

**LESSON REVIEW
ANSWERS**

1. What might result from an unwillingness to deal with stress?

Possible answers: A person might feel lost; the stress can weigh down our hearts and cause a person to not know what to do; the cares of the world can choke the Word until it becomes unfruitful in our hearts.

2. How should a Christian deal with stress?

1 Peter 5:7 says we should cast our cares on Him because He cares for us.

3. Describe what a believer's heart should be full of and what it should not have in it.

A believer's heart should be full of the Holy Spirit and the fruit of the Spirit. A believer's heart should not be overloaded with cares of the world or be hardened, because a hardened heart opens the door to the enemy.

4. Where does the Bible address emotional healing?

Possible answers: Psalms 147:3 says He heals the brokenhearted; in Luke 4:18–21 Jesus says He heals the brokenhearted; Proverbs 13:12 shows how hope deferred makes the heart sick; Psalms 34:18 says He is near those who have a broken heart.

5. What relational healing advice is given in Hebrews 12:14–15?

Hebrews 12:14–15 says to pursue peace and not to let bitterness take root in our hearts or we will defile others also.

6. What are six practical ways to receive emotional and mental healing?

- 1. Start on a daily basis by expressing gratitude and being thankful, because thanksgiving is the voice of faith.**
- 2. Renew your mind to the Word of God so that you can be transformed and not conformed.**
- 3. Choose the one thing instead of one more thing.**

4. Become quick to offload your heart through worship and prayer. Humble yourself and receive the grace that God has for you.
5. Build yourself up on your most holy faith by praying in tongues, and do it a lot.
6. If you have unforgiveness toward someone who hurt you, lay it down by trusting Jesus with whatever wounded you. Letting it go doesn't mean that they were right.

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