NPCC Lesson 7 Scales HW

1. Based on where you’re at right now in your walk with the Lord where would you put yourself on a sale of 1-5. 1 being not close or connected at all and 5 walking hand in hand with Jesus every day.
2. Based on how you’re feeling right now with the anxiety your experiencing, where would you place yourself on a sale of 1-5 . 1 being totally anxious to where you are in constant fear or 5 you feel relaxed and in control.
3. John right now on a sale of 1-10 where would you place yourself with your feelings of anger? 1 would mean your totally relaxed and happy and 10 would mean you’re extremely upset and ready to express your anger physically.