

**LESSON REVIEW
ANSWERS**

1. Why is it important to guard your heart?

Possible answers: Proverbs 4:23 says the heart is the wellspring of life; from our hearts we express our core beliefs, faith or fear, joy or sadness, peace or stress.

2. What attitude toward sickness would a person with a healthy heart have?

People with a healthy heart don't see themselves as sick trying to get well. They see themselves as healed resisting sickness.

3. Give a biblical example of negative expectations impacting health.

Possible answer: Job feared, and his fears happened.

4. Give a biblical example of positive expectations impacting health.

Possible answer: The multitudes followed Jesus expecting to be healed, and they were all healed.

5. What are three keys to changing your expectations?

The three keys are: keep the promises of God in front of you; be aware of your current expectations; and train your mind to think "God thoughts."

6. What cultivates faith to grow so healing will come?

Faith grows with an intense anticipation of good: an outlook on life that is positive and expects the best, expects the favor of God, expects the blessings of God, expects healing and health, expects prosperity, and expects goodness and mercy to follow you all the days of your life.