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The S.A.L.T. Psychological book lesson # 1
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Lesson At-A-Glance – Psychological Chapter 1

WHO TO KNOW

Key Verse:

“Oh, that we might know the LORD! Let us press on to know him! Then he will respond to us as surely as the arrival of dawn...” Hosea 6:3 (NLT)

Summary:

There are two ways of dealing with life, man’s approach and God’s approach. Man says you need to know yourself, love yourself, and take control, which leads to coping with life. God says you need to know Him, know His love, and trust Him, which leads to joy in the midst of life’s circumstances.

Completed Diagram:

