

**Review:** (Physical Foundations) My brain physically changes with every choice.

**1. Emotions are \_\_\_\_\_.**

*"The boys grew up, and Esau became a skillful hunter, a man of the open country, while Jacob was a quiet man, staying among the tents. Isaac, who had a taste for wild game, loved Esau, but Rebekah loved Jacob. Once when Jacob was cooking some stew, Esau came in from the open country, famished. He said to Jacob, 'Quick, let me have some of that red stew! I'm famished!' (That is why he was also called Edom.) Jacob replied, 'First sell me your birthright.' 'Look, I am about to die,' Esau said. 'What good is the birthright to me?' But Jacob said, 'Swear to me first.' So he swore an oath to him, selling his birthright to Jacob. Then Jacob gave Esau some bread and some lentil stew. He ate and drank, and then got up and left. So Esau despised his birthright." Genesis 25:27-34*

- The Emotional Richter Scale
- The Rattlesnake and the Spider

**2. The Truth \_\_\_\_\_.**

*"Jesus told the people who had faith in him, 'If you keep on obeying what I have said, you truly are my disciples. You will know the truth, and the truth will set you free.'" John 8:31-32*

**3. We activate this freedom by our \_\_\_\_\_.**

*"If anyone chooses to do God's will, he will find out whether my teaching comes from God or whether I speak on my own."  
John 7:17*

**4. How to Handle Emotions \_\_\_\_\_.**

1. \_\_\_\_\_ – You are safe.
2. \_\_\_\_\_ – I believe I am safe.
3. \_\_\_\_\_ – Live like a safe person. Act like a safe person.
4. \_\_\_\_\_ – I begin to feel safe.

I must act (choose moment by moment) my way into a new way of feeling versus feeling my way into a new way of acting.