

**Make a Joyful Noise:**

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

**Study Guide**

**Part III**

**Putting Spiritual Laws into Practice**

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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 20

### Prayer

*If you believe, you will receive whatever you ask for in prayer, Matthew 21:22*

1. What is prayer? Please answer in your own words.
2. Why do you pray? Be as descriptive in your answer as possible. For example, we might pray because we would like a certain outcome or answer. Other times we might pray because we need to feel comforted by our loving Father. List five reasons why you pray or have prayed in the past:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
3. I Kings 8, describes King Solomon as he stood before the altar of the Lord and before the entire congregation of Israel with his hands spread toward heaven.  
Why do you think this is significant?
4. In your own words, describe your own understanding of “flat hands.” Why do you think it is significant?
5. Do you believe that God answers prayers today? Explain your answer:
6. Can you remember a time when you prayed and God answered your prayer immediately? Tell of an example:

7. If you do not pray on a regular basis, without judgment, think of times when you have called on God. List five times that you have called out to God in either fear, loneliness, or a time of trouble or joy:

1.

2

3.

4.

5.

8. A prayer can be spoken or unspoken words offering \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_. (Page 125)

9. Tell of a time when you offered thanksgiving to God in prayer:

10. Tell of a time when you offered praise to God for some circumstance or person in your life:

11. Tell of a time when you offered a confession to God for something in your life:

12. Say these words of prayer now:

Holy Father, I praise your name for you are the one who has given me all blessings; you are the provider of all goodness in my life. I pray for success in my personal life, work, finances, and family and I ask you to continue to bless us daily. I pray that you would lead and guide my steps today; that I may remain in the flow of divine design. I ask that you forgive my sins, and that you would wash my heart and soul clean with your love. Keep me on the right path that I will fulfill all goals whether physical, emotional or spiritual. Thank you for your love

and protection in all that I do. I praise your Holy name as your will is done in my life. Amen and amen.

13. Describe how you felt after saying this prayer:

*As soon as you began to pray, an answer was given, Daniel 9:23*

## Chapter 21

### Meditation

*May my meditation be pleasing to him, as I rejoice in the Lord, Psalms 104:34*

1. What is your concept of meditation? Describe briefly all that you believe and understand about meditation and its practice. For example, when did you first hear of meditation and how have your ideas about it changed over the years:
2. What is the purest definition of meditation? Answer: \_\_\_\_\_
3. Have you ever taken a course or class in meditation? Explain your answer:
4. Where did your original ideas of meditation come from?
5. Are these ideas still true for you today? Explain briefly:
6. True or False: Meditation can be done anytime and during any activity such as walking, running, sitting or during other daily activities. \_\_\_\_\_
7. True or False: There is only one right way to meditate. \_\_\_\_\_
8. Eknath Easwaran (1910 – 1999) said that we can direct our attention wherever we choose to through meditation and by giving our full attention to any one thing at a time (see page 129 in book). Give an example of your attempt at directing your attention to one thing, and the outcome:
9. What is conscious breathing?
10. Turn to page 131 in the book and practice the exercise there. Briefly describe your experience:
11. In Psalms, David spoke of meditation many times in his praises to God. List three components that David used in his meditations (see page 132):

1.

2.

3.

*I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds, Psalms 77:11-12*

## Chapter 22

### Thanksgiving

*Make a joyful noise unto the Lord all ye lands. Serve the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his: we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praises: give thanks to him and bless his name, Psalms 100:1-4*

1. What is the pure definition of thanksgiving:
2. What is the difference in gratitude and thanksgiving?
3. Describe a time in your own life when you gave a gift to someone and you felt enriched and blessed in the giving:
4. Describe a time in your own life when you gave a gift and you felt unappreciated and perhaps even confused after giving:
5. Does God use others to give gifts and blessings? Explain your answer here:
6. Describe a time when you felt inspired or led by God to give an offering or gift to another:
7. List five things or situations that you are thankful for today:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.

*In everything give thanks for this is the will of God, I Thessalonians 5:18*

## Chapter 23

### Praise

*I will praise the Lord, who counsels me; even at night my heart instructs me, Psalms 16:7*

1. Define praise and in your own words describe how it is different from thanksgiving:
2. List three different events that inspired praise offerings in the bible:
  - 1.
  - 2.
  - 3.
3. Praise was offered when God delivered someone from harms way. Can you think of a time that God delivered you from something? Describe it here:
4. List some benefits that you receive when you offer praise:
  - 1.
  - 2.
5. Who should praise God? List five examples here:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.

*Praise God even when you don't understand what he is doing.*

**Henry Jacobsen (1898-1964)**

## Chapter 24

### Affirmations

*Declare his glory among the nations, his marvelous deeds among all peoples,*

**I Chronicles 16:24**

1. What are affirmations?
2. To affirm a statement is to \_\_\_\_\_ or announce \_\_\_\_\_ that it is true.
3. List three reasons why you may feel uncomfortable making public declarations:
  - 1.
  - 2.
  - 3.
4. To remove the negative, fear-based statements and accusations that have danced around in your subconscious for years, you must replace them with \_\_\_\_\_ and \_\_\_\_\_ statements.
5. I John 4:18: *There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.*  
Explain what this scripture says to your heart:
6. Why is it impossible for two opposing thoughts to keep your attention? Explain your answer briefly:
7. Is change possible? Explain your answer:
8. Is change possible in “the twinkling of an eye?” Explain your answer:

9. Name three popular beliefs that were held one hundred to five hundred years ago but have since been proven wrong. For example, five hundred years ago, it was believed the earth was flat.

1.

2.

3.

10. We often hear and repeat common thoughts, ideas and statements that we take to be true. For example, “life is hard.” Name five statements that you have heard and perhaps even repeated that may or may not be true:

1.

2.

3.

4.

5.

11. Make the five statements above into five new positive statements. For example, in changing the statement “life is hard” to a positive statement, you might say, “life is joyful!” or “life is worth living!”

1.

2.

3.

4.

5.

12. What happens when we declare these statements aloud? (See page 145) Explain  
your answer here:

13. Do you believe that your words are powerful enough to change your life? Explain  
your answer here:

*It's the repetition of affirmations that leads to belief. And once that belief becomes  
a deep conviction, things begin to happen. ~~Claude M. Bristol*

## Chapter 25

### Visualization

*I was in the city of Joppa praying, and in a trance I saw a vision, Acts 11:5*

1. Do you love one of your children more than another? Explain your answer here:
2. Does God love one of his children more than he loves you? For example, does he love your pastor or your mother more than he loves you? Explain your answer here:
3. As his child and godly offspring, would God give a gift to others and not give you anything?
4. From your answers above, is it safe to say that you believe God loves and cares for you as much as he loves and cares for your family or neighbor? Explain your answer here:
5. You may be wondering what these questions have to do with Visualization. In Joel 2:28 and in Acts 2:17, God promised to pour out his spirit on all people. Read those scriptures now and list three results here:
  - 1.
  - 2.
  - 3.
6. What is a vision?
7. What is visualization?
8. Both visions and visualization take \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

10. Why is visualization a useful tool to use during meditation?
11. Visualization starts with an idea you can \_\_\_\_\_ clearly in your mind.
12. Name a game you played as a child where you used “role playing” or “play-light” as a dress rehearsal for life: Give the details of that game:
13. Practice the apple exercise on page 149. Describe your experience here:
14. Why is it important to see where we are going?

***Blessed are your eyes because they see, and your ears because they hear. Matthew 13:16***

## Chapter 26

### Dreams

*Then Joseph said to them, "Do not interpretations belong to God? Tell me your dreams,"*

#### Genesis 41:25

1. What source does the text regard as the best reference book for dreams?
2. What is a dream?
3. During biblical times, dreams were counted on as a means of understanding the will of \_\_\_\_\_.
4. Around 325 CE, the \_\_\_\_\_ and \_\_\_\_\_ of that time period felt that God had finished speaking to mankind. Dreams were proclaimed forbidden. Do you believe it should be determined by others whether or not God speaks to you in a dream? (See page 152) Explain your answer here:
5. Do you want to remember your dreams? Explain your answer here.
6. If your answer was yes, do the exercise on page 152 for a full week and describe your experience here:
7. Do you have a problem at work or home but the solution eludes you? If so, write out the problem here:
8. Tonight, restate the problem before going to sleep and ask that God reveal a solution to you as you dream. Describe your experience here: (Even if you ask and do not receive an answer to the solution the first night, ask again until you do receive the solution. Describe it fully.)
9. What have you been taught about dreams in your past spiritual education? Explain briefly:

10. Have you ever had a dream that came true? Describe it here:

11. Have you ever been given a warning in a dream?

12. Describe how your opinion of dreams has changed or remained the same below:

*Our hearts oft times waken when we sleep, and God can speak to that, either by words, by  
proverbs, by signs and similitudes, as well as if one was awake.*

**~~ John Bunyan (1628-1688)**

## Chapter 27

### Miracles

*He performs wonders that cannot be fathomed, miracles that cannot be counted. Job 5:9*

1. Have you ever wondered why we don't see more miracles today? Describe your answer briefly here:
2. What is a miracle?
3. Can you name three miracles of our current time that are not actually considered a miracle because of their commonplace occurrence? For example, the creation of a human life in the womb must surely be considered a miracle.
  - 1.
  - 2.
  - 3.
4. Read the story of Mikao Usui on pages 157 – 158. Explain why Usui left his position to look for an answer and what was the result:
5. Tell of a time when you witnessed a miracle:
6. Name any miraculous alternative healing methods that you are familiar with below:
7. Have you ever witnessed someone healed by an alternative method? Explain your answer briefly:
8. Do you believe that we are all healers? Explain your answer here:
9. Has there been a time in your own life when you have helped someone to heal? Explain your answer here:

10. Would you like to see more miracles and healing take place today? Explain your answer here:

11. Do you believe that Christ expected us to do the same miracles he did? Explain your answer here:

12. If you do believe that Christ expected us to do the same work, why do you think that we do not have more miracles today? Explain here:

*Does God give you his Spirit and work miracles among you because you observe the law, or because you believe what you heard? Galatians 3:5*

## Chapter 28

### Light of the World

*I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life, John 8:12*

1. Wherever Christ went, others could see his light. Have you seen the pictures of Christ with a “light halo” around his head? Describe when and where you saw this picture or painting:
2. Do you believe that the “light halo” could have been the aura of Christ? Explain your answer here:
3. What is an aura? Describe your understanding of this “light” here:
4. Do you believe that only “special” people can see the energy field of others? Explain briefly:
5. Would you like to see the aura of yourself or another? Explain your answer:
6. If you answered yes above, practice the exercise described on pages 164-165. Describe your experience here:
7. Whether or not you were successful, for further study and inspiration, read *The Celestine Prophecy* by James Redfield to further assist in your understanding. Later, set aside a place in your journal to describe your experiences as you read this other resource.

*You are the light of the world. A city that is set on a hilltop cannot be hid. Matthew 5:14*

## Chapter 29

### Angels

*Praise the Lord, you his angels, you mighty ones who do his bidding, who obey his word.*

#### **Psalms 103:20**

1. Are you one of the many who love angels? Describe your answer briefly here:
2. There are many, many depictions of angels in stone, paintings, and text. Where do you think these depictions came from? Explain briefly:
3. Do you believe that the angels of God are constant visitors with us today? Explain your answer here:
4. Do you feel that you can sense the presence of angels around you? Describe those feelings here:
5. Would it make you feel better or worse to know that angels are here to guard you and direct you? Explain your answer here:
6. Can you relate a story, either your own or one you have heard from a trusted friend or relative, where you felt an angel had protected you or them?
7. What did Billy Graham say about angels? (See page 168)
8. In your own words what do you believe Dr. Graham meant by this?
9. What did Martin Luther (1483-1546) say about angels?
10. In your own words, what do you believe he meant by this?
11. Angels were described in human form, like a man or a woman. What do you believe was the purpose of appearing in human form? Explain briefly:

12. Do you believe that angels only appeared in biblical times and that God denies us the same communication with him as was given to our earlier brothers and sisters? Explain your answer here:

13. After reading the text and references in Chapter 29, what would it take to make you desire to communicate with your own angels? Describe your answer briefly here:

*Make friends with the angels, who though invisible are always with you. Often invoke them, constantly praise them, and make good use of their help and assistance in all your temporal and spiritual affairs.*

~~St. Francis De Sales (1567-1622)

## Chapter 30

### How Can This Information Help You?

*God will bless you in all your work and in everything you put your hand to.*

#### Deuteronomy 15:10

1. In your own words, what was the purpose of Part I of this book?
2. What was the purpose of Part II?
3. And, finally, what was the purpose of Part III?
4. Describe five things that you have learned from the references and the text in this book:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
5. *As the earth lets its new plants grow, and as a garden causes the things planted in it to grow, in the same way, the Lord God will cause what is right and good and words of praise to grow, Isaiah 61:11.* How does this scripture reference apply to the knowledge you have gained in your spiritual search?
6. What is the growth process for all living thing, including things of the spirit? For example, we must first plant the seed of desire or the physical seed. All seeds, whether natural or spiritual have certain requirements. (See page 177) List them here:

- 1.
- 2.
- 3.
7. On page 178, the text refers to steps that must be taken in order to realize our desires and dreams. List those steps here:
  - 1.
  - 2.
  - 3.
  - 4.
8. Describe how you would shower TLC on your seed of desire: (See page 179)
9. When you desire more love in your life, list three ways that you can give love to others so that love will find you:
  - 1.
  - 2.
  - 3.
10. When you desire more prosperity, list three ways that you can give so that you will receive:
  - 1.
  - 2.
  - 3.
11. Continue to practice the steps you have learned in the text to manifest the life of you dreams. Keep your notebook as a record of your personal journey.

12. As you continue on your spiritual journey, see Appendix A for recommending reading. Each time you read or view one of the resources, write about it in your notebook or journal.

*All things are possible to him who believes, Mark 9:23*