**MIND IT! GUARD IT! ZIP IT!**

***Notes – Lesson 4***

**Mind It!** - Proverbs 23:7

**Guard It!** - Proverbs 4:23

**Soul and Spirit:**

Psalm 103:1

Proverbs 18:14

**Peter:**

Matthew 16:13 – 16

Matthew 16:17 – 19

Matthew 16:21 – 22

Matthew 16:23

II Peter 1:2-4

Psalm 37:4

Delight = anag =

Jeremiah 17:9

Jeremiah 17:10

Search = chaqar –

Test = bachan

**DO IT! TODAY!**

**DAY 1 –** Read Proverbs 23:7 and Proverbs. 4:23.

What does the Bible say to do with your mind? What does the Bible say to do with your heart?

Do you have more trouble with your mind or your heart? How so?

**DAY 2 –** Read Psalm 103 and Proverbs 18:14.

List the differences between the soul and spirit as you understand it from this week’s teaching.

Now – make a list of how you feed your soul and feed your spirit.

**DAY 3-** Read Matthew 16:13 – 28.

In what part of this passage do you see the soul of Peter talking?

In what part of this passage do you see the spirit of Peter talking?

What does your soul sound like when it talks?

What does your spirit sound like when it talks?

**DAY 4 –** Read Matthew 16:13 – 28 again.

Read verses 24 & 25 again. In what area of life do you need to die to self?

What does Jesus mean, “… take up your cross and follow Me”? Make it practical to your life.

**DAY 5 –** Read II Peter 1:2-10.

How has Peter changed since his conversation with Jesus in Matthew 16?

What do you believe has changed Peter?

**DAY 6 –** Read II Peter 1:2-10 again.

Make a list of the positive attributes that Peter lists in verses 5-7.

What are the benefits of making these characteristics part of your life? (Verses 8-10)

**DAY 7 –** Read Psalm 37:4 and Jeremiah 17:9 & 10.

What are some of the things in life that you delight in?

What does it mean to you, in a practical sense, to delight yourself in the Lord? How do you do that? Are you doing it?!