

**Make a Joyful Noise:**

**Searching for a Spiritual Path in a Material World**

**Study Guide**

**Part II**

**The Spiritual Laws**

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## 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 6

### The Law of Oneness

*Have we not all one father? Did not one God create us? Why do we profane the covenant of our fathers by breaking faith with one another? Malachi 2:10*

1. Describe the Law of Oneness in your own words?
2. What is your belief about being connected to others around the world? Describe it briefly here, but use as much space as needed to feel comfortable with your answer:
3. In your opinion, do we share the same energy as God?
4. Do we share the same energy as our brothers and sisters around the world?  
Explain your answer here:
5. When God breathed the breath of life into Adam, do we also have that same breath of life in us today? Explain your answer:
6. Explain in your own words why Jesus said in Matthew 23:8, “you are not to be called ‘Rabbi,’ for you have only one Master and you are all brothers”:

7. Do you feel separated from others? Make a list of ten people or types of people that you feel different than:

1,

2.

3.

4.

5.

6.

7.

8.

9.

10.

8. Do you feel separated from God? Make a list of ten examples of how you feel separate from God, for example, do you feel as if God gives more to others than to you?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

9. If you are feeling alone and dejected, judgmental and isolated, use the following affirmations to craft your own special affirmation, then write it out in your notebook below:

- I am joined by the infinite mind of God and I am one with all!
- God's love knows no boundaries and I am one with all of creation!
- I rejoice in the oneness with my Father and my brothers and sisters around the world!

Write your own positive affirmations below:

1.

2.

3.

***Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit – just as you were called to one hope when you were called – one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all, Ephesians 4:3-6***

## Chapter 7

### The Law of Vibration

*What has happened to us is the result of our own evil deeds ... Ezra 9:13*

1. Do you understand how a radio or telephone works?
2. Do you have to understand the mechanics of these two transmission devices to trust that they work? Explain your answer:
3. What are vibrations in the physical world?
4. What are vibrations in the spiritual world?
5. From the explanation in the book, do you believe that each person has their own unique vibration? Explain how you know this?
6. Can you explain how vibrations work in your own words? For example, people who are sports fans are inclined to spend more time with other sports enthusiasts.
7. Explain why you think this is true or not?
8. Can you identify with a specific group or a group of people that that you feel more comfortable with? Explain your answer briefly:

9. Thinking of the Law of Vibration, how do your thoughts, words, emotions and deed attract more of the same?

10. Florence Scovel Shinn said “The game of life is a game of boomerangs. Our thoughts, deeds and words return to us sooner or later with astounding accuracy.” Explain what you believe Mrs. Shinn meant by that in your own words:

11. Is there something in your own life that has returned to you like a boomerang? Briefly explain your answer:

*Refrain from anger and turn from wrath; do not fret – it only leads to evil,*  
**Psalms 37:8**

## Chapter 8

### The Law of Attraction

*The heart of the discerning acquires knowledge; the ears of the wise seek it out,*  
**Proverbs 18:15**

1. Why is the Law of Attraction the most talked about law?
  
2. Proverbs 23:7 tells us that “whatsoever a man thinketh in his heart, so is he.”  
Translate that verse into your own understanding and words:
  
3. Many other religions and ancient texts state the Law of Attraction in other ways, such as, “like attracts like.” Name three ways that this law is stated elsewhere:
  - 1.
  - 2.
  - 3.
  
4. How do we attract good things into our lives? Explain briefly:
  
5. How do we eliminate bad things from our lives? Explain briefly:
  
7. Why does energy attract more energy of the same kind? Explain briefly:

8. Our minds are super powerful, as are our words and deeds. Explain briefly how our minds can attract whatever we think about the most?
  
9. Explain in your own words how certain people come into your life?
  
10. When you want to receive something, it is the first thing you should be willing to give away. For example, if you desire love, give love to others in everything you do. Be conscious of others, their needs, their spirit intertwined with your own.  
  
Smile! Laugh!  
  
Please give an example of something you desire to receive:
  
11. How can you set the Law of Attraction into motion on your behalf to receive this desire:

***Give and it shall be given unto you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the same measure you use, it will be measured to you again, Luke 6:38***

## Chapter 9

### The Law of Polarity

*For since the creation of the world God's invisible qualities – his eternal power and divine nature – have been clearly seen ..., Romans 1:20*

1. In your own words, describe polarity:
  
2. Have you seen a dual nature in yourself? Briefly describe your answer:
  
3. Are you comfortable accepting your own duality? Explain briefly your answer:
  
4. Think about the term “bi-polar.” What does that term mean outside of a medical diagnosis?
  
5. As a child of God, you consist of more than a body. List the three known elements of yourself:
  - 1.
  - 2.
  - 3.
  
6. How can you use the Law of Polarity to change depressing thoughts?
  
7. Do you feel that you are exactly where you are supposed to be at this time?  
Explain your answer briefly:



## Chapter 10

### The Law of Action

*In the same way, faith by itself, if it is not accompanied by action, is dead. James 2:17*

1. What is “taking action” or “active faith?”
  
2. When we want to accomplish something, why is it so important to take an ordinary step toward that goal? Explain briefly:
  
3. Describe a time when you took action to accomplish a goal:
  
4. List three steps you might take if you wanted to sell your home:
  - 1.
  - 2.
  - 3.
  
5. Describe in your own words the meaning of Isaiah 48:3, *“I foretold the former things long ago, my mouth announced them and I made them known; then suddenly I acted, and they came to pass.”*
  
6. Do you have a desire for something? Describe that desire:
  
7. What action can you take to realize that desire? List four things here:

- 1.
  - 2.
  - 3.
  - 4.
8. List four things that you can do now to clear a path for God to work in your life:
- 1.
  - 2.
  - 3.
  - 4.

***Therefore, prepare your mind for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed, I Peter 1:13***

## Chapter 11

### The Law of Rhythm

*Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.  
Sehah. Psalms 62:8*

1. Everything moves to its own beat or tempo. Read Ecclesiastes 3, and then write about a time when you understood this scripture fully:
2. Is there something in your own life that points to the divine order of all things? If so, describe it now:
3. Has there ever been a time in your life when you did not want to accept a situation but over time you came to understand that what happened was for the best? Explain that situation:
4. We all have areas of interest in our lives that have come and gone. For example, perhaps you once played a musical instrument but due to family obligations, you had to put it aside. List five of those times below:

- 1.
- 2.
- 3.
- 4.
- 5.

*My times are in your hands, Psalms 31:15*

## Chapter 12

### The Law of Cause and Effect

*The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever, Isaiah 32:17*

1. Every action has a “re-action” or consequence.
  - a. Describe briefly a time when you made a poor choice of action and had to pay the consequences:
  
  
  
  
  
  
  
  
  
  
  - b. Describe briefly a time when you made a wise choice of action and the consequences were very beneficial to you or someone else:
  
2. Coincidence is a chance happening. Do you believe in coincidence? Explain your answer:
  
  
  
  
  
  
  
  
  
  
3. According to Napoleon Hill, what is “self-discipline?”
  
  
  
  
  
  
  
  
  
  
4. What should you do to dissolve an unwanted feeling or action?
  
  
  
  
  
  
  
  
  
  
5. Do you believe there is a consequence for every action? Explain your answer:
  
  
  
  
  
  
  
  
  
  
6. List five actions you have taken in the last week, then list their consequences:

**Action**

1.

**Consequence**

1.

- |    |    |
|----|----|
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |

7. Can you think of a time when you took action and nothing happened or there wasn't a consequence? Ponder the question for a while ... Your answer should be "no" as every action has a consequence even if that consequence has not yet revealed itself. For example, brushing my teeth is the action, preventing cavities is the consequence although it may take some time to overcome bad habits of oral hygiene from the past and I may currently have a cavity that is a consequence of my earlier habits.

***Bless it and it blesses you, curse it and it curses you. Numbers 24:9***

## Chapter 13

### The Law of Asking and Receiving

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

1. Do you believe that if you ask, you will receive? Explain your answer below:
2. Tell of a time that you asked for something in prayer and your prayer was answered in a positive way:
3. How did it make you feel?
4. Looking back on that time from today's perspective, do you now have more understanding and clarity about the request you made? Explain your answer:
5. Tell of a time when you made a request in prayer and you did not receive a positive answer to your request:
6. How did it make you feel?
7. Looking back on that time from today's perspective, do you now have more understanding and clarity about the request you made? Explain your answer:
8. What is belief?

9. What is faith?
10. Elisabeth Barrett Browning said “If you desire faith, then you have faith enough.”  
What do you think she meant by that? Explain here:
11. Do you believe you have faith? Explain your answer:
12. In Mark 11:24 we are told “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” Do you believe this scripture with all your heart? Explain your answer below.
13. The disciples also had trouble believing that they would receive. In James 4:5, the body of new believers were told, “*When you ask, you do not receive because you ask with wrong motives, that you may spend what you get on your pleasures.*” Tell in your own words what you believe this verse is saying:
14. Can you think of a time when your prayer was not answered because of your own wrong motives? Write about it here:
15. What is the true purpose of desiring and having prosperity?
16. If you were to suddenly receive true prosperity and wealth, list five things you would do with it:

- 1.
- 2.
- 3.
- 4.
- 5.

17. Did you list any humanitarian projects or acts of kindness that you would share with others?

*Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete. John 16:24*

## Chapter 14

### The Law of Increase

*May the Lord make you increase, both you and your children, Psalms 115:14*

1. Think about gardening for a moment ... Can you grow a tomato plant without first planting a tomato seed? Explain your answer:
  
2. When you plant a kernel of corn, do you get only one kernel back? Explain your answer:
  
3. Keeping the idea of sowing a seed to reap a harvest, do you believe that this also works for the thoughts, words and deeds we sow in our daily lives? Explain your answer:
  
4. How then can you sow the seed of love? For example, if it works the same as any other seed you might plant in your garden or flower bed, share five examples of how you can sow love in your life:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.

5. List five areas where you would like to reap more of something. For example, would you like to have more friends or prosperity?

1.

2.

3.

4.

5.

6. Take one of the areas listed above and make a plan that starts right where you are today to reach your goal. For example, if you desire to have more love in your own life, you start by giving more love to others wherever you go and whatever you are doing. You might start by showing love and kindness by opening the door for someone who has their arms full. List five steps that you can take to put this into motion:

1.

2.

3.

4.

5.

***Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness, II Corinthians 9:10***

## Chapter 15

### The Law of Compensation

*The wicked man earns deceptive wages, but he who sows righteousness reaps a sure reward,*  
**Proverbs 11:18**

1. Most of us are paid for the actions and work that we do according to the action or work. For example, if we work 40 hours a week at our job, we receive pay for that forty hour week and if we fail to work the 40 hour week, our pay is docked for the time we missed. Think of your own situation and list five actions or deeds and what the return on these actions would be. As an example of what to list, when you mow your grass as required, you are rewarded with a beautiful manicured lawn. If you do not take care of your lawn, you reap an unsightly mess. Now list your 5 actions or deeds below:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
2. If we sow or plant thoughts of envy, what does the law of compensation promise will be our return?
3. We receive the pay for whatever we do in like kind. If you plant an apple seed, will a pear tree grow in its place? Explain your answer.

4. Can you name someone who sows goodwill and reaps goodwill? Try to list as many as five people below that have successfully applied the Law of

Compensation:

- 1.
  - 2.
  - 3.
  - 4.
  - 5.
5. The words you use daily are speaking your world into existence. This is the Law of Compensation or reaping whatever you sow. Please list five situations that you desire to reap or manifest in your world now:

- 1.
- 2.
- 3.
- 4.
- 5.

*Isaac planted crops in that land and the same year reaped a hundredfold, because the LORD blessed him, Genesis 26:12*

## Chapter 16

### The Law of Transmutation

*Listen, I tell you a mystery: We will not all sleep, but we will all be changed –  
I Corinthians 15:51*

1. We all have the power to change our lives. Change comes from growth in all ways. List three ways we can change:
  - 1.
  - 2.
  - 3.
  
2. Why have things become extinct in our historical past? Explain briefly ...
  
3. Bruce Barton said, “When you are through changing you are through.” Explain in your own words what you think he meant by that?
  
4. How can we be transformed? What sets the transformation into motion?
  
5. List three steps to take when you desire transformation in any area of your life.  
  
For example, if you desire to lose weight, you must first be honest with yourself about your current weight situation. Second, you must take action as in an exercise program or diet plan or both. And third, you must see yourself as you desire to be after the transformation has taken place.
  - 1.
  - 2.

- 3.
  
6. Dr. Joyce Brothers said, “Before your dreams come true, you have to have those dreams.” What do you think she meant by that quote and how can you apply that to your own situation or desires? Explain briefly:
  
7. Do you believe that joy and happiness comes from others or from within? Explain your answer:
  
8. Do you believe that truth comes from others or from within? Explain your answer:
  
9. What is a world view?
  
10. What would you like to change about your own life? List five things here:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.

***Who is like the wise man? Who knows the explanation of things? Wisdom brightens a man's face and changes its hard appearance, Ecclesiastes 8:1***

## Chapter 17

### The Law of Relativity

*David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty ... II Samuel 17:45*

1. The Law of Relativity states that nothing is good or bad until we compare it to something else. Explain this in your own words:
  
2. Do you know of someone who uses a yard stick to measure the actions of others? Do you believe that they use the same yardstick to measure their own actions? Explain your answer and/or give an example:
  
3. Why do you think that humans, in general, measure things and compare them to other things? Explain your answer in detail:
  
4. Would this also be called judgment?
  
5. In John 8:15 Christ said, “You judge by human standards; I pass judgment on no one.” Why do you think this is an important scripture when studying the Law of Relativity? Explain in detail:
  
6. When we judge, we attach degree labels to the situation, person, place or thing. Name three labels we use to judge a matter:
  - 1.

- 2.
- 3.
7. Why do you think we attach these labels to everything around us? For example why do we say that being a vegetarian is better than eating meat? Explain your answer in detail:
8. Ralph Waldo Emerson said, “The meaning of good and bad, or better and worse, is simply helping or hurting.” What does this quote mean to you? Explain in your own words:
9. How did Job (see Job 1: 13-22) set a wise example for us to follow? Explain in detail:

***For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. Matthew 7:2***

## Chapter 18

### The Law of Reciprocation

*Freely you have received, freely give, Matthew 10:8*

1. The Law of Reciprocation is about giving. Explain what that means to you in your own words:
2. If we give freely, we will receive freely. If we give sparingly, we will receive \_\_\_\_\_.
3. The Law of Reciprocation is about more than just giving. It concerns giving in the same manner or to give mutually. What does this mean to you?
4. What do you believe is the right reason to desire prosperity? Explain in detail:
5. The benefits of having wealth and prosperity enable us to fulfill the human emotion that desires to \_\_\_\_\_, to \_\_\_\_\_, and to \_\_\_\_\_  
\_\_\_\_\_. Write this out in your notebook three times.
6. May Sarton said, "There is only one real deprivation ... and that is not to be able to give one's gifts to those one loves most." Do you agree with this quote?  
Explain briefly:

7. Think of a time when you were unable to give to those you love most. Describe that time or times now:

8. Make a list of at least ten things you would do if you were to suddenly have all the prosperity you can imagine: (You can list more if you choose.)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

9. The very thing you desire to \_\_\_\_\_ is the thing you should give away.

***Give and it shall be given unto you: good measure, pressed down, and shaken together, and running over... Luke 6:38***

## Chapter 19

### The Law of Forgiveness

*If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven. John 20:23*

1. The Law of Forgiveness states that in order to receive forgiveness we must be willing to forgive. Why do you think this is true or not? Explain your answer:
2. \_\_\_\_\_ blocks the channels to receive.
3. Just as receiving forgiveness cleanses your soul, \_\_\_\_\_ forgiveness opens the doors to freely receive.
4. Henry Ward Beecher said, “I can forgive, but I cannot forget,” is only another way of saying, ‘I cannot forgive.’” Explain what you believe he meant by this quote:
5. Do you agree with Mr. Beecher? Explain your answer:
6. Can you forgive someone in your heart as well as going to that person personally to ask for forgiveness? Explain your answer:
7. Name a situation that is ongoing in your life right now that needs to be forgiven or asked to be forgiven:

8. Name three people you desire to receive forgiveness from:
  - 1.
  - 2.
  - 3.
  
9. Is it possible to go to these people personally? Would the situation be better served to ask them in your heart for forgiveness? Think carefully about your answer and describe in detail:
  
  
  
  
  
  
  
  
  
  
10. Look at page 117 in the book. Ask your self the questions on this page. Explain your “yes” answers in your workbook:

***Forgive us our debts, as we also have forgiven our debtors, Matthew 6:12***



