

Help out of ...The Hole of No Hope, pt 12**Author:** Tom L. Sooter

- I. What is the first trust of A.C.T that will help you get out of the hole of no hope?
A_____ what you cannot change.
- II. A double-minded person has an internal battle between their mind and
E_____ (James 1:8; Proverbs 23:7).
- A. Your mind (USB) processes the D_____ present things.
- B. Your heart (Hard Drive) interprets and compares all new data with previously programmed information from the P_____.
- III. The brain is like a sentry for the body Its duty is to work with the nervous system to ensure S_____ for the physical body and self esteem of the person.
- A. The Nervous System has two parts: A_____ and Voluntary.
- B. The The Voluntary Nervous system is under the control of the brain and allow the person to L_____ decide things.
- C. The Autonomic Nervous System has access to the memories, emotions and E_____ that are stored in the hard drive of the heart and mind.
- IV. If a person has a thought in the USB, present, that triggers a stored up adverse emotional memory from the past, in the hard drive, the brain will sound the alarm and the past danger is P_____ as present danger.
- A. This causes the body to mobilize into one of two actions: F_____ or F_____.
- B. How we I_____ the past events of life in our hearts will influence our feelings about future areas of our life and how we interpret them.
- C. If our heart or feelings were wounded or bruised by a “lie”, which is a wrong interpretation of a painful event when we were young, our heart will tend to “S_____” those same feelings and “lie” on similar activities of our present life.
- V. Our thinking in the hard drive of our heart can be C_____.
- VI. Accept the event that you can’t change, not just mentally, but emotionally with your H_____.
- VII. By not accepting reality, a person forces himself to live in an unreal, P_____ world.