does "consider Jesus" mean to you? What does "fix your eyes on Jesus" mean to you?
  4. What do you need to do (or stop doing!) to become increasingly conformed to the image of Christ?

**QUOTABLE:** *"It is by beholding the glory of Christ by faith that we are spiritually edified and built up in this world, for as we behold His glory, the life and power of faith grow strong and stronger. It is by faith that we grow to love Christ. So if we desire strong faith and powerful love, which give us rest, peace and satisfaction, we must seek them by diligently beholding the glory of Christ by faith. In this duty I desire to live and die. On Christ's glory I would fix all my thoughts and desires, and the more I see of the glory of Christ, the more the painted beauties of this world will wither in my eyes and I will be more and more crucified to this world. It will become to me like something dead and putrid, impossible for me to apply."* (Owen, pages 165-166).

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**CHAPTER 16: Renewing Our Minds**

1. The necessity of developing biblical thinking has been a prominent theme throughout this study. This chapter spotlights the role and development of biblical thinking.
  - A. We need to make a decision to think biblically. Read the following verses and summarize in your own words the choice that God requires.
    1. Romans 12:2
    2. Romans 8:5-6
    3. Philippians 2:5
    4. Colossians 3:2
    5. 2 Corinthians 10:5
  - B. **APPLICATION:** In Philippians 4:8, God tells us to think about specific things. How would you define the following and how can you specifically apply it to your life?
    1. Whatever is true
      - a) Definition
      - b) Application
    2. Whatever is honorable
      - a) Definition
      - b) Application
    3. Whatever is just
      - a) Definition
      - b) Application
    4. Whatever is pure
      - a) Definition
      - b) Application

5. Whatever is lovely
    - a) Definition
    - b) Application
  6. Whatever is commendable
    - a) Definition
    - b) Application
  7. Whatever is excellent
    - a) Definition
    - b) Application
  8. Whatever is worthy of praise
    - a) Definition
    - b) Application
2. Thinking, feeling, and acting share a dynamic relationship where one affects the other. Study the chapter section “The Thinking-feeling Connection” (page 169) and complete the following chart. (The first entry is done for you.)

| RIGHT THINKING                                 | PRODUCES       | EXAMPLES                     | REFERENCES   |
|--|----------------|------------------------------|--|
| About God                                      | Godly emotions | Peace, joy, confidence, hope | Isaiah 26:3<br>Psalms 16:8-9<br>Lamentations 3:19-24 |
| About Christ                                   |                |                              |  |
| About spiritual realities                      |                |                              |  |
| About ourselves and others                     |                |                              |  |
| About suffering and eternity                   |                |                              |  |
| About Christ’s accomplished work of redemption |                |                              |  |

**3. APPLICATION:**

- A. Which verse in the above list speaks directly to you about a recent or current situation in your life?
- B. How would meditating on this verse have encouraged or challenged you to think or act differently?
- C. Pray for alertness to apply memorized scriptures in new circumstances.

**4. APPLICATION:** Pastor Brian closes the chapter with a challenge to each one of us to take inventory of our thoughts. Schedule a time to meditate on the following scriptures and take honest inventory of your thoughts.

- A. Proverbs 4:23
- B. Proverbs 27:3
- C. Romans 13:14
- D. Mark 7:21-23
- E. 1 John 2:15-17
- F. 2 Corinthians 10:4-5

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**CHAPTER 17: The Emotions and Worship**

1. On page 172, Pastor Brian states that the purpose of this chapter is to explore the relationship between worship—specifically the singing component of worship—and the emotions.
  - A. What specifically is NOT the purpose of this chapter?
  - B. Explain each of the following worship extremes including its specific weakness.
    1. Good content with no emotion
    2. No content with lots of emotion
  - C. **QUOTABLE:** *“God-centered, truth-saturated worship cultivates godly emotions (page 171).”*
    1. How does this kind of worship resolve the tension between good content and emotion?
    2. What can you do prepare your heart for this kind of worship?
2. The opening paragraphs of this chapter describe an experience the author had while worshipping at another church.
  - A. Was this worship good content with no emotion, no content with lots of emotion, or “God-centered, truth-saturated worship”?
    1. What was distracting?
    2. What was lacking?
    3. What was the result? Was it worship?
3. We will experience a variety of emotions as we read scripture. Read the following passages and note what emotions are stirred up.
  - A. Psalm 7:17
  - B. Psalm 13:6
  - C. Psalm 90:14
  - D. Psalm 9:2
  - E. Psalm 51

4. Singing is the response of our emotions to the truth. Is the reverse true? Does singing truth stir us to think more biblically? Explain your answer using Psalm 30:11-12.

**QUOTABLE:** *“When we are happy, we sing, and when we aren’t happy, we sing until we get happy”* (page 173).

5. The following are six reasons for singing in worship. Pick **two** of the six for study.

A. We sing because truth expresses and stirs the emotions.

1. Read and memorize John 4:24.
2. What is the statement of fact about God?
3. What is the corresponding command to the believer?

B. We sing because God sings.

1. Read Zephaniah 3:17 and note the different phrases that describe God’s singing and rejoicing over the redeemed.
2. If you are a believer, you are one of God’s “grace projects.” What does that phrase mean to you? How do you feel about that?

**QUOTABLE:** *“God is a joyful God who jubilantly sings over his grace projects”* (page 175).

C. We sing because of God’s greatness and glory.

1. Read Psalm 59:16-17. What phrases describe God’s love and covenant commitment to His people?
2. Read Psalm 95:1-3. What phrases describe the greatness of God?

D. We sing because of God’s redeeming grace.

1. What is the new song? (Psalm 40:3)
2. What are we to proclaim in our praise? (I Peter 2:9)

E. We sing because God commands us to sing.

1. Why is God’s command for us to praise Him a righteous command?
2. How is this praising to be done?

- F. We sing because we will be singing throughout eternity.
1. What does the phrase “worship is the business of heaven” mean to you?
  2. Consider Pastor Brian’s statement on page 177: *“It is marvelous to consider the reality that as the church sings on earth it is joining in as the church sings in heaven”*. How does this awareness change your approach to Sunday morning worship services?

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**CHAPTER 18: The Emotions and Preaching**

1. The following are two extremes to avoid in preaching. Explain what each one means.

A. All light and no heat

B. All heat and no light

2. Why must preaching be passionate and earnest?

3. Give examples of the emotional language of:

A. The Prophets

B. John the Baptist

C. The Lord Jesus

4. What do the following verses reveal about Paul's preaching?

A. 2 Corinthians 4:13

B. 2 Corinthians 6:11-13

**QUOTABLE:** *"Whether it was the prophets or the apostles, John the Baptist or the Son of God, their preaching was marked by truth on fire" (pg. 182).*

5. If preaching that engages the emotions is not a particular style, then what is it?

6. Pastor Brian quotes John Murray, Spurgeon, Thomas Murphy, Charles Bridges and Jonathan Edwards. Which quote struck you the most forcefully and why?

7. What must be true of the preacher if he is to influence the emotions of his listeners?

8. If the emotions are to be stirred in preaching, how should they be stirred?



9. Edwards saw it as his duty to raise the affections of his hearers as high as possible, but with one major provision. What was it?
  
10. Read Acts 2:37. How does this passage illustrate the truth of Pastor Brian's statement (page 185) that *"God-centered, Spirit-empowered, Christ-exalting, biblically saturated preaching is an event"*?
  
  
  
  
  
  
  
  
  
  
11. **APPLICATION:** Passionate preaching should stir the mind and the heart to cultivate godly emotions. What specific things can you do to prepare yourself to hear the Word of God preached? Consider the following in your answer.
  1. Prayer
  
  
  
  
  
  
  
  
  
  
  2. Attitude
  
  
  
  
  
  
  
  
  
  
  3. Bible reading and study
  
  
  
  
  
  
  
  
  
  
12. **APPLICATION:** How can you encourage your pastor in his preaching?

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**CHAPTER 19: The Emotions and Faith-building Relationships**

1. Use the following scriptures to explain Pastor Brian's statement, "*The church is the environment where we primarily live out our Christian faith*" (page 189).
  - A. Mark 3:31-35
  - B. Luke 14:26-27
2. Read Galatians 5:19-21 and list the works of the flesh. How do these activities affect the Church community?
3. **APPLICATION:** Set aside a time for prayer and Bible study and meditate on Galatians 5:19-21. Humbly ask God to reveal any areas of your thoughts, emotions, or actions that need confession and repentance.
4. Read Galatians 5:22-25 and list the works of the Spirit. How do these activities affect the Church community?
5. **APPLICATION:** Set aside a time for prayer and Bible study and meditate on Galatians 5:22-25. Humbly ask God to reveal any areas of your thoughts, emotions, or actions that need strengthening.
6. On page 190 Pastor Brian states that: "*Unbelief can become a vicious whirlpool that sucks the life out of our confidence in God and spins us emotionally out of control, and then our faith turns to unbelief*". How do the following support this statement?
  - A. John Piper's quote on page 190, note 4.
  - B. Hebrews 3:12-13.
  - C. Hebrews 10:24-25.
  - D. Dietrich Bonhoeffer's quote on page 191.
7. As we live life together in the church community, we are to live out the "one another" commands of Scripture. List the "one another" commands from the following verses.
  - A. Example: John 13:34-35: *Love one another.*
  - B. Example: Romans 12:15: *Rejoice with one another.*
  - C. Romans 12:16
  - D. 1 Corinthians 12:22-25
  - E. Galatians 5:13

- F. Ephesians 4:2
- G. Ephesians 4:32
- H. Ephesians 5:31
- I. Colossians 3:13
- J. 1 Thessalonians 5:11
- K. 1 Thessalonians 5:14
- L. James 5:16
- M. 1 Peter 5:5

- 8. APPLICATION:** Read through the above “one another” commands and check those in which you are weak. Prayerfully commit to change and ask God for opportunities to love another in this way.
- 9.** On page 193, Pastor Brian states *“When believers are willing to live out the ‘one anothers’, there is a powerful cultivation of godly emotions”*. This involves both how we view ourselves and how we interact with others.
- A. What must we first acknowledge about ourselves before we can have genuine fellowship with one another?
  - B. What kinds of interactions are involved in Christian fellowship?
  - C. What is the role of the Holy Spirit in this Christian fellowship?
- 10.** According to 2 Corinthians 1:24 and Philippians 1:25, how does Paul describe the motivation for genuine fellowship with one another?
- A. 2 Corinthians 1:24: We work with you for \_\_\_\_\_
  - B. Philippians 1:25: I will remain and continue with you all, for \_\_\_\_\_.

**QUOTABLE:** *“It is only in loving and enjoying one another up close that we will be prepared to bear one another’s burdens when the pain and crises of this world come rushing upon us”* (Elliott, page 194).

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**CHAPTER 20: The Emotions and the Word and Prayer**

1. Read 1 Peter 1:23. What does this verse say about the Bible being the instrument for new life?
2. Read Matthew 4:4 and Deuteronomy 32:47. What do these verses say about how the Bible is our life?
3. Jesus gave us the Word that we might have fullness of joy (John 15:11).
  - A. According to Tremper Longman's quote on page 196, what does the reading and hearing of God's Word do in us?
  - B. Consider that Jesus' joy was the joy of obeying and glorifying the Father and fulfilling His will.
    1. Is it possible for anyone to have a greater joy than Jesus had?
    2. As Christ and His Word abide in us, what happens to our focus?
4. The following verses describe various ways that the Word brings us joy, comfort, and conviction. As you read each selection, write down the verses that impressed you the most.

**QUOTABLE:** *"Nothing sustains hope like a serious and sustained study of the Scriptures."* (Hafemann, page 197, chapter note 3).

- A. The Bible is our major source of joy in Christ.
  1. Jeremiah 15:16
  2. Job 23:12
  3. Psalms 19:8; 119:103.
5. The Word revives our hearts so that we can rejoice in God. Psalm 119:25,50,93,154
  - A. The Word comforts in affliction. Psalm 119:76
  - B. The Word provides substance and hope in times of despair. Psalm 119:116
  - C. The Word brings strength in grief. Psalm 119:28
  - D. The Word brings conviction in sin. Psalm 119:176
  - E. The Word produces awe and Godly fear.
    1. Psalm 119:38, 120, 161
    2. Isaiah 66:2

- F. The Bible gives us God's promises so we can rejoice in hope.
1. Psalm 119:140
  2. Jeremiah 29:10-11
  3. Romans 15:4
  4. Hebrews 6:13-20
  5. 2 Peter 2:14
6. Jesus also gave us prayer in His name so that our joy would be full (John 16:24).
- A. What does it mean to ask (pray) in Jesus' name?
  - B. What was the context in which this promise was given?
  - C. What is the greatest joy or happiness for the believer?
7. Joy also comes from the communion with God in Christ. What other emotions can come from a period of communion with Father through the Son?
- A.
  - B.
  - C.

**QUOTABLE:** *"Prayer reflects our values and beliefs, but it should also be shaping our values and beliefs"* (page 199).

8. **APPLICATION:** Evaluate your last time of communion with God.
- A. What values and beliefs were reflected during that prayer time?
  - B. What values and beliefs were changed or shaped during that prayer time?
  - C. Would you consider that time of prayer as quality time? Why or why not?
  - D. Do you yearn for times of communion with God in Christ? Why or why not? Considering what you have learned from this chapter, what changes do you need to make?

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**CHAPTER 21: The Emotions and Reading, Meditations, and Imagination**

1. How do we know that God wants us to read?
2. What is the difference between unhealthy reading choices and good, healthy reading choices?
3. Pastor Brian makes a case for reading Christian biographies. What are some of his reasons?
  - A.
  - B.
  - C.
  - D.
4. There is a persistent call in the Scriptures to meditate on God's Word and works.
  - A. **APPLICATION:** Read the following references and pick one to memorize.
    1. Joshua 1:8
    2. Psalm 1:1-2
    3. Psalm 77:11-12
  - B. Meditation is contemplative reflection and thoughtful study.
    1. List some of the things that are NOT biblical meditation.
    2. List some of the things that ARE biblical meditation.
  - C. Read Psalm 77:11-12. In these two verses, the psalmist states that he will do four things. What are they?
    1. I will \_\_\_\_\_
    2. I will \_\_\_\_\_
    3. I will \_\_\_\_\_
    4. (I will-implied) \_\_\_\_\_

5. There is a connection between meditation and emotions. Our emotions are engaged as we linger and dwell on a particular thought. Depending on the focus of our meditations, this can be either a beneficial or a destructive force. Consider Psalm 39.

A. Psalm 39:1-3.

1. What or whom was David dwelling on?
2. What were the results?

B. Psalm 39:4-6. What or Whom was David dwelling on?

C. Psalm 39: 7. What was David's declaration as a result of his meditation?

**6. APPLICATION:**

1. Consider a time when your meditations were harmful.

- a) What were you focused on?
- b) What was the specific outcome?
- c) What could you specifically have done to change the results?

2. Consider a time when your meditations were profitable.

- a) What were you focused on?
- b) What was the specific outcome?

3. What current situation in your life needs a change of meditation focus?

7. Reading, meditation, and imaginations work together. What is sanctified imagination?

8. **APPLICATION:** We have studied seven means that we have been given to cultivate godly emotions. What impressed you the most about each of the following means?

A. The Word

B. Prayer

C. Worship

D. Biblical preaching

E. Christian relationships

F. The church present and past

G. Good books

- 9. APPLICATION:** As you finish this study, set aside a period of time for prayer and self-evaluation. Consider the following questions.
- A. How did studying the character of God help you understand the practical process of cultivating godly emotions?
  - B. When you think about God, what are the first three or four characteristics that come to mind? Have these changed since your answer to a similar question at the beginning of Chapter 1?
  - C. Did you learn what you had hoped to learn?
  - D. Did anything surprise you?
  - E. What stands out most concerning what you learned about God?
  - F. What stands out most about what you have learned about yourself?
  - G. What has changed in your life?
  - H. What needs changing?
  - I. What steps are you going to take to make the necessary changes?
- 10. QUOTABLE:** *“The glorious reality is that truth and emotions, faith and feelings, theology and experience are not enemies, but best of friends”* (page 206).