

Make a Joyful Noise:

Searching for a Spiritual Path in a Material World

Study Guide

Part I

Understanding

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Chariss K Walker, D. Div.

How to Use this Study Guide

This study guide has been designed to use in conjunction with the book: *Make a Joyful Noise: Searching for a Spiritual Path in a Material World*.

Use a separate notebook or paper to answer each of the questions after you have finished reading the book chapter. You may find it more helpful to read the book through once before answering the study guide chapter questions.

This is your personal journal or workbook. It is in no way to be interpreted as emotional, psychological or spiritual counseling. This journal is private and no one else should be able to read your answers unless you share the information with them. Be open and honest when answering the questions. These questions are designed to assist you in the search you have begun.

If you are open and honest about answering the questions to the best of your ability, the information you learn about yourself will help you to develop “heart knowledge” as well as “head knowledge.”

Blessings, Love and Light,

Chariss

Chapter 1

Understanding

When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me, I Corinthians 13:11

1. Write your own story:
 - a. At what age did you become conscious of a higher being that loved and watched over you?
 - b. What steps have you taken or did you take to understand this awareness?
 - c. What life shattering situations or experiences have you encountered?
 1. In the current time period?
 2. In the past?
 - d. Looking back at those experiences, did they affect your relationship with God or the higher consciousness you knew? Briefly explain your answer:

2. A world view is the summation of all the things you have been taught over the course of your life; it is ideas, feelings and beliefs that you have put faith in. For example, you may believe that any sickness or injury requires immediate medical attention or that all people of a different race are peculiar and should be avoided. These ideas would be considered part of your world view. The ideas you believe may not be true, but because of your belief in them, they are true for you. What is

your current world view? Write a minimum of two paragraphs on what you believe to be true about the world around you:

3. Name at least five beliefs passed down to you from your family, community or religious affiliation:

- 1.

- 2.

- 3.

- 4.

- 5.

4. Have you examined these beliefs to see if they are still true for you today?

Explain your answer:

5. Name at least five beliefs that you have discovered for yourself by examining the world around you:

- 1.

- 2.

- 3.

- 4.

- 5.

6. Did any of these beliefs differ from the ideas you were taught as a child? Explain your answer:

7. Do you feel you have been a good person? Tell why you answered the way you did:

8. Do you feel that God loves you and cares about your entire life's circumstances?

9. Tell about a time when you have asked God for something through prayer and you know that the prayer was answered:

10. Tell about a time when you have asked God for something through prayer and you felt your prayer went unheard or unanswered:

For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened, Matthew 7:8

Chapter 2

Knowledge

My people are destroyed for lack of knowledge, Hosea 4:6

1. Do you feel that you are a person open to new concepts and ideas? Explain your answer briefly:

2. An epiphany is a sudden realization, a leap of understanding. Tell of a time when you learned something new and accepted it as an epiphany or serendipitous:

3. Did this epiphany change your life? Explain your answer in detail:

4. Tell of a time when you heard a new idea or concept but refused to “hear” it or believe it at the time, even if later it became clear or true to you:

5. A limited belief is narrow and constricting because it does not fit you. It is like attempting to wear shoes that are too big or too small for you. For example, a current limited belief is “*No one can sell a home in this real estate market!*” List ten limited beliefs that you currently hold:
 - 1.
 - 2.
 - 3.

- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

5. How can you change those limited beliefs? Can you reword them below into positive beliefs that do not constrict your personal growth? For example, if we reword the limited belief about real estate in question number four above, it would now read “*The real estate market is healthy and vibrant. The perfect buyer finds my home now!*” Reword the limited beliefs you listed in question four into positive beliefs below:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

10.

6. Do you know of a person or persons “stuck” in an old way of thinking?

Describe what you can clearly see about that individual(s) and list their limited beliefs:

7. Have you ever been like the person you described above? Tell of a time when you were trapped in a pattern of old, hand-me-down thinking:

8. Thinking of the many names used to describe God in the bible, God the Provider, God the Healer, God of Peace, God the Most High, God the Shepherd, God our Maker, etc., what name comes to mind when you think of God or your higher power? Tell why you think of this name?

I will call on you, O God, for you will answer me; give ear to me and hear my prayer,

Psalms 17: 6

Chapter 3

Spiritual Laws

Teach them the decrees and laws, and show them the way to live and the duties they are to perform, Exodus 18:20

1. What is a law?

2. Name three types of laws:
 - 1.
 - 2.
 - 3.

3. Why do we have laws and how do they benefit us?

4. Why is it important to have a plan of action?

5. Give two examples from Chapter 3, page 19, that require a plan in order to achieve a goal:
 - 1.
 - 2.

6. Have you ever had difficulty attaining a goal? Briefly explain your answer:

7. Do you know of someone else who does not attain their goals because they have not developed a good course of action? Briefly explain:

8. Describe the Universe in your own words:

9. Is the Universe orderly? Explain your answer:

10. What is the importance of abundance?

11. Do you feel that your God is abundant, prosperous, and gives freely to all of His children?

12. Do you believe that God loves you as much as He loves Billy Graham, Joel Osteen or Mother Teresa? Why or why not?

Do you know the laws of the heavens? Can you set up God's dominion over the earth?

Job 38:33

Chapter 4

The Energy of Words

*My mouth will speak words of wisdom; the utterance from my heart will give understanding,
Psalms 49:3*

1. Like our Father before us, we have the power to create our life and circumstances with our words. Can you think of a time when you repeated a phrase and it came to pass? Briefly describe it:
2. What is energy?
3. Who or what is God?
4. Who or what are you?
5. Do you know of a biblical scripture that affirms we are created in God's image? Find one and write it below:
6. What is our physical body and of what substance is it made?
7. How can we prove this scientifically? Explain as much as you understand about it:

8. In Proverbs 18:21, we are reminded that our tongue or words can bring life or death, “The tongue has the power of life and death, and those who love it will eat its fruit.”
- a. Without judgment, can you think of a time when your tongue has destroyed a life? Describe it:
 - b. Without judgment, can you think of a time when your tongue has created or uplifted a life? Describe it:
9. Translate into your own words and understanding I Peter 3:10, “Whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech.”
10. Do you believe that your words, thoughts and deeds can create a better world for you and your family? Explain:
11. Can you think of a time when you blamed someone else for your own situation? Whether or not it was true, describe it:
12. Can you think of a time when someone blamed you for their circumstances? Whether or not it was true, describe it:

13. Do you know of someone who has a favorite excuse for everything they do? If so, briefly describe how you have witnessed this person using the excuse(s) to limit their success:

14. Have you ever used some aspect of your life as an excuse for success or failure? If so, list the excuse or excuses you have used and explain below:

***For by your words you will be acquitted, and by your words you will be condemned.
Matthew 12:37***

Chapter 5

The Right Attitude

Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus ... Ephesians 2:4

1. Why is it important to have a “right” attitude?
2. Tom Blandi said that our attitudes control our lives. Explain what do you believe he meant by that:
3. How would you describe the “right” attitude?
4. What is the difference in responding and reacting to a situation?
5. Can you think of a time when you reacted out of habit to a frequent situation?
Describe it here:
6. What would have been a better way to respond to this same situation?
7. What did Jesus say were the two greatest commandments?

8. Do you believe that the Pope will get an answer to his prayer quicker than you will? Why or why not?

9. What is faith?

10. One of the primary Spiritual Laws states that our words and thoughts affect our emotions, actions, and the outcome of our desires. If this is true, then what should we do to realize the desires of our heart?

11. What does it mean to “change your attitude to one of gratitude?”

12. A blessing is a good thing: it is a stroke of good luck or fortune. Have you counted your blessings today?

13. List 10 blessings that you have right now:
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.

- 9.
- 10.
14. What is the true reason for desiring prosperity?
15. What does it mean to “come before the Lord with flat hands?” Give an explanation in your own words.
16. Can you think of a time when you held something too tightly in your grasp while praying about it? Describe that situation or thing now:
17. Can you think of a time when you prayed about something in anger and with clenched fist? If so, describe that situation or thing now:
18. Can you think of a time when you came to God with flat, open hands and gave the situation over to Him in love and faith? If so, what was the outcome and how was the experience different? Describe that situation or thing now:

Blessed be the Lord, who daily loadeth us with benefits ... Psalms 68:19