

LIFE BEHAVIOR GUIDE INDEX

October 16, 2026

Pick a topic, find the chapter and verse in the attached columns (also listed alphabetically)

Available online at www.GBGoettsch.com/life-behavior-guide

	Index	Description
1	Abandonment	How one can deal with this
2	Abortion Guilt	Learn how to process this experience
3	Abuse Healing	Learning to forgive and heal
4	Abuser	Being one and how to stop
5	Accept God as Savior	Many pieces and much work
6	Accept Your Sins	This takes a lot of humility
7	Accountability	Being accountable for your actions
8	Administer Church	How you operate or administer the church
9	Advisors or Agendas	Determine which provide you the best counsel
10	Affection Deficiency	How to accept and give affection
11	Affirmation	Affirm what you believe
12	Aging Challenges	How we age
13	Alcoholic - Deal with one	How we deal with one in our life
14	Alcoholism	How to cope with it
15	Alienating Children	God opposes this
16	Alone	It is not healthy in any manner
17	Anger Control	Control it or it controls you
18	Anxiety & Worry	How to reduce this
19	Apathy	Our country is in a difficult phase because of this
20	Arrogance & Pride	God condemns these
21	Avoiding People	This conflicts with Gods advice to serve others
22	Awakening	Transitioning from apathy to a vibrant life in Christ
23	Become a Disciple	How you can learn enough to spread the word of God
24	Being Abusive	How to stop
25	Being Adopted	Learn to rejoice in the opportunity
26	Being Content	How to be happy and joyful
27	Being in Denial	Dealing with reality
28	Better Parent	How to become one
29	Care for Elderly	We should care, especially for our parents
30	Chauvinism	Are you one and if so, how to fix it
31	Child Responsibility	What a child should do for a family unit
32	Christian - Be One	How to become a Christian - be saved, achieve salvation
33	Christian Hospitality	How to be a great host or hostess
34	Church Board	What is it and why does the church need it
35	Church Purpose	Why we have a church
36	Conception	When does it happen
37	Confess Sins	See Accept Your Sins above
38	Confidence	Feeling inferior
39	Conscience	Learn right from wrong
40	Control - Ego or God	Learn which should be in control and why
41	Control Emotions	Learn to not be explosive
42	Control Freak	Avoid being one
43	Controlling People	How to avoid this

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44	Controlling Spouse	How to avoid this
45	Deacons	What they do
46	Death of a Sibling	Such a deep loss is difficult to process and takes considerable time.
47	Death of Child	Such a deep loss is difficult to process and takes considerable time.
48	Death of Family Member	Such a deep loss is difficult to process and takes considerable time.
49	Death of Spouse	Such a deep loss is difficult to process and takes considerable time.
50	Defiance	The danger of it
51	Depression	How to combat it
52	Discernment	Make better decisions
53	Disciple - Be One	How to become one and then teach others to be
54	Discipline	Control yourself better
55	Disrespected	How we can process the experience
56	Disrespectful - being so	Help to change the American culture back to respect
57	Divorce	How to cope with it
58	Dominating People	God forbids this
59	Don't Need God	How to fix this
60	Doubter Help	How to help someone learn the truth
61	Doubting Thomas	Develop some confidence
62	Ego	How to control this and not be or become a narcissist
63	Elder Board	Why have one and what they do
64	Emotion	Control it or it controls you
65	Emotional Deficiency	How to gain more strength
66	Emotional Rest	Relax so you can rest
67	Empathy	Feel what the other person is feeling
68	Enabling Bad Behavior	In direct conflict with God
69	End Times	How we should prepare
70	Envy	A great sin and very common in our current culture
71	Fail Forward	You do not fail in the eyes of God, learn how
72	Family	The center of our purpose in life
73	Family Expectations	How do we manage these
74	Favorite Children	How might you process this as a parent of child
75	Fear of Church	How to overcome
76	Fiance Breakup	How to process this painful experience
77	Forgive Yourself	Can be difficult to do
78	Forgiveness	Forgive yourself first
79	Fostercare Survival	Learn to process the experiences
80	Freeloaders	Be careful with your judgment, it is not always black & white
81	Friends - Expectations	Expecting too much of friendships
82	Friendship	How to be a better friend
83	Frustration	Takes considerable discipline
84	Fun	Learn how to enjoy more
85	Goal Setting	How to manage your life better
86	God	Who is God
87	God Never Forsakes	Develop more confidence in God

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88	God or Spouse	Learn to make a choice
89	Grace	This takes much humility
90	Grudge - Holding onto	Provides free space in your head for the person who did it
91	Guard Your Mind	Be careful what you watch, read and hear
92	Guilt for Pain	Do you feel guilty about the pain you've caused others? Talk to God!
93	Habits	Changing them are so difficult
94	Happiness	It is a process of life
95	Heal By Helping	The most powerful tool we have
96	Heaven	How we get there
97	Help Others	Our primary purpose for being on earth!
98	Holy Spirit	Who or what is the Holy Spirit
99	Honor Parents	Can be difficult depending on your childhood and your strength
100	Hope	How we can build more hope, regardless of our challenges
101	Human Trafficking	All aspects
102	Humility	The opposite of ego and control
103	I See You	What it means to humans to be completely validated by Jesus Christ
104	Ignorance	Lacking knowledge
105	Inadequacy	Many of us suffer from this feeling - God can help
106	Intuition	Being intuitive or having intuition
107	Jealousy	Another major sin
108	Jesus Christ	Who is Jesus Christ
109	Joy	How to find more of this
110	Judgment	It is easier to judge than to learn - focus on learning
111	Know or Live	Knowledge is not the end - living the knowledge is the hard part
112	Lack of Sleep	Alters behaviors more than we wish to believe
113	Lead by Example	Don't just talk, do it!
114	Learning	A life long process, do it every day
115	Lied To	How to process being lied to
116	Life Balance	How to balance work and life
117	Life Principles	Everyone needs at least 5 to live by. Use the 10 commandments
118	Life To God	When Christ enters our hearts, we are freed of the sense of sin.
119	Listen to Others	Learn from those who have walked the road
120	Live Better	Focus on improving
121	Loneliness	There are hundreds of us to assist, don't hesitate to ask for help
122	Love	The best tool you have is to love more
123	Love Your Husband	Keep referring back to why you married this person
124	Love Your Wife	Keep referring back to why you married this person
125	Love Yourself	This can take considerable work, but can be done by everyone
126	Manipulation	How to stop it
127	Marriage	Keep referring back to why you married this person
128	Men - Mother-In-Law	How men should deal with their Mother-In-Law
129	Men - Women Equal	Men and women equal in the eyes of God
130	Mental Health	How to improve yours with the greatest healer
131	Military Veterans	Honorable agents of civic order and justice

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132	Miscarriage	How we can process and cope with such a loss
133	Moral Compass	Follow your core principles - always
134	Morality	How to be a moral person
135	Narcissism	Common among bullies
136	Nervous Breakdown	Pay close attention to your own behaviors to avoid this
137	Nicene Creed	Summary of core Chrstian beliefs supported by scripture
138	Obedience	Easy if there is respect and honor
139	Patience	We all seek more
140	Peace	So elusive and so much in demand
141	Perfectionist trap	How can we avoid it
142	Physical Pain	Help us deal with physical, ongoing pain
143	Prayer - How To	Practice, practice, practice
144	Procrastination	The enemy of progress
145	Purpose, Find Yours	All humans need a purpose, at all times
146	Pushy/Forward/Aggressive	How to reduce this tendency
147	Raped	How to cope with it
148	Rapture	What happens to us beievers when Jesus comes for us
149	Redemption	How you can redeem yourself in the eyes of God
150	Reduce Stress	The enemy of life
151	Relationships	Drive the world
152	Relax	Part of the path to Peace
153	Religion	What is religion
154	Relinquishment	Why relinquish
155	Repent - Teach It	Learn these skills to spread the Good News
156	Resist Change	Why we do this
157	Respect Others	How and why we should
158	Ridiculed	How to cope with it
159	Sacrifice	Nothing in life is free
160	Salvation - Reach It	How to reach salvation
161	Self Control	Hard to develop
162	Self Discipline	Hard to do consistently
163	Self Doubt	How we can help overcome it
164	Self Worth	A life long argument most of us have
165	Self-Deception	Learn to control this human trait
166	Self-Pity	How to control this.
167	Serve Others	Why and how can we do this
168	Servent Leadership	Non Conventional Leadership - a different concept
169	Seven Sins	The seven deadly, or capital sins we should never do
170	Sexual Abuse/Assault	Much more common than most people wish to believe
171	Sibling Rivalry	Love your brothers and sisters, but this can be difficult
172	Spirituality	What it is and how it can impact your life
173	Spoiling a Child	How and why to avoid this
174	Stop Addictions	Extremely difficult, but very possible
175	Stop Judging	It is easier to judge than to learn - focus on learning

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176	Stop Swearing	A difficult habit to break, but possible to do so
177	Talking Over Others	Disrespectful, largely driven by ego
178	Teach Our Children	Most important is to love God with all their heart
179	Temper	How it impacts our lives and how to control it
180	Temptation	How we can combat it
181	Ten Commandments	Just imagine if the world followed them every day
182	Thanks	Give God Thanks every day
183	Therapy - Counsel	If you need it try it
184	Think Positive	What you allow into your head controls what comes out
185	Tragedy	Most of us face this at least once in our life
186	Trinity	Not in the Bible. However, it refers to God, Son and Holy Spirit
187	Trust Broken	How to process when your trust has been broken
188	Trust Rebuilding	After forgiving, then you must build the trust back
189	Unloveable	If you were taught you are unloveable
190	Values	See Moral Compass, Life Principles, Become a Disciple
191	Vengeance	A horrible sin
192	Weight Loss	How we can lose the weight
193	Why God?	Why we need him
194	Workaholic	How to avoid being one
195	Your Grace	How to give yourself Grace, not shame or guilt

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To learn the bible purchase the Life Application Study Bible, King James Version, Tyndale House Publishers, Inc.