

# A Study Guide to Mind, Character, and Personality

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Prepared under the auspices of the Ellen G. White Estate  
and the Department of Lay Activities of the General Conference

*“There is a science of Christianity to be mastered—a science as much deeper, broader, higher, than any human science as the heavens are higher than the earth. The mind is to be disciplined, educated, trained; for men are to do service for God in ways that are not in harmony with inborn inclination. Often the training and education of a lifetime must be discarded, that one may become a learner in the school of Christ. The heart must be educated to become steadfast in God. Old and young are to form habits of thought that will enable them to resist temptation. They must learn to look upward. The principles of the Word of God—principles that are as high as heaven and that compass eternity—are to be understood in their bearing on the daily life. Every act, every word, every thought, is to be in accord with these principles.”—CT, p. 20.*

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## THIS STUDY GUIDE

There are two sources of “principles of psychology.” “The true principles of psychology are found in the Holy Scriptures,” says Ellen White (MLT 176). But Satan has been studying the human mind for thousands of years and uses false theories of the mind to further his cause and divert us from the truth. The last great struggle will be a battle for minds. The messenger of the Lord says, “I have been shown that we must be guarded on every side, and perseveringly resist the insinuations and devices of Satan. He has transformed himself into an angel of light, and is deceiving and leading thousands captive. The advantages he takes of the science of the human mind are tremendous” (MYP 57).

There are many definitions of psychology. One says it is “the science of mental life.” Another says it is “the study of behavior.” The term “psychology” derives from two words meaning “the study of the soul.” How meaningful to a Christian! The mind is the focal point of such a study. “The mind controls the whole man. All our actions, good or bad, have their source in the mind. It is the mind that worships God, and allies us to heavenly beings. . . . All the physical organs are the servants of the mind, and the nerves are the messengers that transmit its orders to every part of the body, guiding the motions of the living machinery” (FE 426).

As Satan seeks control of the mind, it is important to study God’s laws of the mind and become informed in the best use of the mind and how to fortify it against the attacks of the enemy of souls. The apostle Paul says we are to bring “into captivity every thought to the obedience of Christ” (2 Corinthians 10:5).

This compilation from the pen of Ellen White reemphasizes the significance that God places upon our minds as instruments by which we not only control our bodies but develop character in the fear of the Lord. With minds to reason and through which God can communicate to us, we are responsible to Him, both to heed His will and to cooperate with Him in maintaining the proper relation between mind and body.

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## LESSON ONE - THE STUDY OF THE MIND

Reading Assignment: Pages 3-55

Note: It will be expected that many readers will not have opportunity to read every page of the reading assignment. Questions are consequently chosen to represent the broad range of counsel. As time allows, read these statements in their fuller context.

1. Define the “science of Christianity.” (5, 6)
2. “The cultivation of the \_\_\_\_\_ need not be prevented by \_\_\_\_\_, humble \_\_\_\_\_, or unfavorable \_\_\_\_\_.” (7)
3. How is the “highest education” obtained? (11)
4. What is a “potent soother of the nerves”? Why is this true? (12)
5. “When temptations assail you, when \_\_\_\_\_, \_\_\_\_\_, and darkness seem to surround your soul, look to the \_\_\_\_\_ where you last saw the \_\_\_\_\_.” (12)
6. In what way may we relieve ourselves of “undue anxieties”? (12, 13)
7. List three devastating things sin does to us. (13)
8. “Only by the inculcation of right \_\_\_\_\_ can you exclude wrong \_\_\_\_\_.” (15)
9. Why is Satan a most effective tempter as “an angel of light”? (21)
10. How is presumption defined? (25)
11. What does “unity with Christ” and “unity with one another” prove to the world? (30)
12. The beginning of yielding to temptation is \_\_\_\_\_.” (31)
13. “Satan’s work is to \_\_\_\_\_ . Christ’s work is to \_\_\_\_\_.” (32)
14. “True religion ennobles the \_\_\_\_\_, refines the \_\_\_\_\_, sanctifies the \_\_\_\_\_, and makes its possessor a partaker of the \_\_\_\_\_ and the \_\_\_\_\_ of Heaven.” (34)
15. What is the “best medicine” for disease? (34)

16. “If Satan cannot keep souls bound in the \_\_\_\_\_ of \_\_\_\_\_, he will try to push them into the \_\_\_\_\_ of \_\_\_\_\_.” (38)
17. Define “spurious humility.” (39)
18. For what reason should we not seek for a “happy flight of feeling”? (39, 40)
19. In place of “lamenting the faults of others,” what should we do? (46, 47)
20. What can we do about the “weak points” in our character? (50)
21. The mind that is always “absorbed in commonplace, trivial matters” will become \_\_\_\_\_ and \_\_\_\_\_. (52)

**Discussion Points:**

1. List some dangers in psychology. Why are they dangerous? (Ch. 3, pp. 18-26)
2. Chapter 5, “The Fanatical Mind,” considers several attitudes that are wrong.  
**Discuss:**
  - a) combativeness (40);
  - b) being negative (44);
  - c) being too independent (45);
  - d) superstitions (46).
3. Study these two extremes:
  - a) one to whom religion is a tyrant and
  - b) one who always seeks amusements. (48)
4. Why is it better to prevent mental illness than to deal with mental breakdowns? (See pp.12-14.)
5. What is the place of the will in psychology? (See p. 24.)

## LESSON TWO - BASIC RELATIONSHIPS—DEVELOPMENT OF THE MIND

Reading Assignment: Pages 59-128

1. a. What proportion of diseases have their foundation in the mind?  
b. What three specific problem areas are suggested? (59)
2. How can we keep our minds “free and happy”? (60)
3. a. What things can have a “ruinous effect” on health?  
b. What can be “life-giving”? (60, 61)
4. The “love which Christ diffuses” brings what results? (65)
5. A “powerful stimulus” promised in fighting the battles of the Lord is \_\_\_\_\_  
\_\_\_\_\_. (68)
6. “As a safeguard against \_\_\_\_\_, the \_\_\_\_\_ of the mind with \_\_\_\_\_ is worth more than unnumbered \_\_\_\_\_ of law and \_\_\_\_\_.” (69)
7. The “only medium” through which Heaven can communicate to man is the \_\_\_\_\_  
\_\_\_\_\_. (73)
8. What happens to the character of youth who become addicted to alcohol and drugs? (76)
9. Why are some people “not fitted to correct the erring”? (80)
10. What actions determine “life’s happiness” and “life’s bitterness”? (85, 86)
11. The most important reason for prizing the Bible is \_\_\_\_\_  
\_\_\_\_\_. (90, 91)
12. What is the meaning of “a new heart” that God gives us? (95)
13. When we study the Bible, we are “not given new mental powers,” but the \_\_\_\_\_  
\_\_\_\_\_. (98)
14. “True success in any line of work is not the result of \_\_\_\_\_ or \_\_\_\_\_ or \_\_\_\_\_.” What is it the result of? (100)
15. “In the \_\_\_\_\_ walks of life there is many a \_\_\_\_\_ patiently treading the round of his daily \_\_\_\_\_, unconscious of latent \_\_\_\_\_ that, \_\_\_\_\_ to action, would place him among the world’s \_\_\_\_\_.” (101)
16. What does the devil laugh about? (104)

17. “The nature of one’s \_\_\_\_\_ is revealed by the character of the \_\_\_\_\_ one chooses to \_\_\_\_\_ in one’s leisure \_\_\_\_\_.” (108)
18. Why are love stories and exciting tales “a curse”? (110, 111)
19. “Excessive indulgence in \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ is sin.” (112)
20. List some bad “mental foods.” (112, 113)
21. How is the mind benefited by fresh air? (116)
22. How will the “religion of Christ” affect every Christian? (124)
23. Why are emotions not always to be trusted? (126)
24. How can feelings be for our good at times? (127)

**Discussion Points:**

1. How is it possible to “educate” ourselves to love sin? (74, 75)
2. Consider the contrasting effects on youth of “arbitrary restraint” and petting. (81)
3. What are several positive results of Bible study? (Ch. 11, pp. 89-98)
4. What is meant by the term “sanctified ambition”? (102, 103)
5. Study carefully the counsels regarding reading and seeing, and make application to TV and/or movies. (Ch. 13, pp. 107-114)



## LESSON THREE - THE GROWING PERSONALITY

Reading Assignment: Pages 131-201

1. “As a rule, children \_\_\_\_\_ the \_\_\_\_\_ and tendencies of their parents and \_\_\_\_\_ their example.” (142)
2. Harmonize the following two statements:  
“Children should never be flattered.” “Whenever the mother can speak a word of commendation for the good conduct of her children, she should do so.” (145)
3. “A genuine \_\_\_\_\_ changes \_\_\_\_\_ and cultivated \_\_\_\_\_ to wrong.” (145)
4. What lessons can be learned from Lot’s choice of environment? (147)
5. What is the promise to those who wisely train their children in the earliest years? (148)
6. For what reasons should the first child be especially trained with great care? (150)
7. How is true married love defined? (152)
8. “Never should . . . [parents] in the presence of their children criticize each other’s \_\_\_\_\_ or question each other’s \_\_\_\_\_.” (155)
9. How can the husband and wife keep themselves from seeking love outside of the home? (158)
10. Define “help meet.” (159)
11. How is the husband to exercise his power as head of the family? (160, 161)
12. What is the wife’s role in relation to her husband in marriage? (160, 161)
13. Instead of making a child happy, what does indulgence do? (170)
14. “Better than any other \_\_\_\_\_ of wealth you can give to your children will be the \_\_\_\_\_ of a \_\_\_\_\_ body, a \_\_\_\_\_ mind, and a \_\_\_\_\_ character.” (177)
15. How is “true politeness” defined? (180)
16. In what way did people react to Christ’s confidence in them? (183)
17. Note the several ways Christ avoided extremes in His life. (184)
18. What does it mean to be “clothed with the garment of His [Christ’s] righteousness”? (186)

19. By what several ways did God teach Israel? (187)
20. What question should be asked at every step in life? (188)
21. The “science” that is to be studied in the highest education is that of \_\_\_\_\_ . (189)
22. “It is a \_\_\_\_\_ to study books to the neglect of how to become familiar with the various \_\_\_\_\_ of \_\_\_\_\_ in practical life.” (195)
23. What usually will be the result of our trusting children? (197,198)
24. What effect can the teacher expect from having favorites? (199)

**Discussion Points:**

1. In what several ways is the unborn child affected by the habits and practices of the other? What steps should be taken to help the future mother prepare for her child? (See ch. 16, pp.131-141.)
2. Scan the chapter on home atmosphere, looking for things that will make a home what it should be. (174-180)
3. Search for methods Christ used in dealing with human minds. (Ch. 21, pp. 181-186)
4. Should there be any real personality differences between men and women? (See pp. 159-163.)
5. Would it be desirable to have one ideal personality pattern that would fit all persons, or should there be some differences? (See p. 154ff.)

## LESSON FOUR - LIFE'S ENERGIZING FORCE—SELFISHNESS AND SELF-RESPECT

Reading Assignment: Pages 205-277

1. Love as a principle of action “modifies the \_\_\_\_\_, governs the \_\_\_\_\_, controls the \_\_\_\_\_, subdues \_\_\_\_\_, and elevates and ennobles the \_\_\_\_\_.” (205)
2. Contrast the power of love with that of wealth and force. (206, 207)
3. What will true love lead us to do? (208, 209)
4. Contrast love and passion. (213; see also 223)
5. “Love can no more \_\_\_\_\_ without revealing itself in \_\_\_\_\_ acts than \_\_\_\_\_ can be kept alive without \_\_\_\_\_.” (215)
6. What is the best way to educate children to respect their parents? (216)
7. Why was marriage largely sinful in Noah’s day? (221)
8. “Avoid \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ that which will suggest \_\_\_\_\_ thoughts. The mind must not be left to \_\_\_\_\_ at \_\_\_\_\_ upon every subject that the \_\_\_\_\_ of souls may suggest.” (228)
9. What is one of the most dangerous and fatal temptations for young men? (231)
10. “It is difficult, and often well-nigh \_\_\_\_\_, for one who is \_\_\_\_\_ in diet to exercise \_\_\_\_\_ and \_\_\_\_\_.” (236)
11. Contrast the character of our minds when Satan is in control with when Christ is in control. (238)
12. “The love that gives \_\_\_\_\_ words to only a few, while others are \_\_\_\_\_ with \_\_\_\_\_ and indifference, is not love but \_\_\_\_\_.” (241, 242)
13. What is the “proof” of our love? (242)
14. In what several ways is God’s love demonstrated in nature? (247, 248)
15. If it had been possible to change God’s law, what would have been the result for Satan? (248)
16. What will self-support do? (258)

17. Why did Satan want us to become dependent on man, and why does God want us to depend on Him? (261-263)
18. How does Satan use the “silken cords of affection” to tempt? (267)
19. What concept of prayer is at the foundation of all false religions? (276)
20. What ordinance of the church is God’s remedy for selfishness? Discuss. (277)

**Discussion Points:**

1. Discuss how wrong motives may lead us to do good things. How can we correct this? (208)
2. From the chapter “Love and Sexuality in the Human Experience,” consider the many ways we are reminded that the mind is to control the body. (218-239)
3. Why shouldn’t the husband or wife permit others to share their confidences? (223)
4. Why do you think Satan wanted to lead men to conceive of God as one who is stern and harsh? (250)
5. Discuss Christ’s love as a “vitalizing power.” (250, 251)
6. What is “unsanctified independence”? (265)

## LESSON FIVE - ADOLESCENCE AND YOUTH—GUIDING PRINCIPLES IN EDUCATION

Reading Assignment: Pages 281-369

1. In what ways will “severe training of youth” affect them? (281, 283, 284)
2. How should children be educated differently than the animals? Why? (282)
3. When we repeat an action, what does it do for us? (285)
4. When youth beautify their school, what double benefit will result? (291)
5. “It is in youth that the \_\_\_\_\_ are most ardent, the \_\_\_\_\_ most retentive, and the heart most susceptible to \_\_\_\_\_.” (294)
6. How is an unbeliever defined? (305)
7. Why do some brilliant young men fail? (309)
8. Define “false science.” (310)
9. If we wait until every objection is removed before we believe, what will never happen? (311)
10. Contrast recreation and amusement. (313)
11. Is it correct to say that a man may practice anything he conscientiously believes to be right? Explain your answer. (322)
12. When truth works only on the conscience, it creates \_\_\_\_\_. When it is invited into the heart, \_\_\_\_\_.  
(324)
13. How is God’s working on the will or conscience different from Satan’s? (325)
14. “Inward \_\_\_\_\_ and a \_\_\_\_\_ void of offense toward God will \_\_\_\_\_ and \_\_\_\_\_ the intellect like \_\_\_\_\_ distilled upon the tender \_\_\_\_\_.” (328)
15. In what way is the mind educated to accept sin as pleasant? (336)
16. One of the chief causes of “mental inefficiency is \_\_\_\_\_.” (343)
17. List some dangers of idleness. (344, 345)
18. If we find our hearts opposed to the testing of God, what should it prompt us to do? (347, 348)

19. The “great motive powers of the soul are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.” (349)
20. What happens to a person who does not educate his reason? (350)
21. Intellectual greatness is to be “balanced by \_\_\_\_\_.” (351)
22. What is “the one great lesson” that students must learn? (358)
23. The power we have that is like the Creator is \_\_\_\_\_. (361)
24. The greatest “university course” possible is \_\_\_\_\_. (369)

**Discussion Points:**

1. Consider various dangers to youth: e.g., indulgence, doubt, amusement, dancing, conversation, music, appetite. (308-318)
2. Read pages 319-328 and answer the following:
  - (a) What are the values of following the conscience?
  - (b) How do we lose the reliability of conscience?
  - (c) What are the results of not listening to the conscience?
  - (d) List the great variety of types of conscience.
3. List those things that cloud, benumb, or darken the perception, those things that help make it clear, and some natural results of good thoughts and bad thoughts. (331-340)
4. Find several definitions of “true education.” (359-369)
5. Consider the influence that peer groups have on a person’s mind development.

## LESSON SIX - INTERRELATIONSHIP OF BODY AND MIND—MENTAL HEALTH

Reading Assignment: Pages 373-447

1. In what way is man different from all other creatures? (373)
2. Which Bible character is an illustration of a sanctified life? Why? (377, 378)
3. “\_\_\_\_\_ is one of the conditions, not only of \_\_\_\_\_ into the service of Christ, but of \_\_\_\_\_ therein.” (380)
4. List several suggested causes of mental breakdown. (382)
5. “If we would have \_\_\_\_\_ among ourselves, we should give more \_\_\_\_\_ than we do to having a \_\_\_\_\_ stomach.” (387)
6. In what several ways will the use of flesh food affect our mental health? (390)
7. “It is \_\_\_\_\_ for \_\_\_\_\_ persons to be \_\_\_\_\_.” (393)
8. Define “true temperance.” (394)
9. “The pleasure of \_\_\_\_\_ animates the \_\_\_\_\_ and vibrates through the whole \_\_\_\_\_.” (402)
10. How are good deeds twice a blessing? (405)
11. “The \_\_\_\_\_ power of \_\_\_\_\_, sanctified by divine \_\_\_\_\_, is to bear sway in the \_\_\_\_\_.” (406)
12. What practice should be considered a “species of swearing”? (410)
13. The cure for maladies that originate in sin is the \_\_\_\_\_. (411)
14. “It is a \_\_\_\_\_ to \_\_\_\_\_, a sin to be \_\_\_\_\_.” (417)
15. Consider some advantages of a study of a variety of Bible authors. (424)
16. Why is it that even the best of men will not be of the same character? (426)
17. “There is an \_\_\_\_\_ in Christian \_\_\_\_\_ that must be preserved in every \_\_\_\_\_.” (430)
18. What positive results are to be gained in doing good for others? (431, 432)
19. In the Bible sense, which men might be considered “talented and educated”? (435)

20. What is the important difference between being a reformer and a bigot? (436)
21. What quality is characterized in a Christian businessman? (438)
22. How is monomaniac defined? (442)
23. Conversion is to make a person “a new creature.” One who has this experience is not given new mental powers, but \_\_\_\_\_  
\_\_\_\_\_. (447)

**Discussion Points:**

1. Consider the many diet abuses that cause mental troubles, and discuss what the effects are in each case. (Ch. 41, pp. 385-395)
2. Can we think too much about what we eat? (392, 393)
3. There are several laws governing the mind listed in Chapter 44. For example:
  - (a) Effect follows cause.
  - (b) The mind adapts to the subjects it dwells upon.
  - (c) When a desired object is firmly denied, the mind will cease to long for it.
  - (d) Thoughts and feelings are strengthened when spoken. Discuss.
4. It seems on the surface a paradox that we are to have individuality and yet we are to be dependent on others. Explore chapters 45 and 46 to consider some reconciliation between the two concepts. (See pages 423-440.)



## LESSON SEVEN - EMOTIONAL PROBLEMS

Reading Assignment: Pages 451-515

1. For what reasons are pride, selfishness, and covetousness especially offensive to God? (452, 453)
2. The first condition of acceptance by God is humbling our \_\_\_\_\_ in acknowledging our \_\_\_\_\_. (456)
3. Consider the several emotions or feelings that “tend to break down the life-forces.” (458)
4. What will the surrender of our lives to God’s guidance and service do for us? (459)
5. How do many people make life’s burdens doubly heavy? (459)
6. Why are those who have gone through difficulty the best comforters? (464)
7. What human experience is to be like Christ’s anguish in the Garden? (465)
8. What is the meaning of the text “Be careful for nothing”? (470)
9. “The faithful \_\_\_\_\_ of today’s \_\_\_\_\_ is the best \_\_\_\_\_ for tomorrow’s \_\_\_\_\_.” (472)
10. What does it mean when we are told that our heavenly Father “measures” and “weighs” every trial? (473)
11. Contrast Satan’s methods of rule with God’s. (475)
12. “That which brings \_\_\_\_\_ of body and \_\_\_\_\_ to nearly all is \_\_\_\_\_ feelings and \_\_\_\_\_ repinings.” (475, 476)
13. “ \_\_\_\_\_ takes God at His \_\_\_\_\_, not asking to \_\_\_\_\_ the meaning of the \_\_\_\_\_ that come.” (477)
14. List some effects of “a cold, chilling reserve, an iron dignity.” (482, 483)
15. What is deceptive about the use of tea and coffee? (484, 485)
16. Does a writer have responsibilities for the tone of his writing? (See comments regarding James White, p. 487.)
17. How will frequent censure for particular faults affect a child? (488)
18. How do we often let Satan in on the secret of how he may obtain victory over us? (494)

19. “The very act of \_\_\_\_\_ for \_\_\_\_\_ in others \_\_\_\_\_ evil in those who \_\_\_\_\_.” (497)
20. In what four ways have the Lord’s professed people helped to delay Christ’s coming? (498)
21. How does God sometimes use controversy? (500)
22. At least four dangers of overconcentration are suggested. What are they? (507)
23. Is suffering always under our control? Explain. (512)
24. Is it a denial of faith to use simple remedies as well as to pray for healing? Explain. (513)

**Discussion Points:**

1. In what several ways can guilt be removed, and how should we deal with the guilty? (See ch. 48, pp. 451-457.)
2. The suggestion is made several times that trouble should cause us to turn to God. Look up these references and discuss. (Ch. 51, pp. 474-481)
3. Study the three Bible stories cited as comfort for the timid or fearful. (479)
4. Chapter 52 considers several remedies for depression. What are they? (482-496)
5. What are the advantages of always acting from principle? (495, 496)

## LESSON EIGHT - PROBLEMS AND ADJUSTMENTS

Reading Assignment: Pages 516-583

1. When only is it justifiable to become angry? (516, 517)
2. What is the effect of impatient, hard, or harsh words? (518)
3. “\_\_\_\_\_ has never conquered a \_\_\_\_\_.” Discuss. (520)
4. Who suffers the most when we retaliate against enemies? Explain your answer. (522)
5. How has sin affected the personal appearance of Satan? (524) What is the lesson for us?
6. What is the most common reaction to reproof? Is there any remedy? (525)
7. In what several ways can the sixth commandment be violated? (527)
8. Why did the world hate Christ? What is the lesson for us? (527)
9. “As surely as the \_\_\_\_\_ is in the \_\_\_\_\_, so surely is the \_\_\_\_\_ of God in His \_\_\_\_\_.” If we receive the promise, we have the \_\_\_\_\_.” (533)
10. How is presumption defined? (535)
11. Consider the “weight of evidence” versus “perfect knowledge,” as they relate to faith. (535)
12. What is the sure result to those who believe without a reason on which to base their faith? (535, 536)
13. How is “a noble, all-around character” formed? (546)
14. How is a false character defined? (548)
15. How does indulgence affect our character? (550, 551)
16. “The Lord permits \_\_\_\_\_ to prepare the \_\_\_\_\_ for \_\_\_\_\_.” (556)
17. A religious experience is gained only through (a) \_\_\_\_\_, (b) \_\_\_\_\_, (c) \_\_\_\_\_, (d) \_\_\_\_\_. (556)
18. Why is friendship with the ungodly to be considered dangerous? (557)
19. Conformity to worldly customs confronts us with what several dangers? (558)
20. Why was Christ’s manner of teaching so readily accepted? (573)
21. Why should we not talk doubts and trials? Why should we talk faith? (578, 579)

**Discussion Points:**

1. Consider several definitions of faith--what it is and what it is not. (Ch. 58, pp. 531-541)
2. How are faith and feeling distinct from each other? (537)
3. Several suggestions are given for character development. What are they? (Ch. 59, pp. 545-554)
4. Are parents always responsible for the success or failure of their children? Discuss. (553)
5. Trials would come in greater power and number if we refused to obey Christ. Discuss this point. (555, 556)

## LESSON NINE - PERSONALITY

Reading Assignment: Pages 587-651

1. Why did Christ use nature to illustrate truth? (587)
2. For what several reasons are theatrical amusements dangerous? (590)
3. “There is no \_\_\_\_\_ in our land more powerful to \_\_\_\_\_ the imagination, to destroy \_\_\_\_\_, and to blunt the relish for the \_\_\_\_\_ and sober \_\_\_\_\_ of life than \_\_\_\_\_ amusements.” (590)
4. What are several dangers of wrong habits of reading? (591)
5. Trace the history of Judas as he allowed covetousness to rule his life. (598)
6. The greatest curse that afflicts our world is \_\_\_\_\_. (603)
7. What are some of the dangers in seeking higher wages? (612)
8. “The only \_\_\_\_\_ for any soul is \_\_\_\_\_.” (613)
9. “A kind, \_\_\_\_\_ Christian is the most \_\_\_\_\_ that can be produced in favor of \_\_\_\_\_.” (617)
10. How are we to prepare to be saints in heaven? (620)
11. What example in speech did Christ demonstrate at social occasions? (623)
12. In what ways are we to cooperate with the preacher in giving the gospel to those around us? (623, 624)
13. Why does God not propose to remove poverty from the world? (626)
14. How are we to relate to those in higher positions? (633)
15. What will make it impossible to love others as Christ loved us? (635)
16. What suggestion is made for a “more healthy” condition in the church? (638)
17. “Among the studies selected for childhood, \_\_\_\_\_ should occupy the first place.” (641)
18. How will what we do for others reflect on our own lives? (642)

19. “From a \_\_\_\_\_ point of view, \_\_\_\_\_ is power; but from the \_\_\_\_\_ standpoint, \_\_\_\_\_ is power.” (644)
20. What would heaven be like to those who have rebelled, and why is destruction of the wicked merciful? (650)

**Discussion Points:**

1. Consider imagination from the following standpoints:
  - (a) some things that will pervert imagination;
  - (b) some things that will help positively;
  - (c) some results of wrong use of imagination. (See pp. 588-595.)
2. Why are bad habits more easily formed and given up with more difficulty than good ones? (599)
3. Search for some of the emotional needs that human beings have. (Ch. 66, pp. 606-614)
4. What does “disinterested benevolence” mean as illustrated in Christ’s life? (622, 623)
5. Compare the two statements that follow, and discuss: “Man’s strongest impulse urges him to seek his own happiness.” “You cannot be happy in having your own way and following the impulses of your own heart.” (643, 644)

**LESSON TEN -  
THOUGHTS AND THEIR INFLUENCES — FALSE SYSTEMS OF THERAPY**

Reading Assignment: Pages 655-710

1. Temptation does not create the evil, but rather reveals “that which was \_\_\_\_\_ and \_\_\_\_\_ in the heart.” (657)
2. Though Satan cannot read our thoughts, how is he able to adapt his temptations to meet each individual? (658)
3. “If the \_\_\_\_\_ are wrong, the \_\_\_\_\_ will be wrong, and the thoughts and \_\_\_\_\_ combined make up the \_\_\_\_\_.” (660)
4. How serious is it to indulge in vain imaginations and impure thoughts? (661)
5. What can we do to strengthen thoughts and feelings? (663)
6. Our last thought at night and our “first thought in the morning should be \_\_\_\_\_.” (666)
7. If we keep near to God in every unexpected trial, what promise may we claim? (670)
8. Why does God not remove all excuse or occasion for unbelief? (672)
9. What is our only safety when we are tortured with doubt? (672)
10. “The assurance of God’s approval will promote \_\_\_\_\_. It fortifies the soul against, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ grief.” (674)
11. How did Ellen White personally repulse doubt? (675)
12. List some sure remedies for a diseased imagination. (683)
13. Why is it wrong to “break” the will? (688)
14. Strength of character consists of what two things? (689)
15. How is the will to be used in dealing with sickness? (690)
16. We cannot control our \_\_\_\_\_ or our \_\_\_\_\_ as we may desire, but we “can control the \_\_\_\_\_.” (694)
17. “Angels of God will preserve His people while they \_\_\_\_\_ in the \_\_\_\_\_ of duty; but there is no \_\_\_\_\_ of such \_\_\_\_\_ for those who \_\_\_\_\_ venture upon \_\_\_\_\_ ground.” (700)

18. How are “dark hours of trial” to be received? (703)
19. In what way is the mind that is put under the control of another human being permanently damaged? (706)
20. What is the “true science of healing”? (706, 707)
21. “Christian unity” does not mean what? (708)
22. “A \_\_\_\_\_ church is composed of healthy \_\_\_\_\_, of men and women who have a \_\_\_\_\_ in true \_\_\_\_\_.” (710)

**Discussion Points:**

1. Consider several alternatives to doubting. (See ch. 74, pp. 671-680.)
2. Note how Satan feels about our doubts. He exultant,” “delights,” “loves to have us feel that the Lord will do us harm,” is “grinning in exultation.” Find these and others in the chapter on doubts. (675-679)
3. Search for several causes of doubt and skepticism. At least four are listed on pages 677-679.
4. List several ways that Satan is using false science to advance his work. (Ch. 77, pp. 697-703)
5. Review several dangers of mind controlling mind. (704, 705)



## LESSON ELEVEN - MORE FALSE PRINCIPLES OF THERAPY — PRACTICAL PSYCHOLOGY

Reading Assignment: Pages 711-752

1. “\_\_\_\_\_ exercised his power of \_\_\_\_\_ over Adam and Eve, and this \_\_\_\_\_ he strove to exercise over \_\_\_\_\_.” (713)
2. To study mind cure is to eat from what tree? (716)
3. What unusual experiment did Ellen White once allow? What was the result? (719)
4. In spiritualism what is made the “object of adoration”? (723)
5. Satan leads men “to believe that \_\_\_\_\_ is the highest \_\_\_\_\_, that \_\_\_\_\_ is \_\_\_\_\_, and that man is \_\_\_\_\_ only to \_\_\_\_\_.” (724)
6. “Lucifer desired God’s \_\_\_\_\_ but not His \_\_\_\_\_. . . . \_\_\_\_\_ be comes the prize of the \_\_\_\_\_. The \_\_\_\_\_ of Satan is a kingdom of \_\_\_\_\_.” (724)
7. What is the most incurable sin, and why is this so? (726, 727)
8. “Those who have had the \_\_\_\_\_ in the things of God are the \_\_\_\_\_ removed from \_\_\_\_\_ or self-exaltation.” (728)
9. In what way will prayer affect our mental faculties? (732)
10. We should not only pray for the afflicted but “encourage them to \_\_\_\_\_.” Why? (735)
11. What encouragement is offered to one who has been overcome by temptation again and again? (737)
12. “Rightly \_\_\_\_\_, \_\_\_\_\_ and the \_\_\_\_\_ agree, and each \_\_\_\_\_ on the other.” (739)
13. What was the great object in the establishment of our first college? (740)
14. “We cannot reach \_\_\_\_\_ through a mere \_\_\_\_\_ training, but through Him we can reach the \_\_\_\_\_ of the ladder of \_\_\_\_\_ greatness.” (741)
15. “Moses wrote under the guidance of the \_\_\_\_\_ of \_\_\_\_\_, and a correct theory of \_\_\_\_\_ will never claim \_\_\_\_\_ that cannot be \_\_\_\_\_ with his \_\_\_\_\_.” (743)

16. “Knowledge is . . . a power for good only when united with \_\_\_\_ \_\_\_\_\_.” (743)
17. What mental phenomenon occurs often in old age? What is the lesson for youth? (748)
18. \_\_\_\_\_ traits of character increase especially with age. (748)
19. Those who are retired workers can be of what special value to the church? (750, 751)
20. “The inclination to \_\_\_\_\_” is one of the greatest dangers of aged brethren. (752)

**Discussion Points:**

1. The terms “false mind cure” and “hypnotism” are often used synonymously. What are some of the specific dangers indicated? (Ch. 79; see pp. 716-721)
2. By contrast what are the characteristics of safe mind therapy? (Ch. 81, pp. 731-738)
3. Give the meaning of the following two statements:
  - (a) “It is not for us to shape our future.”
  - (b) “Christ in His life on earth made no plans for Himself.” (733, 734)
4. What are the advantages to both old and young in living in the same home? (Ch. 83, pp. 745-752)
5. List some of the problems that seem to be especially difficult for the aged. (747, 748)

## LESSON TWELVE - PRACTICAL PSYCHOLOGY—THE PRINCIPLES OF PSYCHOLOGY

Reading Assignment: Pages 755-812

1. “\_\_\_\_\_ agencies are the \_\_\_\_\_ of heavenly \_\_\_\_\_.” (756)
2. How might we “delight” the tempter? What should we do instead? (757, 758)
3. “The \_\_\_\_\_ in which \_\_\_\_\_ has once taken \_\_\_\_\_ can never \_\_\_\_\_ freely to truth, even after \_\_\_\_\_.” (759)
4. In what way only can we successfully resist temptation from within and from without? (760)
5. Consider several positive effects on the life when the Spirit takes possession. (760, 761)
6. “You must \_\_\_\_\_ good before you can \_\_\_\_\_ good.” (768)
7. In the wilderness as a shepherd, what important habits did Moses develop? (768)
8. Why is the following declaration wrong: “It is nobody’s business whether I eat this or that”? (769, 770)
9. “\_\_\_\_\_ and \_\_\_\_\_ will often prove a greater benefit to the sick than will the most \_\_\_\_\_ given in a \_\_\_\_\_, \_\_\_\_\_ way.” (771)
10. What are some of the perils of sharing confidences? (775-780)
11. When we sit at the feet of Jesus, we exchange our natural independence and self-confidence and strong self-will for \_\_\_\_\_.” (783)
12. How may we become “more than a millionaire in heaven”? (786)
13. “The sum and substance of true religion is \_\_\_\_\_.” (787)
14. “Christ does not \_\_\_\_\_ the man by the \_\_\_\_\_ of work he does but by the \_\_\_\_\_ in which the \_\_\_\_\_ is performed.” (787)
15. What is the very best example we can give to others? (789, 790)
16. What is “unsanctified sensitiveness”? (790, 791)
17. Satan brings dissension so that the world will be deprived of the most powerful testimony Christians can give it. What is that testimony? (791)

18. “Nothing tends more to \_\_\_\_\_ health of \_\_\_\_\_ and of \_\_\_\_\_ than does a spirit of \_\_\_\_\_ and \_\_\_\_\_.” (797)
19. What does it mean to “gather the roses and lilies and the pinks”? (807, 808)
20. How did Ellen White meet personal depression? (811, 812)

**Discussion Points:**

1. Discuss the contrasts that result from “intellect ennobled” and “intellect perverted.” (785, 786)
2. Tell how the mind is affected by the following negative influences: complaining, faultfinding, suspecting evil, judging, envy, jealousy, unholy temper, self-exaltation, etc. (Ch. 88, pp. 789-796)
3. What are the positive influences that can be exerted on the mind, and what are the effects of these influences? (Ch. 89, pp. 797-806)
4. Find several principles for meeting depression in the counsel given to a middle-aged woman. (807-810)