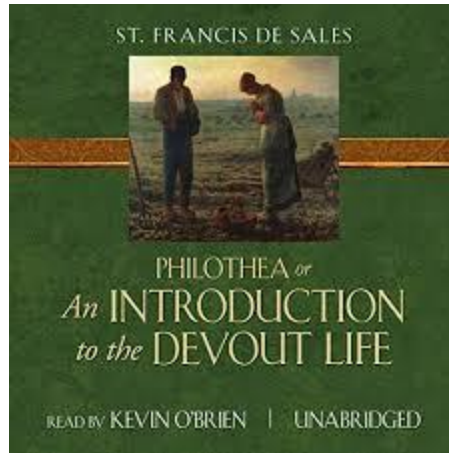


## STUDY GUIDE



## WEEK EIGHT



READ: PART III, PAGES 139–186

### RESPOND:

1. WHEN JESUS DWELLS IN OUR HEARTS, HE LIVES IN OUR ACTIONS.
2. EFFECTS OF FASTING:
  - A. RAISES OUR MIND TO GOD AND AWAY FROM OURSELVES
  - B. SUBDUES THE FLESH TO OBTAIN A HEAVENLY REWARD
  - C. CONTROLS GREEDINESS, ENCOURAGES GENEROSITY
  - D. KEEPS OUR APPETITES SUBJECT TO THE HOLY SPIRIT
3. MODESTY IN DRESS AND IN SPEECH IS IMPORTANT. SLANDER IS A KIND OF MURDER AND STRIPS OTHERS OF THEIR DIGNITY.
4. GREAT OCCASIONS FOR SERVING GOD COME SELDOM, BUT LITTLE ONES SURROUND US DAILY.

### REMEMBER:

*Place yourself in the Presence of God.*

*Ask Him to inspire your heart.*

*Consider the meditation for the day.*

*Make your affections and resolutions ("the choice") for the day.*

*Conclude by:*

*Thanking God*

*Make an offering to God*

*Prayer for the day*

*Linger awhile to gather your spiritual bouquet*

*Revisit your spiritual bouquet throughout the day*