

Christian Growth Course - Feelings

1. Jacob worked 7 years to pay for
 A his herd of sheep.
 B his wife.
 C the damage he had done to Laban in his anger.

2. Runaway emotions can make us
 A mentally sick.
 B physically sick.
 C both mentally and physically sick.

3. Because of uncontrolled lust, _____ violated Tamar, his half-sister.
 A Amnon
 B Potiphar
 C Onan

4. People sometimes avoid emotional closeness for fear of
 A hurt or rejection.
 B getting involved.
 C getting angry.

5. Some people actually enjoy
 A rejection.
 B emotional distance.
 C self-pity.

6. You cannot conquer your emotions without the help of
- ___A a loving family.
 - ___B God's Spirit.
 - ___C a psychiatrist.
7. Painful emotions repressed into the subconscious may reappear as
- ___A ghosts.
 - ___B depression.
 - ___C trauma.
8. This happens because the painful memories
- ___A were not dealt with and resolved in God's way.
 - ___B were not repressed strongly enough.
 - ___C are connected with sin.
9. Depression can be connected with
- ___A how often you do things you enjoy.
 - ___B low stress levels.
 - ___C a worn-out pacifier.
10. You know a person is depressed if he plans or attempts suicide
- ___A one time.
 - ___B more than twice.
 - ___C as often as once a month.