

Chapter 10

- I. **Passage:** “There is a subtle play of looks and tones and laughs by which a mortal can imply that he is of the same party as those to whom he is speaking. . . . All mortals tend to turn into the thing they are pretending to be.” Pg. 37–38, ¶1.
 - A. **Verse:** “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” Romans 12:2.
 - B. **Verse:** “Do not be deceived: ‘Evil company corrupts good habits.’” 1 Corinthians 15:33.
- II. **Passage:** “The first thing is to delay as long as possible the moment at which he realises this new pleasure as a temptation. . . . I see few of the old warnings about Worldly Vanities, the Choice of Friends, and the Value of Time.” Pg. 38, ¶1.
 - A. Worldly Vanities
 1. **Verse:** “For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever.” 1 John 2:16–17.
 - B. Choice of Friends
 1. **Verse:** “Make no friendship with an angry man, And with a furious man do not go, Lest you learn his ways And set a snare for your soul.” Proverbs 22:24–25.
 - C. Value of Time
 1. **Verse:** “Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.” Ephesians 5:15–16.
- III. **Passage:** “[G]et him to realise the character of the friends only while they are absent; their presence can be made to sweep away all criticism. . . . [H]e can be induced to live . . . two parallel lives; he will not only appear to be, but actually be, a different man in each of the circles he frequents.” Pg. 38, ¶2.
 - A. **Verse:** “No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other.” Matthew 6:24.

- B. **Verse:** “He is a double-minded man, unstable in all his ways.” James 1:8.
- IV. **Passage:** “He can be made to take a positive pleasure in the perception that the two sides of his life are inconsistent. This is done by exploiting his vanity.” Pg. 38, ¶2.
- A. **Verse:** “Pride goes before destruction, a haughty spirit before a fall.” Proverbs 16:18.
- B. **Verse:** “Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which indeed appear beautiful outwardly, but inside are full of dead men’s bones and all uncleanness. Even so you also outwardly appear righteous to men, but inside you are full of hypocrisy and lawlessness.” Matthew 23:27–28.
- V. **Passage:** “[T]his new development induces him to spend more than he can afford and to neglect his work and his mother.” Pg. 39, ¶1.
- A. **Verse:** “There is desirable treasure, And oil in the dwelling of the wise, But a foolish man squanders it.” Proverbs 21:20.
- B. **Verse:** “Listen to your father, who gave you life, and do not despise your mother when she is old.” Proverbs 23:22.
- C. **Verse:** “Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.” Exodus 20:12.
- D. **Verse:** “[W]hatever you do, do it heartily, as to the Lord and not to men.” Colossians 3:23.

Chapter 11

- I. **Passage:** “Fun . . . can sometimes be used, of course, to divert humans from something else which the Enemy would like them to be feeling or doing.” Pg. 40, ¶3.
- A. **Verse:** “You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.” Psalm 16:11.
- B. **Verse:** “The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life’s worries, riches and pleasures, and they do not mature.” Luke 8:14.
- II. **Passage:** “The first sort joke about sex because it gives rise to many incongruities: the second cultivate incongruities because they afford a pretext for talking about sex. . . . Find out which group the patient belongs to—and see that he does not find out.” Pg. 41, ¶1.

- A. **Verse:** “But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.” Ephesians 5:3–4.
- B. **Verse:** “Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. . . . You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.” Colossians 3:5, 7–8.
- III. **Passage:** “Humour is for them the all-consoling and (mark this) the all-excusing, grace of life. Hence it is invaluable as a means of destroying shame. . . . A thousand bawdy, or even blasphemous, jokes do not help towards a man’s damnation so much as his discovery that almost anything he wants to do can be done, not only without the disapproval but with the admiration of his fellows, if only it can get itself treated as a Joke.” Pg. 41, ¶2.
- A. **Verse:** “Like a madman who throws firebrands, arrows, and death, Is the man who deceives his neighbor, And says, ‘I was only joking!’” Proverbs 26:18–19.
- B. **Verse:** “But no man can tame the tongue. It is an unruly evil, full of deadly poison. With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so.” James 3:8–10.
- C. **Verse:** “Fools mock at sin, But among the upright there is favor.” Proverbs 14:9.
- IV. **Passage:** “Flippancy builds up around a man the finest armour-plating against the Enemy. . . . It is a thousand miles away from joy: it deadens, instead of sharpening, the intellect; and it excites no affection between those who practise it[.]” Pg. 41, ¶2.
- A. **Verse:** “Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.” Ephesians 4:29.
- B. **Verse:** “Woe to those who call evil good, and good evil; Who put darkness for light, and light for darkness; Who put bitter for sweet, and sweet for bitter!” Isaiah 5:20.
- C. **Verse:** “For like the crackling of thorns under a pot, So is the laughter of the fool. This also is vanity.” Ecclesiastes 7:6.

D. **Verse:** “A fool has no delight in understanding, But in expressing his own heart.” Proverbs 18:2.

Chapter 12

- I. **Passage:** “We know that we have introduced a change of direction in his course which is already carrying him out of his orbit around the Enemy . . . [but h]e must not be allowed to suspect that he is now, however slowly, heading right away from the sun on a line which will carry him into the cold and dark of utmost space.” Pg. 43, ¶1.
 - A. **Verse:** “We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away.” Hebrews 2:1.
 - B. **Verse:** “There is a way that seems right to a man, But its end is the way of death.” Proverbs 14:12
 - C. **Verse:** “I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life.” John 8:12. “I am the way, the truth, and the life.” John 14:6.
- II. **Passage:** “As long as he retains externally the habits of a Christian he can still be made to think of himself as one who has adopted a few new friends and amusements but whose spiritual state is much the same as it was six weeks ago. And while he thinks that, we do not have to contend with the explicit repentance of a definite, fully recognised, sin, but only with his vague, though uneasy, feeling that he hasn’t been doing very well lately.” Pg. 43, ¶2.
 - A. **Verse:** “Inasmuch as these people draw near with their mouths And honor Me with their lips, But have removed their hearts far from Me, And their fear toward Me is taught by the commandment of men[.]” Isaiah 29:13.
 - B. **Verse:** “I know your deeds; you have a reputation of being alive, but you are dead. . . . Remember, therefore, what you have received and heard; hold it fast, and repent.” Revelation 3:1–3.
 - C. **Verse:** “So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth. Because you say, ‘I am rich, have become wealthy, and have need of nothing[.]’” Revelation 3:16–17.
- III. **Passage:** “If such a feeling is allowed to live, but not allowed to become irresistible and flower into real repentance . . . [i]t increases the patient’s reluctance to think about the Enemy. . . . [W]hen thinking of Him involves facing and intensifying a whole vague cloud of half-conscious guilt, this reluctance is increased tenfold. . . . He will think about them

as little as he feels he decently can beforehand, and forget them as soon as possible when they are over.” Pg. 43, ¶3.

- A. **Verse:** “When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD.’ And you forgave the guilt of my sin.” Psalm 32:3–5.
 - B. **Verse:** “For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.” Hebrews 4:15–16.
 - C. **Verse:** “For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was.” James 1:23–24.
 - D. **Verse:** “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. . . . If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!” Matthew 7:7–8, 11.
- IV. **Passage:** “[T]he only thing that matters is the extent to which you separate the man from the Enemy. It does not matter how small the sins are provided that their cumulative effect is to edge the man away from the Light and out into the Nothing. Murder is no better than cards if cards can do the trick. Indeed the safest road to Hell is the gradual one—the gentle slope, soft underfoot, without sudden turnings, without milestones, without signposts[.]” Pg. 45, ¶1.
- A. **Verse:** “Catch for us the foxes, the little foxes that ruin the vineyards, our vineyards that are in bloom.” Song of Solomon 2:15.
 - 1. These “foxes” represent tiny, sneaky problems—or sins—that creep into our lives and relationships, slowly causing long-term harm. The verse serves as a warning that all sin should be killed from within, no matter how “small” or “insignificant” it may seem to us. A “white lie” is no different from murder—sin is sin—and God hates all sin.
 - B. **Verse:** “Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk

far from your lips. Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.” Proverbs 4:23–27.

- C. **Verse:** “Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.” Matthew 7:13–14.

Chapter 13

- I. **Passage:** “As a preliminary to detaching him from the Enemy, you wanted to detach him from himself[.]” Pg. 47, ¶1.
- A. **Verse:** “So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God’s law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.” Romans 7:21–23.
- B. **Verse:** “[P]ut off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” Ephesians 4:22–24.
- II. **Passage:** “When He talks of their losing their selves, He only means abandoning the clamour of self-will; once they have done that, He really gives them back all their personality, and boasts (I am afraid, sincerely) that when they are wholly His they will be more themselves than ever. Hence, while He is delighted to see them sacrificing even their innocent wills to His, He hates to see them drifting away from their own nature for any other reason.” Pg. 47, ¶2.
- A. **Verse:** “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it.” Matthew 16:24–25.
- B. **Verse:** “I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.” Galatians 2:20.
- C. **Verse:** “Likewise, I say to you, there is joy in the presence of the angels of God over one sinner who repents.” Luke 15:10.

- III. **Passage:** “The deepest likings and impulses of any man are the raw material, the starting-point, with which the Enemy has furnished him. To get him away from those is therefore always a point gained; even in things indifferent it is always desirable to substitute the standards of the World, or convention, or fashion, for a human’s own real likings and dislikings.” Pg. 47, ¶2.
- A. **Verse:** “Delight yourself also in the LORD, And He shall give you the desires of your heart.” Psalm 37:4.
- B. **Verse:** “[F]or it is God who works in you to will and to act in order to fulfill his good purpose.” Philippians 2:13.
- IV. **Passage:** “You should always try to make the patient abandon the people or food or books he really likes in favour of the ‘best’ people, the ‘right’ food, the ‘important’ books.” Pg. 47, ¶2.
- A. **Verse:** “Therefore, if you died with Christ from the basic principles of the world, why, as though living in the world, do you subject yourselves to regulations—‘Do not touch, do not taste, do not handle,’ which all concern things which perish with the using—according to the commandments and doctrines of men?” Colossians 2:20–22.
1. Do not be focused on things of this earth but focus on what the Lord tells us and His word.
- B. **Verse:** “For the LORD does not see as man sees; for man looks at the outward appearance, but the LORD looks at the heart.” 1 Samuel 16:7.
- V. **Passage:** “The great thing is to prevent his doing anything. As long as he does not convert it into action, it does not matter how much he thinks about this new repentance. . . . Let him do anything but act. No amount of piety in his imagination and affections will harm us if we can keep it out of his will. As one of the humans has said, active habits are strengthened by repetition but passive ones are weakened. The more often he feels without acting, the less he will be able ever to act, and, in the long run, the less he will be able to feel[.]” Pg. 48, ¶1.
- A. **Verse:** “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. . . . But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand.” Matthew 7:24, 26.
- B. **Verse:** “[F]aith by itself, if it is not accompanied by action, is dead. But someone will say, ‘You have faith; I have deeds.’ Show me your faith without deeds, and I will show you my faith by my deeds. . . .

You see that a person is considered righteous by what they do and not by faith alone. . . . As the body without the spirit is dead, so faith without deeds is dead.” James 2:17–18, 24, 26.

C. **Verse:** “But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.” Hebrews 5:14

1. Spiritual maturity requires us to act.

Chapter 14

- I. **Passage:** “Catch him at the moment when he is really poor in spirit and smuggle into his mind the gratifying reflection, ‘By jove! I’m being humble’, and almost immediately pride—pride at his own humility—will appear. If he awakes to the danger and tries to smother this new form of pride, make him proud of his attempt—and so on[.]” Pg. 49, ¶2.
- A. **Verse:** “Therefore let him who thinks he stands take heed lest he fall.” 1 Corinthians 10:12.
- II. **Passage:** “By this virtue, as by all the others, our Enemy wants to turn the man’s attention away from self to Him, and to the man’s neighbours.” Pg. 49, ¶3.
- A. **Verse:** “Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others. Let this mind be in you which was also in Christ Jesus[.]” Philippians 2:3–5.
- III. **Passage:** “You must therefore conceal from the patient the true end of Humility. Let him think of it not as self-forgetfulness but as a certain kind of opinion (namely, a low opinion) of his own talents and character. . . . Fix in his mind the idea that humility consists in trying to believe those talents to be less valuable than he believes them to be.” Pg. 49, ¶4.
- A. **Verse:** “I praise you, for I am fearfully and wonderfully made.” Psalm 139:14.
- B. **Verse:** “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” Ephesians 2:10.
- C. **Verses:** 1 Corinthians 12:12-31; Romans 12:4-5; Ephesians 4:16
1. We all are important. We all have talents and gifts given to us by the Lord. We all serve a purpose for the Lord.
- IV. **Passage:** “He wants each man, in the long run, to be able to recognise all creatures (even himself) as glorious and excellent things. He wants to kill their animal self-love as soon as possible; . . . to restore to them a new

kind of self-love—a charity and gratitude for all selves, including their own; when they have really learned to love their neighbours as themselves, they will be allowed to love themselves as their neighbours. . . . [He] always gives back to them with His right hand what He has taken away with His left. His whole effort, therefore, will be to get the man’s mind off the subject of his own value altogether.” Pg. 50, ¶1.

A. **Verse:** “‘Of all the commandments, which is the most important?’ . . . ‘Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” Mark 12:28–31.

V. **Passage:** “[I]nstil either vainglory or false modesty into the patient[.]” Pg. 50, ¶2.

A. **Verse:** “Take heed that you do not do your charitable deeds before men, to be seen by them. Otherwise you have no reward from your Father in heaven. Therefore, when you do a charitable deed, do not sound a trumpet before you as the hypocrites do in the synagogues and in the streets, that they may have glory from men. Assuredly, I say to you, they have their reward.” Matthew 6:1–2.

B. **Verse:** “Let not the wise man glory in his wisdom, Let not the mighty man glory in his might, Nor let the rich man glory in his riches; But let him who glories glory in this, That he understands and knows Me[.]” Jeremiah 9:23–24.

C. **Verse:** “God resists the proud, But gives grace to the humble.” James 4:6.