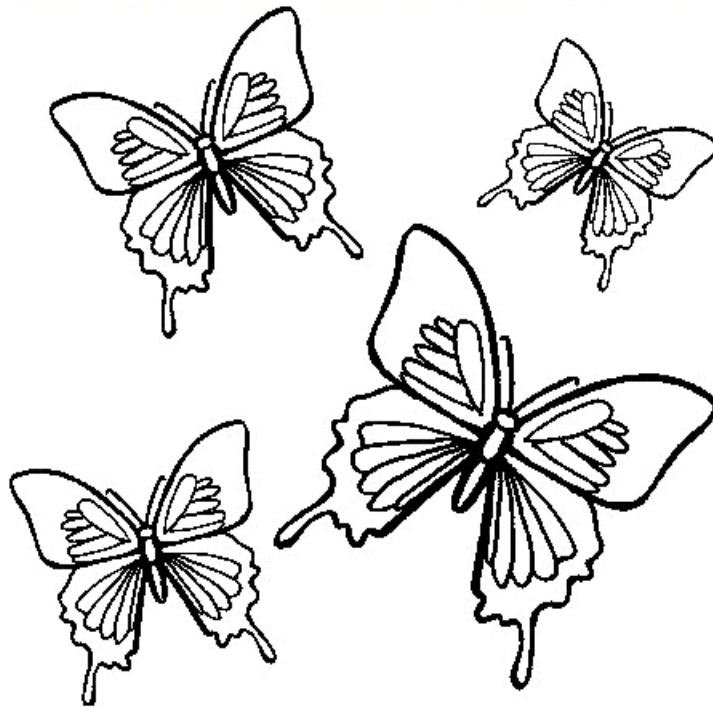


BOOK STUDY AID

# Making the Chapters Real To You

For Use With  
“I Will Give You Rest”  
By Edward Kurath

*A Journey of Recovering  
The Buried Treasure In Your Heart.*



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**The Content Questions** were developed by Edward Kurath.

**The “Application Questions”** were developed in conjunction with Beth Shewchuk, MS, LPC, NCC. Beth is a Christian counselor in Spokane, Washington. She has taught seminars based upon “I Will Give You Rest.” You may contact her at [counselorshewchuk@gmail.com](mailto:counselorshewchuk@gmail.com).

## **Feedback**

The Book Study Aid is a work-in-process, which is why it is posted online and not in printed form. That way we can update it as we get feedback from readers. Therefore your suggestions for improvement are invited. E-mail us at [edkurath@divinelydesigned.com](mailto:edkurath@divinelydesigned.com).

## **Revisions**

This Book Study Aid was significantly revised on June 6, 2011

# Book Study Aid

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# STUDY SUGGESTIONS

## **How Can Your Life Change?**

The book “I Will Give You Rest” explains the provision Jesus made by which your life can be changed.

For this information to bring about change in your life, you need to **apply** it.

## **How Do You Apply It?**

The content of the book is most potent if you are reflecting on your own life and experience as you study each chapter.

For most of us in our culture, studying the content of the book is more comfortable.

Applying the truths to your own life can be much more uncomfortable; but without it, your life won't change.

Because Content and Application are such different parts of this process, we are including questions to help you with both steps.

**Please be sure to read these instructions before you begin to answer the Book Study Aid questions.**

There are **two** steps in your healing:

1. First, you need to **learn about** the provision God has made for you to enter His rest (read and study “I Will Give You Rest”).
2. Then, you need to **apply** those provisions to your own life (pray about your own bitter roots, and thus be transformed into the image of Jesus).

**The first step** gives you a roadmap to where you are going.

**The second step** is actually taking the trip. **The second step** is more uncomfortable, is more work, is more time consuming, and therefore far more difficult. But your life will

only change if you actually apply the blood of Jesus to the specific areas of need in your life.

So I would encourage you to do both steps if you want to experience the rest Jesus provided.

Accordingly, this Book Study Aid has two sections for each book chapter:

1. **Content Questions**, and
2. **Application questions**.

The **Content Questions** are intended to help you learn about God's ways. After reading a chapter, close the book and try to answer the Content Questions for that chapter. Then open the book and go back and find the answers you missed.

The **Application Questions** are far more difficult, because they require you to be totally honest with yourself and the Lord, and they require you to enter into and explore the painful areas of your life. That is not fun. However, the goal is to then have the pain removed by Jesus.

Do not try to answer the **Application Questions** until after you feel confident of your answers to the **Content Questions**.

## **Life History Form**

I have available a **Life History Form**. I would also recommend that you complete the **Life History Form** early in this process. The experience of reflecting on your life as you answer these study questions will help you to understand more clearly your own roots and areas of struggle. This insight will make answering the **Application Questions** most productive for your healing. To get a copy of the **Life History Form**, go to [www.divinelydesigned.com](http://www.divinelydesigned.com). At the top of the home page, click on "Free Workbook." The **Life History** will be listed there, and you may print it out.

## Answering The Application Questions

When processing the **Application Questions**, get a pad of paper and pencil and get quiet and comfortable. We did not provide spaces in the Book Study Aid for your answers, because we did not want to limit the space you have available for your answers. Save your answers that you write down to the **Application Questions**, because later chapters will sometimes refer you back to prior answers.

Eliminate distractions, because you need to be focused inside yourself. Ask the Lord to help you. He knows the problems clearly, and wants to help you to see for yourself.

Then simply write out your answers as they come to you. Do not worry about grammar or proper organization. Do not judge what you are writing. Just let the answers flow.

## Chapter Sequence

If you are doing this process alone, or with just one other person, I would suggest that you read the chapters in the order they appear in the book.

If you are doing this process in a small group, you may want to use a different sequence. To more quickly bring the group members to a place where they can begin to pray for each other, **after Chapter 5 you might insert Chapter 11 and the assignment to listen to every negative emotion** (you can find this exercise in the Instruction Manual available for free online, [www.divinelydesigned.com](http://www.divinelydesigned.com) – click on “Free Workbook”). Then depending on how many sessions you plan to do, you might shuffle some of the later chapters around, or combine them.

Keep in mind that if you change the chapter sequence from that of the book, occasionally a term or concept may come up that was defined in a chapter you skipped. I do not think you will find that to be disruptive.

**Now you are about to enter into the most exciting and rewarding journey of your life!**

# Chapter 1

## Content Questions

1. There were two miraculous gifts Jesus provided for us. They are:
  - a. \_\_\_\_\_ life (a one time event).
  - b. A \_\_\_\_\_burden now (a lifetime process)
2. We all try to please God but fail. This is because we don't know \_\_\_\_\_.
3. Are you the only Christian who fails?
  - a. Yes
  - b. No

## Application Questions

1. In what ways have you tried to be a “good Christian” and failed? Be as specific as possible.
2. As you have struggled with these failures, have you become discouraged and wondered if it is even possible to please God? Elaborate.

## Chapter 2

### Content Questions

1. As Christians, our common experience is: (hint: Romans 7:15). \_\_\_\_\_  
\_\_\_\_\_
2. There are three realms God created:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
3. All three realms are (circle one):
  - a. Random
  - b. Part of our fallen nature
  - c. Orderly
  - d. Unpredictable
  - e. Mysterious
  - f. Unknowable
4. As a scientific culture, we are all familiar with the \_\_\_\_\_ realm.
5. My will power has authority in the \_\_\_\_\_ realm.
6. The Bible is our instruction manual for the \_\_\_\_\_ realm.
7. My will power has no authority or power in the \_\_\_\_\_ realm or the \_\_\_\_\_ realm.
8. In the spiritual realm, the operation of god's laws is like a speeding truck; and in comparison my will power is like an \_\_\_\_\_ on the highway.
9. God's spiritual laws are powerful, and they bring about \_\_\_\_\_ or \_\_\_\_\_.
10. We can stop the "speeding truck" by applying the \_\_\_\_\_ of Jesus.
11. Our \_\_\_\_\_ has authority to stop bad behavior in the psychological realm.

12. The \_\_\_\_\_ of Jesus has authority to stop bad behavior in the \_\_\_\_\_ realm.
13. “Bad fruit” comes from “bad \_\_\_\_\_.”
14. We can always tell there is a “bad \_\_\_\_\_” by the “bad fruit” in our life.
15. Both the “bad \_\_\_\_\_” and the “bad \_\_\_\_\_” are sin.

### **Application Questions**

1. Keeping Romans 7:15 in mind, list those things that you don't want to do, but keep finding yourself doing anyway. Be specific.
2. Then list the good things that you would like to do, but somehow never are able to do. Again, be specific.
3. Have you sometimes had success in stopping “bad behavior” with your will power? If so, write about those successes.
4. Have you sometimes failed to be able to stop “bad behavior” with your will power? If so, describe these failures. Are these recurring patterns?
5. How have you felt when you have tried to stop the “bad behavior” problems in Question #2, and failed?
6. Are you surprised to know that God fully understands why you must fail in Question #2, and He is not condemning you, but rather wants to help you? (After all, God sent His Son to provide the only way for you to be successful in these situations).

## Chapter 3

### Content Questions

1. Love, joy peace, longsuffering, kindness, goodness are fruits of the \_\_\_\_\_.  
They are \_\_\_\_\_ fruit from a \_\_\_\_\_ root.
2. As a Christian, do you still have “bad fruit” in your life?
  - a. Yes
  - b. No
3. If “Yes”, how can that be, since as a Christian you have been filled with the Holy Spirit? \_\_\_\_\_  
\_\_\_\_\_
4. The only way to end the “bad fruit” is to have the “bad roots” changed into the image of \_\_\_\_\_.
5. Jesus said, “Without Me you can do \_\_\_\_\_”
6. If we are transformed inside, we will be able to keep God’s \_\_\_\_\_.
7. We never plant new “bad roots” after we become a Christian.
  - a. True
  - b. False

### Application Questions

1. In the past, had you thought (or been taught) that as a Christian you should be able to not sin?
  - a. Yes
  - b. No
2. If your answer to Question #1 above was “no,” skip to Question #3. If your answer was “yes,” how did you feel whenever you did sin?
3. Do you personally know anyone who never sins? If so, list their first names.
4. Your “Honeycomb” (page 40) contains “bad roots” that produce the “bad fruit” in your life. How does it make you feel to have discovered there is a reason why you have patterns in your life that you have not been able to change, and that therefore there is hope for change? Elaborate.

## Chapter 4

### Content Questions

1. It is always a bad thing to judge.
  - a. True
  - b. False
2. There are four types of judging. Label them “good” or “bad”.
  - a. Judging by Jesus \_\_\_\_\_
  - b. I am the judge \_\_\_\_\_
  - c. Judicial authority of the church \_\_\_\_\_
  - d. My discernment \_\_\_\_\_
3. Sinful (bad) judging brings \_\_\_\_\_.
4. If sinful judging is bad for you, why do you do it?  
\_\_\_\_\_  
\_\_\_\_\_.
5. If you have just “judged” something or someone, how can you tell if you have sinned or not?  
\_\_\_\_\_  
\_\_\_\_\_.
6. As human beings we \_\_\_\_\_ react to perceived wounding with bitterness, judgment, and blame.

### Application Questions

1. Who has treated you unfairly in your lifetime? Make a list of them in order of how strongly you feel towards them.
2. Would it be difficult to let them “off the hook?”
3. Have you believed there was such a thing as “righteous anger” that it was OK for a Christian to indulge in? Elaborate.
4. Over the next week, make a list of things that do not go right for you. Then make a note as to who or what you judged at those moments.
5. In Question #4 above, did you frequently blame yourself?

## Chapter 5

### Content Questions

1. Forgiving and being forgiven is the only cure for \_\_\_\_\_.
2. The blood of Jesus stopping your reaping from sin is a \_\_\_\_\_.
3. List four things that forgiving is NOT:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
4. Forgiving is releasing the other person to the judgment of \_\_\_\_\_.
5. Have you thought of your anger towards another person (your judging of them) as protection from future hurt?
  - a. Yes
  - b. No
6. If your answer to Question #5 is “Yes”, are you aware that actually you are the one who suffers? Elaborate:  
\_\_\_\_\_  
\_\_\_\_\_
7. If you do not remove “bitter roots” immediately, which of the following happens:
  - a. They go away and don’t bother you anymore.
  - b. If you don’t feel them, they have gone away.
  - c. They get bigger and cause you bigger problems in the future.
  - d. They remain dormant or stay the same.
8. Who do you need to forgive?
  - a. Other people
  - b. Yourself
  - c. God
  - d. Things
  - e. All of the above
9. Forgiving needs to come from your \_\_\_\_\_.

10. In the process of forgiving, it is important to \_\_\_\_\_ words.
11. A rote prayer is important so that you are sure to say all the right words.
- True
  - False
12. Though entering into forgiveness is a decision and not a feeling, when forgiveness has been accomplished, you feel the change.
- Yes
  - No

### **Application Questions**

- Go back to your list of people who hurt you (Chapter 4, Question #1) and try forgiving them. If you initially need a format to use for praying, go to Endnote #5-4 for a sample prayer. You might start at the bottom of your list of people, because those people did not hurt you as severely, so it should be easier to forgive them. After you pray about a person, check and see if your feelings towards them have changed. If not, keep at it. Once you feel more peace, then work your way up the list to the next person.
- Did you find it increasingly difficult to forgive as you moved up the list to the more hurtful people or circumstances?
- If it was difficult or impossible to forgive some of the people as you worked your way up the list in Question #1 above, what might be holding you back is some misconceptions of what it means to forgive them. In this case, review page 63.
- Was your name on the list that you were just praying through? In reflecting back, should it have been? If so, add your name to the list.
- Was God's name on the list? Should it have been (Not because He did anything wrong, but because you judged Him)? If so, add Him to the list.

## Chapter 6

### Content Questions

1. God is a good Father, and He \_\_\_\_\_ you in many ways, though you may not be aware of it.
2. God does \_\_\_\_\_ afflict you, but He sometimes \_\_\_\_\_ let you experience difficulties, to motivate you.
3. The main purpose of your life is to \_\_\_\_\_
4. The only way you can act like Jesus is to \_\_\_\_\_ like Jesus.
5. Being “saved” has two meanings.
  - a. Become His child (a one-time event).
  - b. Be transformed into His \_\_\_\_\_ (an ongoing process).
6. God is personally directing every aspect of your life journey.
  - a. True
  - b. False
7. Whenever you encounter difficulties in your life, the correct question is: “Lord, what are you wanting to do in me through this trial?”
  - a. True
  - b. False
8. The Christian life is a set of rules to keep.
  - a. True
  - b. False
9. If you think that your troubles are an attack of the Devil, you may find yourself interfering with God’s \_\_\_\_\_ for your life.

### Application Questions

1. Were things going well for you in your life when you decided to make Jesus your Lord, or were you struggling with difficulties? Describe:

2. Since you have been a Christian, has the Christian life felt like an easy yoke (Matthew 11:30), or a heavy burden?
3. When you try hard to keep "The List", what are you feeling:
4. Have you felt afraid, alone, abandoned, or overburdened in your Christian life? If so, describe this experience:
5. List two times when you felt as though God was against you. Describe the emotion you were feeling in those times.
6. Does it seem to be too good to be true that God is deeply committed to your protection and welfare? Elaborate:
7. Why is it so important for you to know that God has a good plan for your life? Use your own words:

## Chapter 7

### Content Questions

1. An Inner Vow is a \_\_\_\_\_ that you make, that contains the words \_\_\_\_\_ or \_\_\_\_\_.
2. Inner Vows are like a \_\_\_\_\_ track. They are inflexible and rigid.
3. The power behind an Inner Vow is the sin of \_\_\_\_\_.
4. New Years Resolutions are weak because they are made with your \_\_\_\_\_ power.
5. To stop the operation of an Inner Vow, first you need to deal with the sin of \_\_\_\_\_.
6. Sometimes people are afraid to renounce an Inner Vow, because they are afraid they will be like the person they \_\_\_\_\_.
7. “Good” Inner Vows also need to be renounced, because they are based upon \_\_\_\_\_ an bring bondage.
8. There are two ways of identifying the presence of an Inner Vow.
  - a. Directly: recognize the rigid \_\_\_\_\_.
  - b. Indirectly: when you have identified a \_\_\_\_\_ root judgment, look for a possible Inner Vow.

### Application Questions

1. Write down any rigid behaviors in your life that you have been unable to change, no matter how hard you have tried (for example, angry outbursts, always being nice, never looking out for your own interests, etc.).
2. From the list in Question #1, can you write down an Inner Vow that fits each rigid behavior?
3. From the results of Question #2, can you identify a bitter root judgment that was being planted when you made each Inner Vow?

4. For those Inner Vows that you have just identified,
  - a. Forgive and be forgiven for the bitter root judgment.
  - b. Renounce the Inner Vow in the name of Jesus.
  - c. Begin to observe whether the rigid behavior that had been a problem is gone, or diminished in strength.

## Chapter 8

### Content Questions

1. Would you say that you honor your parents? Describe:

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2. There are \_\_\_\_\_ exceptions to the commandment to honor parents.
3. If you do not honor your parents, life will \_\_\_\_\_ go well for you.
4. Dishonoring parents is the same as judging them.
- True
  - False
5. Honoring parents is:
- An obligation that is fulfilled when we forgive them.
  - Is only necessary if they are “honorable.”
  - Is an ongoing future requirement.
  - Is not a requirement that you have a future relationship with them.
6. Honoring parents means that you must not observe their negative attributes.
- True
  - False
7. Honoring parents means that you have to allow them to treat you however they choose.
- True
  - False
8. Honoring parents does not mean that they are valuable to you.
- True
  - False
9. The nature of your relationship with your parents changes over \_\_\_\_\_.
10. When you are an adult, in order to honor your parents you need to obey them, like you did when you were a child in their home.
- True
  - False

11. The way a person is to honor father and mother is the same for every set of parents.
  - a. True
  - b. False
12. Your relationship with your parents has a subtle but profound effect on how you see \_\_\_\_\_.

## Application Questions

1. What is your automatic “gut” reaction when you think of your parents?
2. Briefly describe each of your parents. Write down the first thoughts that come to your mind.
3. List some of the main strengths of your parents.
4. List some of the shortcomings of your parents.
5. Have their shortcomings substantially affected your relationship with them? If so, in what ways?
6. List specific ways where life has not gone well for you, where the troubles match the ways/areas that you have failed to honor your parents (for example finances, anger, infidelity, etc.).
7. List specific ways where life has gone well for you that match where you have been able to honor your parents.
8. Compare your experience of God with your experience with your parents. This is often a subtle, almost subconscious impression. Go deep. List the similarities (if any) or contrasts between how you see your parents and how you see God.
9. Based upon what you have just learned about what God meant when He told us to honor our father and mother, do you think you can nor honor your parents? If so, write down a plan as to how you can do that. If not, write down the obstacles to you being able to do that.

## Chapter 9

### Content Questions

1. The Lord created two places in us. What does the author call them?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
2. Our conscious self is impacted by both the "World" and our \_\_\_\_\_  
\_\_\_\_\_
3. When the message from our Treasure inside and the World are different, which one does the little child believe?
  - a. Treasure Inside
  - b. The World
4. A \_\_\_\_\_ begins to form when the dynamics in Question # 3 occurs.
5. The \_\_\_\_\_ not only separates us from our Treasure Inside, it also separates us from \_\_\_\_\_.
6. The Wall is made up of \_\_\_\_\_ and \_\_\_\_\_ against ourselves!
7. We can remove The Wall by use of our will power. (by recognizing it is there and deciding to live differently).
  - a. True
  - b. False
8. Jesus told us to love our neighbor as ourselves. What part of ourselves do you think He was referring to? \_\_\_\_\_
9. When we hate ourselves, we experience the Big \_\_\_\_\_.
10. Addictions are ways people use to try not to feel the sensation of the Big \_\_\_\_\_.

### Application Questions

1. If you treated other people the way you treat yourself, how many friends would you have?

2. Do you have any addictions or compulsive behaviors, or are you a people pleaser? Describe these issues.
3. If you try to refrain from the behaviors in Question #2 above, describe the feeling you experience.
4. How successful are you in refraining from the behaviors in Question #2?
5. Have you experienced rejection from someone you loved deeply? If so, how did that feel?
6. On a scale of 1 to 10, 10 being optimum, do you feel the presence of God, and can you hear His voice? Elaborate.
7. Do you feel as though there is a part of you that is so good that it is in the image of God? Elaborate.
8. Write an honest note/letter of forgiveness and appreciation to yourself. If you are not a “writer,” speak it verbally.

## Chapter 10

### Content Questions

1. The worst trauma one can experience is the absence of the \_\_\_\_\_.
2. As a child, when we do not receive the “good” that we need, we judge \_\_\_\_\_.
3. As a child, when our legitimate needs are not met, we feel \_\_\_\_\_.
4. To deal with the feelings in Question #3, we build The \_\_\_\_\_.
5. The reason that we are not aware of the pain the “absence of the good” produced in us as a child is that we have built The \_\_\_\_\_ to not have to feel it.

### Application Questions

1. How does it feel when someone gives you a hug?.
2. Do you feel uncomfortable when someone gives you a compliment?
3. Refer to the list of what we all need on pages 167-168 (pages 165-166 in 2005 printing). On a scale of 0 to 10, 10 being the most, how much of the “good” did you receive from your parents?
  - a. Meaningful touch:      Father \_\_\_\_\_      Mother \_\_\_\_\_
  - b. Spoken words:              Father \_\_\_\_\_      Mother \_\_\_\_\_
  - c. High value                      Father \_\_\_\_\_      Mother \_\_\_\_\_
  - d. Special future              Father \_\_\_\_\_      Mother \_\_\_\_\_
  - e. Active commitment      Father \_\_\_\_\_      Mother \_\_\_\_\_
4. Total up the numbers in Question #3 above.

Total for Father	_____
Total for Mother	_____
Grand Total	_____

The Grand total will be between 0 and 100. The further your Grand Total is below 100, the greater was your wounding from the Lack of the Good..

# Chapter 11

## Content Questions

1. Our emotions became corrupted at The Fall in the Garden of Eden, and therefore they now tend to lead us into sin.
  - a. True
  - b. False
2. Our physical sensations tell us about what is going on in our physical \_\_\_\_\_. Similarly, our \_\_\_\_\_ tell us what is going on in our psychological/spiritual self.
3. Emotions are \_\_\_\_\_ percent reliable about telling us what is going on inside us.
4. When we experience a negative emotion, we have to find a way to bring \_\_\_\_\_ inside us.
5. It is not selfish to have our legitimate \_\_\_\_\_ met.
6. Our emotions give us important \_\_\_\_\_ about our needs.
7. When our legitimate needs have been met, the emotional \_\_\_\_\_ stops.
8. Is the emotion of anger a sin?
  - a. Yes
  - b. No
9. I become “selfish” (hyper focused on myself) when my legitimate needs are not met.
  - a. True
  - b. False
10. Positive emotions tell us about good things going on inside us.
  - a. True
  - b. False
11. We need to learn the \_\_\_\_\_ of our emotions.
12. If we listen to every \_\_\_\_\_ emotion, the Lord can use that to guide us in our walk of healing.

## Application Questions

1. What was the attitude towards emotions in your family of origin?
2. Have you believed/been taught that emotions are a problem (random, unpredictable, unreliable, lead you into sin)? Elaborate.
3. Think about a time when someone who was important to you abandoned or betrayed you. Name the feeling. \_\_\_\_\_.
4. Have you considered that you might have made an Inner Vow not to feel? Elaborate.
5. Enter into the following process:
  - a. Think about a person who recently hurt you, or with whom you are angry.
  - b. Feel the feeling.
  - c. Forgive them, and ask the Lord to forgive you for judging them (Chapter 5). Ask Him to remove the bitter root, and invite Him into that place where the bitter root had been residing.
  - d. Think about that person again, and feel the feeling.
  - e. Name the new feeling. \_\_\_\_\_.
6. Begin to apply the exercise to listen to every negative emotion contained on pages 186-188 (this is not in the 2005 printing of the book). To get the exercise, go to [www.divinelydesigned.com](http://www.divinelydesigned.com), click on 'Free Workbook' at the top of the home page. Print out the exercise "Listen To Every Negative Emotion." If you do not use the internet, contact us and we will send you a copy).

## Chapter 12

### Content Questions

1. Being humble means that you realize that you are fallen and not worth much.
  - a. True
  - b. False
2. We see ourselves as “worms,” because that is what we are.
  - a. True
  - b. False
3. God doesn’t understand how bad you are.
  - a. True
  - b. False
4. There exists in you a part of you that is made in \_\_\_\_\_ image.

### Application Questions

1. Are you a bit shocked to discover that part of you is good? Elaborate.
2. What voices/influences have given you messages that you are worthless? List them.
3. Can you now understand that when Jesus told us to love ourselves, that He meant to love the part of us made in God’s image (our Treasure Inside)? Elaborate.
4. Jesus said to love yourself (Matthew 22:39). If you have not been loving your Treasure Inside, can you now see why there is pain inside you and why life has not been going well for you? Elaborate.
5. Can you think of practical ways of how you can actually begin to love yourself? (hint: begin to listen inside as outlined in Chapter 11)? Write down your plan of action to actually love yourself.

## Chapter 13

### Content Questions

1. "Flesh" is always bad.
  - a. True
  - b. False
2. The "bad part" refers to three possibilities:
  - a. Sensuality and lawlessness.
  - b. Our tendency to judge.
  - c. Trying hard to \_\_\_\_\_ .
3. The essence of the "bad part" can be referred to as the "primal sin," the desire to take \_\_\_\_\_'s place.
4. The "bad part" impels me to build The \_\_\_\_\_.
5. Our error tends to be to judge everything inside us as \_\_\_\_\_.
6. Name the tree places inside us that are below our level of consciousness.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
7. "Die to self" means that we throw the baby out with the bath water.
  - a. True
  - b. False
8. Legalism is based upon the "bad part" of us.
  - a. True
  - b. False

### Application Questions

1. When you misbehaved as a child, or was not able to be "good" as your parents wanted you to be, did you judge yourself as "all bad?"
2. Have you believed that "flesh" is always bad? Elaborate.

3. Have you been aware that trying to be good in your own strength is not only futile, it is sin? Elaborate.
4. Can you now clearly see why “legalism, “ keeping the commandments by your will power, brings death instead of life? Elaborate.
5. Write down some specific times when you have tried very hard to please God, and failed.
6. Spend some time with your Treasure Inside (as best you can) and apologize for judging him/her as the problem, and ask the Lord to forgive you for judging yourself.
7. Memorize the diagram on page 204 (page 200 in the 2005 printing). Go back to it whenever you have condemned yourself. This diagram presents a new reality for most of us. You have probably spent your life condemning yourself when you made a mistake or sinned. And tragically, we all tend to condemn our whole self, not just the part that sinned. In order to love ourselves, we need to be fully convinced that there is a part of us that is not sinful – our Treasure Inside. If you are still unsure of this, restudy Chapter 12, and the Endnotes associated with it. The Endnotes contain detailed scriptural evidence for the presence of the Image of God in you.

## Chapter 14

### Content Questions

1. You are built for \_\_\_\_\_.
2. God is \_\_\_\_\_.
3. When you experience the presence of Jesus, you receive His \_\_\_\_\_.
4. The \_\_\_\_\_ interferes with your ability to experience Jesus' presence.
5. The journey towards experiencing Jesus' presence involves removing The \_\_\_\_\_.
6. The Lord would rather spend time with some special people, and not others.
  - a. True
  - b. False

### Application Questions

1. How have you experienced God's love in the past?
2. Are you able to sense God's presence sometimes? Elaborate.
3. Does it seem like an impossible dream for you to have a close walk with the Lord?
4. As you continue to become your own friend, keep listening for His voice. As The Wall gradually comes down, you will hear Him more and more clearly. You can do it!

## Chapter 16

### Content Questions

1. Demons can be present in a Christian.
  - a. Yes
  - b. No
2. The “honeycomb” (page 40) illustrates how parts of us are filled with Jesus, but other parts of us contain \_\_\_\_\_ roots.
3. The Enemy and his demons have a legal right to oppress us through our \_\_\_\_\_ roots.
4. When you have troubles in your life, it is likely an attack of the Enemy. The best way to handle it is: in the name of Jesus, to rebuke Satan and the demons doing the work and to command them to leave you alone.
  - a. True
  - b. False
5. God protects His children and limits the damage that the Enemy can do to a Christian.
  - a. Yes
  - b. No
6. To get rid of a demon, first we cast them out so we can then bring healing to that place.
  - a. True
  - b. False

### Application Questions

1. When bad things happen in your life, do you assume it is caused by Satan and/or demons?
  - a. Yes
  - b. No

2. If you answered “no”, skip to Question #3 below. If “yes,” answer this: If you really knew that God was next to you at the moment the bad thing happened, would you feel the same way? Elaborate.
3. If you were aware that the one standing next to you in the bad time was your parent, how would you feel at that moment, and explain why you think you would feel that way?
4. What might it take for you to accept that God is on your side and is protecting you (hint – it relates to your parents)?

## Chapter 17

### Content Questions

1. The path outlined in this book is a totally new way of \_\_\_\_\_.
2. You only need to walk this way in major crises. Otherwise, you can just go back to living life the way you always have.
  - a. True
  - b. False
3. \_\_\_\_\_ is actively directing your life, all day, every day.
4. If you do not continue to live in this new way every day, you will plant new roots of \_\_\_\_\_, and you will fall back into your old ways.
5. The new way is simple, but it is not always easy.
  - a. True
  - b. False
6. Other \_\_\_\_\_ can help make your journey more successful.

### Application Questions

1. In the past, have you been under the impression that if you could just get the right person to pray for you, your problems would be gone? If so, elaborate.
2. Was it a surprise to you to discover that your healing is a daily journey, not a one-time event? Elaborate.
3. If this new way of living seems overwhelmingly difficult, consider whether there is fear or a strong negative emotion at the root of it. Trace the root of this emotion down into specific statements, for example: "The pain will never end," "I feel helpless and alone in life," "It is too hard," "Nothing else has ever worked," etc.
4. Use the steps in the exercise to listen to every negative emotion to help you on your journey (go to [www.divinelydesigned.com](http://www.divinelydesigned.com). Click on "Free Workbook," and print out the exercise. In this way, you can let Jesus take you by the hand and lead you daily.

5. Try to find another same sex supportive Christian. Agree to meet together regularly to help each other continue on this healing journey, because having such support makes the daily journey easier.

## Chapter 18

### Content Questions

1. \_\_\_\_\_ yourself is an essential part of having life go well for you.
2. A truce in the war with yourself is the goal.
  - a. True
  - b. False
3. Giving yourself the \_\_\_\_\_ is a way of loving yourself.

### Application Questions

1. Listen to your internal “self-tale” and discover what specific areas of your Treasure Inside you can quit stepping on, and start loving to life.
2. Think of two things you would do for your best friend, and do those for yourself this week.
3. Spend some quiet time this week focused on God’s love for you and soaking in His presence.
4. If you are not sure what “love” is, read pages 394-399. This article is not in the 2005 printing. To read it, go to [www.divinelydesigned.com](http://www.divinelydesigned.com). On the left side of the home page, click on “Articles.” The article “What Is Love?” is listed there.