

A companion exercise guide for the book
GOOD SEXUAL HYGIENE & SPIRITUAL ATTITUDE

EXERCISE **YOUR ATTITUDE!**



Light Reveals Truth that Darkness Hides

ANTHONY A. MORRIS

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**A COMPANION GUIDE TO
GOOD SEXUAL HYGIENE
& SPIRITUAL ATTITUDE**

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EXERCISE YOUR ATTITUDE!

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Note to readers

This exercise book is a companion to Good Sexual Hygiene and Spiritual Attitude, a counseling aid on spiritual ethics, sexuality and health. It reveals secrets The Secret doesn't cover.*

Packed with the potential to benefit people of all ages, the guidebook can help everyone develop a desire to live by good, ethical values. Although I have included many true stories from my own experience to help illustrate some of the concepts, I reserve the right to not answer any questions, clarify any statements, interpret or explain any of the feelings contained within their pages.

All thoughts, views and life experiences in its pages are mine and mine alone and, as such, are accountable to no one, nor are they to be interpreted by anyone.

**The page numbers reference the Christian Faith Publishing edition. Owners of the previous edition will still be able to use this resource, but the page numbers will be incorrect. The chapter headings will assist with navigation*

How to use this learning guide

This exercise book was developed to help readers and scholars better understand the concepts presented in *Good Sexual Hygiene & Spiritual Attitude**, and their importance in our daily lives.

Simply fill in the blanks as you read through the book, or as a review when you finish each chapter.

Physically writing out key words helps ingrain their messages in our minds.

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What Is Sex?

(p13) The laws of nature can't be changed to suit anyone's personal desired preferences. Nature can't be _____. And nature is _____ to the _____ of _____.

(p20) In the latter stages of development, when the embryo starts to take on the look of a baby, it is called a fetus. However, from the _____ / pregnancy, it is a _____ that is _____.

(p25) The commercialized, overbearing, influential traits of the society we live in makes the _____ to be _____ and the _____ to look _____.

(p26) We *forget* the sensed guilt feeling when we _____ indulge in any _____ of _____; we shut it out as though we are _____ of it _____. As we become comfortable with the practice of an _____, we develop a more _____ attitude towards experiencing more _____.

(p28) Explaining sex to your child can be a _____ experience.

What Science Knows About Where We Came From

Creatures of Bone and Tooth

(p30) Two powerful pieces of evidence presented to support evolution were the Piltdown Man and the Nebraska Man.

In 1912, _____ archaeologist announced the discovery near Piltdown, East Sussex, England, of a _____ which clearly linked man's _____ to _____.

Forty-one years later advanced techniques proved conclusively the Piltdown Man skull was a _____.

The first reported evidence of an anthropoid primate discovered in America, *Hesperopithecus* (commonly known as The Nebraska Man), consisted of a _____ found by rancher Harold Cook in 1917. Cook thought it looked somewhat like a human tooth and something like an ape's tooth.

(p31) But in 1926, Harold Cook went back to the site and dug up the rest of the skeleton, including the jaws. It was found to be an _____ species of _____ called *Prosthennops serus*, and in 1927 the earlier identification as an _____ was _____ in the _____ Science.

Creatures of "Fire" and Flame

(p32) The bombardier beetle blasts irritating and odious gases, at an astonishing _____ degrees Fahrenheit, into the faces of unfortunate predators.

They create violent explosions at _____ of propulsions _____. With chemicals this dangerous, you can't be experimenting to come up with the _____ as evolutionist proclaim they did.

Something to think about

Even the very tiniest of living cells are made up of millions of different atoms that have to be perfectly aligned in three-dimensional form in order to exist as a living cell. With the development of powerful microscopes that have been around for hundreds of years, these facts have become known about all living cells. Therefore, the only way living cells could have ever came into existence had to be from intelligent design the way it's described only in the Holy Bible, not evolution's primordial soup pond.

Rock of Ages

(p33) Evolutionists proclaim it took _____ million years for granite to form.

(p34) However, the radioactive polonium-214 that's visible in granite rock goes through its seven half-lives and disappears _____ a trace in _____ millionths of one second. Therefore, for there to be any trace of it left, it had to form *in less than* _____ decimal _____ one six four of one second. In other words, it came into existence instantaneously, the way it is described in the Holy Bible at Genesis 1:6-7.

(p35) Interestingly, the haloes are _____, which means they must have been _____ — forming hot would have _____.

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Scientists worldwide have been aware of these facts about granite for more than _____, but never a word of it is taught to the _____ in schools.

Dr. Denton found cell _____ provides the information for the protein synthesis apparatus _____
_____ *to exist*. The protein synthesis apparatus provides the protein phosphate compounds for the _____.
Yet the energy system provides _____
_____ for the protein synthesis _____
_____. The protein synthesis _____
_____ for the cell membrane. *Yet the membrane _____ that _____ intact*. In other words, everything is _____ and _____ on everything else. All four of the complex parts of all living cells whether _____ or _____ had to be complete and perfect from their _____ to ever exist as a _____, period.

Note all living cells come from pregnant cells that develop another cell then divides when the new cell is completely assembled (birthing). However, it's obvious that the origin of each cell of a species had to have been perfect from its beginning.

Examining the Evidence

(p36) Stephen Weiburg, Ph.D., and Sir Frederick Hoyle, Ph.D., who are two highly respected scientists worldwide, spent over ten years with _____ funding researching the possibility of evolution _____ . *Their final conclusion was that _____ one chance in _____ forty thousandth _____ for evolution to have happened.*

(p38) All scientists have found is that _____ suddenly in time—just as they found, _____, granite rock had to have been formed _____ .

Something to think about

Do you see a pattern here, the forensic evidence described in the book shows that for each form of existence in rock and life requires them to come into existence instantly to be able to exist from what we know about them?

It's the same way all the healing was described as done by Jesus Christ. Therefore, I would say every atom of every molecule in the entire universe is in constant control by Almighty God's Word. No wonder the Spirit of God in the Holy Bible is described as omniscient (all Knowing).

(p39) Sensibly, a growing number of _____ and have put the creation concept to the test.

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(p40) The Holy Bible is also the only book that accurately _____ hundreds and even thousands of years _____ happened. Therefore, the credibility of the Holy Bible cannot be _____ of where _____ came from.

References and suggestions for further reading about this section:

"Hesperopithecus, the first Anthropoid Primate found in America," (Science Vol. 60 # 1427 May 5, 1922) p.463

Nebraska Man "best Evidence," Henry Fairfield Osborn,

Nebraska Man "found to be a pig," William K. Gregory

"Hesperopithecus Apparently Not an Ape nor a Man," Science, Vol 66 # 1770 Dec 16, 1927

Mutations are non-Productive (lecture at Hobart & William Smith College on Feb. 14, 1980)

No Clear Vector of Progress by Stephen J. Gould. Harvard University, Natural History/Vol 93, Feb. 1984, pp. 22, 23

No actual fossils directly Antecedent to man. L.B. Halstead (an Evolutionist), Nature Nov. 20 1980, p. 208

Evolution, A Theory in Crisis. Dr. Michael Denton, Adler & Adler, Bethesda. MD. 1986, pp. 270

Logical Conclusions and Practical Application

(p41) The advice written in the Holy Bible on sexuality and marriage _____ and _____ respect.

Evolution dismisses _____ by _____ and instead embraces _____ of the fittest.

(p42) The source of unbounded variety must be omnipresent in all the _____. And the source of life must be _____.

Summing it Up

(p44) Some words of wisdom from Proverbs 23:23: “Buy _____; not only that, but also get _____ and _____, _____ and understanding.”

(p45) If the Earth were flat, since light rays don't bend from passing through air, how could it be possible that _____ and _____ the _____?

(p47) Aren't there lots of fathers on earth who assign their sons as agents to look after their business? If this is customary on earth, why should _____ reject _____ the same personal relationship with a _____ of _____ own?

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(p48) Several lawyers—Christian, atheist and otherwise—have scrutinized the historical records and archives, and concluded Jesus must have risen from the dead. They base their conclusion on the fact that those who said they witnessed the resurrected son of God, Jesus Christ, refused to retract their _____

_____ sentence
that _____
_____.

(p49) Some seek for truth, and others seek to justify what they want to believe. However, hating the truth _____
_____.

God Almighty _____ Him (Jesus) from the
_____ because _____
_____.

How Lies Affect Our Sexuality

(p53) Since then, the general ethics of communication between adults and youths has become _____ concerning the _____, but _____.

(p55) Children mimicked this strange adult _____ had said or done anything that _____ toward a child _____.

The Destructive Power of Lies

(p59) So much so that he _____ with _____ and told a _____ to his twelve-year-old son to _____.

(p65) The history that we have inherited from _____ has taught us to accept _____, and _____.

What type of a leader are we if we teach our followers that the truth is a lie, and convince them to believe that _____ truth?

(p67) Most audiences are already primed to _____.

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(p71) God will forgive us of any unrighteous evil that we may have done if _____
_____.

The time to start being _____
_____ they are born.

(p73) Your silence confirms what the _____
said _____.

(p78) The longer anyone harps on the unfairness of life
_____ and _____
_____, the more paranoid they can become.

(p79) The author believes psychiatry is nothing more than a _____ -
_____ of _____ - _____
_____ that desensitize people to reality.

(p80) Spiritual lies are the foundation leading to _____
_____ and _____.

(p81) Cheating, stealing, sexual misconduct, and even hating and murder are not as bad as _____ since _____
_____, _____
for evil physical acts

(p83) In Jeremiah the Holy Bible says, "*Cursed be a*

_____."

(p87) If you feel that you want to tell the truth but _____
_____, _____,
_____, then your true faith will
have been in lying.

Beware the Power of Salesmanship

(p91) "A good salesman is someone who can _____
_____ way _____
_____ to the
_____."

Why Is Sex Considered Dirty?

(p93) Many people consider sex as dirty due to its _____
_____ that _____
_____.

(p95) Prevent injury to your children by first being morally decent
yourself. If you are _____
_____ and _____ stop it dead now. If this
means _____
_____, do it.

(p96) The experience lived by children in their first few years

_____. Therefore, love them from the
time they are first _____, _____,
so hopefully they will grow up with the same loving ways.

Toiletry and Hygiene

(p98) Your skin's natural oils provide important protection against disease and infections. When it has been stripped off (especially if the soap is not being _____ in areas where your skin lies against other parts of itself), _____ skin.

(p99) Urinating in a toilet from a standing position causes _____ to get all over the _____. Some backsplash gets on the floor that makes it _____.

(p101) To protect a baby's tender skin from the harsh acids of _____, _____ and the application of _____-_____. This should always be done _____ applying a clean diaper.

(p105) Therefore, make sure you are clean before _____ intercourse.

Always wash your hands after going to the _____ and _____ doing.

Don't Neglect Your Oral Cavity

(p106) Flossing your teeth on a regular basis, especially _____ is vital.

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(p107) There is a protective bacterium that lives in your throat

_____, but if the friendly _____
_____ mouthwash,
_____ become _____.

(p109) There's no such place as an easy spot in this world. The search
for an easy spot _____
_____, which is always a
rewarding adventure.

Hygiene from the Inside Out

(p111) There is nothing sexually attractive about _____
_____ and _____,
and there's nothing sexually attractive about _____
_____ because of smoking or other drugs.

(p113) "War paint" _____
face.

(p116) Have respect for other _____ and their
_____.

(p117) Once we realize junk is _____, we can
_____.

(p119) Holding resentment is like _____
and _____
_____.

Therapy for Resentment

If there is any feeling of resentment bothering you over anything, I suggest you read the book, "The Shack" by William Paul Young. Or, watch the movie on YouTube or Netflix. It's the best therapy I found to get past resentment.

Moral Values and Respect

(p124) Every one of us is very sensitive to being _____, whether we _____ or _____.

(p125) The only way we can do something to improve the problem is by _____. We need to recognize why ____ and _____ with _____.

(p126) We all need to do an honest _____ from time to time, without _____ to make sure _____ becoming _____ of others.

Devaluing Others' Pain for Entertainment

(p128) It does not take any brains or guts to _____. However, it takes respectable _____ in a person to _____ and _____ life.

Gossip

(p129) Be kind and respectful of _____ need for _____ because nothing unfortunate about _____ should be _____ for _____.

The Company We Keep

(p131) A successful marriage or friendship depends on two things: finding _____, and being _____.

(p133) How much _____ entertainment can any _____ person enjoy and _____ their _____ values?

(p137) The moral values you believe in and live by determine _____ to _____ relationship, _____ business, _____, _____, or _____.

(p139) Gradualism can transform any _____, _____ or _____ into a _____. The only hope is, you must _____ now _____.

_____ . But _____ ?

The Origin of Good and Evil

(p142) The perpetrators were usually watching to see that they did not get caught at what they were doing, which tells me they knew

_____ doing was _____ but _____
_____ anyway.

(p147) God did not make zombies or living clones with _____.

Almighty God, being true to His word, has _____
_____ or _____
_____ free will.

(p148) Adam and Eve made the same choice _____
_____ today. They go _____

_____ things.

In Good Conscience

(p150) People who listen more to the good conscience _____ because of

the happiness in them, while those who choose to pursue unrighteousness become _____

_____ life.

Don't Let Insanity Rule You

(p156) Satan's little voice must rely on _____
_____. Mankind separated from the little
voice of evil _____.

The Age of Insanity

(p161) In my books, drug pushers are _____
_____ who do not have any more concern _____
_____.

Their _____
included the suggestion: "Do your own thing." This encouraged
_____, _____.

The benevolent old sages are not the _____
_____. It has always been the malevolent-minded people of
_____ groups _____
_____ are.

(p162) Man's _____ is
gradually getting worse as _____
_____.

(p163) It is an honorary salute to Satan when you willingly
_____, _____, _____, or _____
_____ with no concern for how it harms
others _____, _____ or _____.

EXERCISE YOUR ATTITUDE!

(p165) How can those who have chosen to _____
_____ to be a _____
_____ today hope to become a _____,
_____, and _____ tomorrow?

(p168) Jesus said "In-as-much as you have done it unto one of the
_____ of these _____, you have done it
_____."

(p171) A meek person is not a _____. A meek
person is one who has _____.

Lack of Guidance

(p173) Discipline should start in the _____, not
the _____.

Proper Discipline

(p173) As parent you must be a _____
_____, living by the good citizen ways
you're _____. You must be _____ when you can be,
and _____ when you have to be.

(p177) Bullies get the message _____
_____.

We did not resent our parents _____
_____.

Just the Right Medicine

(p180) For anything to work, we who are doing the _____
_____ ourselves _____ as
_____.

Misappropriating God's Word

(p183) Many a time, even with the desire to want to do good, we are

_____wrong.

(p184) Historically, _____ Jesus
Christ as _____ " _____ "
_____ against
other countries.

You need not ever be a slave to any _____-_____

_____.

(P185) We need only honor our Father in heaven, who
_____ and gave us His living _____ for guid-
ance, in the _____.

Intoxicants and Altered Reality

(p185) My intention was to try to forget about the _____ of the world's _____, but instead _____ amplified my _____, and that turned my reasoning to another type of _____. I had _____ my body so I couldn't hear my _____ and went through a series of _____ down _____.

(p188) Some governing leaders are corrupt, but that is _____

_____.

(p189) In such a short time, I had swung so far from what I had grown up *knowing* was right. Who _____?

Something to think about concerning drugs

I made it my business to have nothing to do with hallucinatory drugs. Then in December of 2013 I found myself in excruciating pain from a toxic infection. My skin felt like it was on fire. That caused me to resort to taking a strong painkiller that had hallucinating side effects. Then I started having all kinds of thoughts go through my mind trying to convince me to have strong doubts about God and the Holy Bible. It became a vicious, relentless battle in my mind, until I said to myself with conviction, "I'm only going to trust what I came to believe before I was affected by this drug." Instantly the doubt encouraged by Satan was gone from my presence.

Who all has Satan attacked with doubt while they were under the influence of hallucinatory drugs, to crush their moral values?

Fostering Disrespect of Oneself and Others

(p190) God did not design the _____
_____, which the _____.

(p192) Drugs can cause a transition from a _____
to a _____ before you
_____ become.

(p193) The last words Jesus said before he died was "Forgive them
Father _____."

God Almighty states that vengeance _____
_____ because only He can _____.

(p194) There is no end to the wickedness that _____

_____ of goodness in you.

The Spoils of War

(p194) King Solomon`s reign was also the _____
_____ world peace.

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Cults

(p196) The more anyone tries to lord _____
_____, and the more their slaves _____
_____ gang, the more _____,
_____, and _____ become.

(p200) Check the history of the church. _____
_____?

The End of the Age of Insanity

(p205) When we look at the unspoiled wilderness in nature and
_____ on
this planet, it reveals _____ a
passionate and _____
whose _____ a _____
_____.

(p206) The Book of Daniel, written over three thousand years ago,
states that _____
_____ in the _____.

(p207) The gradual accelerating transformation _____
_____ zombies _____
internet.

Oh my, how Satan has _____
_____ with the _____.

Judge not

(p214) The God of Christianity is all about _____ and _____ who have allowed the _____ to dominate their thoughts. Killing people for not agreeing with what you believe is _____, the _____ of what God wanted us to do.

(p214) Every female is a daughter _____, and as such, they are to be _____. This means equal rights to _____, _____, and _____. Therefore, the _____ on _____ do not reflect the _____ and _____ Creator _____ in the Holy Bible.

(p215) In the end, _____ will _____ because _____ cannot _____ over _____. Therefore, _____, _____ friend.

To Be Ladies and Gentlemen

(p217) A gentleman is a _____,
_____ toward all others, and a
_____ who _____
_____ his care.

(p218) We have a world _____
_____ as _____ time to control this
_____.

Going it Alone

(p220) There are two ways to do anything. One is to choose

_____—the loving way that always comes
_____. Any other way _____
_____. If you sincerely want your love re-
lationship (or any other situation in your life) to improve, then
_____.

Heterosexual Partnership's Power

(p225) No wonder _____ strives to _____
_____ to prevent and _____
_____.

Start Walking Tall for What Is Right

(p226) War games are teaching children _____ spon-
taneously _____
the _____ of what they are _____.

(p227) It is never too late to be a good _____ for
your children, no matter _____, or
for the _____.

Really Making Love

(p229) We must do everything we _____
_____ and _____
_____ we affect.

(p230) A starving wage _____
_____.

(p232) Really making love produces _____
_____.

(p233) Promote happiness, and _____
_____. Promote happiness by
_____ to the poor.

(p236) Are there any limits to God's wealth? _____,
_____. So, why would you ever want to reject God's
offer to _____
_____ wealth?

(p237) If you develop a strong hatred for the _____
_____, you will be able to
make a _____ better.

Why I wrote the book

Nothing gives me greater pleasure than seeing people happily blessed. Our Creator planned sexuality for our pleasure. Satan's jealousy has him determined to destroy that. Read all about it in *Good Sexual Hygiene & Spiritual Attitude*, and learn secrets *The Secret* doesn't talk about. If you cherish wisdom, you'll love this book.

Published by Christian Faith Publishing, and available through most book stores worldwide.

To see more, visit gshasa.ca.

This exercise book is a counseling aid on spiritual ethics, sexuality and health. It is a companion for *Good Sexual Hygiene and Spiritual Attitude**, revealing secrets *The Secret* doesn't cover.

Packed with the potential to benefit people of all ages, the guidebook can help everyone develop a desire to live by good, ethical values. Four out of five Readers' Favorite® reviewers gave *Good Sexual Hygiene and Spiritual Attitude* a five-star rating.

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