

Introduction + Section 1 – Free Sample

This workbook is where understanding becomes transformation.

The *Secret Place Within Workbook* is designed to help participants actively engage Scripture, reflect honestly, and apply truth in a structured, emotionally safe way. It follows a guided rhythm that blends biblical truth, neuroscience insights, and practical application.

In this opening section, you will experience:

- How the workbook is structured and why the pacing matters
- What “renewing the mind” looks like in daily, tangible practice
- How reflection, journaling, and application work together for lasting change
- The importance of awareness, choice, and grace in the transformation process

This workbook is not about fixing yourself—it is about learning how change actually happens, step by step, with God.

This free sample introduces the format and tone of the journey. The full workbook continues by walking participants through progressive stages of renewal, healing, and fruitfulness—both personally and relationally.

Introduction

You are holding more than just a workbook—you are holding an invitation. An invitation to step into the light of God’s truth, to renew your mind, and to experience transformation that reaches both your heart and your habits.

In your first journey with me, you read through and experienced my path and insight towards becoming very good again. Now it’s your turn to have the opportunity towards gaining your own personal revelations. However, I do highly recommend you first read the textbook in its entirety before beginning this workbook. Once you have read the book, you can then begin this workbook and continue to refresh yourself, section by section and side by side with the main textbook.

This journey is built on two foundations that may seem separate, but are deeply connected: the truth of Scripture and the insights of science. God created both the human brain and the human spirit, and when we understand how they work together, we can better grasp what it means to walk in freedom, healing, and wholeness.

In these pages, you will discover how the mind, soul, and spirit interact—how our thoughts shape our lives, how false beliefs and attachments hold us back, and how God’s Word and Spirit empower us to live as new creations in Christ. Each section blends:

- **Scripture Engagement – digging into the Bible with fresh eyes.**
- **Truth Connections – uncovering how God’s Word speaks into your daily struggles.**
- **Neuroscience Meets Scripture – showing the link between brain science and spiritual growth.**
- **Application Challenges – practical steps to walk out what you are learning.**
- **Prayer & Reflection – inviting God to meet you personally in each step.**
- **My Story – opportunity to build and craft your own personal testimony.**
- **Freedom Moment – application aiding towards breaking through to freedom.**
- **Closing Challenge – reinforce growth, prayer declaration and celebration.**

This is not just about gaining knowledge—it’s about transformation. As you write, reflect, and pray through these sections, I encourage you to be honest with God and with yourself. The more real you are in this process, the more room you give the Holy Spirit to bring healing and freedom.

My prayer is that as you voyage through this workbook, you will see your life through God’s eyes, break free from false beliefs and unhealthy attachments, and walk boldly in the Spirit. May you come to the end not only with a renewed mind, but with a transformed heart and a testimony of God’s goodness that will encourage others.

Welcome to the expedition that lies ahead. Let’s begin.

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Section 1: Scientific & Biblical Truth

God has created the human mind and soul with remarkable design. Scripture and science together, I believe, reveal His wisdom. In this section, you will explore how the Spirit (prefrontal cortex) and the Soul (limbic system) interact, how sin has affected human decision-making, and how God’s truth can transform old patterns into Spirit-led, “very good” choices. By understanding both the biblical perspective and the scientific explanation of your mind, you are invited to “addict yourself” to God’s Word—attaching closely, devoting daily, and applying it habitually to your life so that your thoughts, decisions, and habits align with His design.

This workbook section is intentionally practical. Rather than expanding the teaching further, it invites you to apply these truths—to observe your thought patterns, recognize where decisions are being driven by emotion or habit, and begin partnering with the Holy Spirit in renewing your mind. The goal is not information alone, but transformation that leads to freedom and Spirit-led living.

Day 1: Scripture Engagement

Read 1 Corinthians 16:15 (KJV). Notice the phrase “they have addicted themselves to the ministry of the saints.”

Reflection Questions:

- What comes to your mind when you hear the word *addicted*?

- In today’s culture, addiction is almost always negative. Write some examples of how addiction is negative and also write how does this verse redeem the term *addicted* into something positive?

- How could you “addict yourself” to God’s Word in a practical, daily way?

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- Who in your life models this kind of devotion, and what can you learn from them?

Live it Out Prompt:

Write about an area of your life where you once felt enslaved by negative habits. How could that same persistence be redirected into a healthy spiritual practice?

Activity – Daily:

- Set aside 10 minutes each day this week to read a portion of Scripture and write one sentence on how you can live it out.

Activity – Weekly:

- Share with a friend or small group one way you are “addicting yourself” to God’s Word this week.

Day 2: Truth Connection: Genesis 1

God is the intentional, personal Creator who brings order, identity, purpose, and goodness into every part of creation — including you.

You are not random, accidental, or undefined. You were created on purpose, with purpose, and declared “very good” in His design.

Read Genesis 1:27, 31.

Reflection Questions:

- Why do you think Scripture says, “it was very good”?
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- The NKJV italicizes “it was.” What might this suggest about God’s knowledge of what was to come?

- How does the shift from “very good” (Genesis 1) to “fallen” (Genesis 3) shape your understanding of the human mind today?

God created the mind with order and purpose. The prefrontal cortex was designed for godly decision-making, values, morals, truth, and integrity. But since the Fall, sin distorts these functions, leading us toward unhealthy choices based on worldly values, morals and lies.

Chart: Prefrontal Cortex Functions — God’s Design vs. The Fall

God’s Created Prefrontal Cortex	Fallen Prefrontal Cortex (after sin entered)
Very good values & morals	Distorted values & morals
Truth & integrity	Lies, deception, condemnation
Godly convictions	Worldly beliefs & selfishness
Healthy decisions	Unhealthy / sinful decisions

Reflection Questions

- Which column do your daily thoughts and choices look more like?

- How have you experienced both sides of this chart in your own life?

Daily Walk Prompt

Write about a time when you made a decision from a “fallen” mindset. How might that same moment have looked if approached with God’s design in mind?

Live it Out Prompt:

Describe how it feels to know that God originally designed you as “very good.” How might this truth reframe the way you see your weaknesses or struggles?

Activity – Daily:

- Each evening, write down one way you saw God’s goodness in your day.

Activity – Weekly:

- Memorize Genesis 1:31 and meditate on it before starting your week.

Day 3: Neuroscience Meets Scripture

The Bible and brain science both speak to how we live, think and choose.

Sample: The Secret Place Within - Become “Very Good” Again - Study Guide & Workbook

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The readers book *metaphorically* connects:

- **Prefrontal Cortex** → **Spirit** (Godly values, healthy decisions)
- **Limbic System** → **Soul** (emotions, memories, experiences)

Chart – Scientific | Spiritual | Scripture

Scientific Function	Spiritual Function	Scripture Connection
Prefrontal Cortex – decision making, values	Spirit – God-given discernment	Romans 12:2 – “Be transformed by the renewing of your mind”
Limbic System – emotions, memory storage	Soul – stores experiences, fleshly desires	Galatians 5:16-17 – battle of Spirit vs. flesh

Add your own examples of where science and Scripture align:

Reflection Questions:

- Where do you notice the “battle” between Spirit and flesh most in your life?

- What healthy decision have you made recently that came from godly discernment?

- How might renewing your mind (Romans 12:2) shift the way your brain processes memories and emotions?

Activity – Daily:

- Each morning, pause and ask: “Am I thinking with my Spirit (prefrontal cortex, discernment) or my flesh (limbic, emotions)?” Write a quick note on what you notice.

Activity – Weekly:

- Create a two-column list: “Spirit-Led Choices” vs. “Flesh-Led Choices” from your week. Reflect on patterns you see.

Optional Going Deeper: See Appendix (pg. 126) for a reflection prompt about trusting science vs. Scripture

Day 4: Application Challenge

Remember: Poor decisions from the past, where unhealthy outcomes were experienced and repeatedly replicated, can explain why a person continues to relapse when in recovery from addictive behavior.

Pause Point: The following application asks you to recall an emotional moment. If you are concerned this will be too upsetting, choose an alternate reflection: “Describe a time you felt safe,” or skip and use the next Application Challenge instead.

- Think about a time when your **limbic system (soul, emotions)** led you to repeat an unhealthy pattern (anger, fear, addiction, regret). What memory or feeling keeps pulling you back?

- Now think about how your **prefrontal cortex (spirit, discernment)** could interrupt that cycle with a “very good” choice.

Activity – Daily:

- Write down one “very good” decision you made each day this week — no matter how small.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Activity – Weekly:

- At the end of the week, review your “very good” choices. Circle the one that had the biggest impact and thank God for His Spirit guiding you.

Prayer / Commitment

“Lord, thank You for creating my mind and soul in Your image. Help me renew my mind daily with Your Word so my decisions will flow from Your Spirit, and not my sinful nature. Teach me to addict myself to Your truth. Amen”

Write your personal prayer of commitment here:

Day 6: Freedom Moment

Looking back at your story:

- What was God trying to show you about your mind and Spirit?

- How does choosing the Spirit bring freedom from unhealthy patterns?

- What step of freedom can you take today?

Live it Out Prompt:

Write a declaration of freedom in Christ. Example: *"I am no longer bound to my old patterns. I choose to renew my mind and walk in Spirit-led decisions today."*

Activity – Weekly:

Celebrate one moment this week where you noticed yourself breaking free from an old pattern by choosing a Spirit-led thought or action.

Closing Challenge & Celebration

Challenge:

Identify one "old thought loop" you struggle with (fear, regret, anger, self-pity). Each time it arises this week:

1. Pause.
2. Pray: *"Lord, renew my mind in Your truth."*
3. Replace it with a Scripture-based declaration (Romans 12:2, 2 Corinthians 5:17, or another Scripture verse of your choice).

Celebration:

At the end of the week, write down how God has shifted your thinking. Share your testimony with a trusted friend or in a journal entry to remind yourself of His renewing power.

Day 7: Rest in God's Presence

Congratulations on completing Section 1 on scientific & Biblical Truth. You dove in head first with taking on and finished the first week strong. You have earned your day of rest! I recommend you to pray, meditate, and clear your mind because week two begins tomorrow. Great Job!

Encouragement:

Rest is not about doing less, but about trusting more. By resting in God's presence, you declare: *"My soul finds its rest in Him alone."*

Section 1: Closing Prayer

"Father, thank You for creating my mind in Your image and for giving me both the truth of Scripture and the wisdom of science to understand it. I surrender my thoughts, emotions, and choices to You. Renew my mind daily so that I may walk in the Spirit and not be bound by old patterns. Help me to addict myself to Your Word and to live out of the freedom You have already given me in Christ. In Jesus' name, Amen."

Summary Theme:

Renewing my mind through God's Spirit transforms old patterns into Spirit-led freedom.

What Comes Next

This sample introduces the rhythm and structure of the workbook, but it is only the beginning. The full workbook continues by guiding you through a progressive, step-by-step process of reflection, awareness, and application.

As you move forward, you will:

- Engage Scripture in deeper, more personal ways
- Learn how thoughts, emotions, and choices interact
- Practice renewing the mind through daily and weekly activities
- Experience greater clarity, freedom, and spiritual alignment over time

The workbook is meant to be used consistently, not rushed. Growth happens through repetition, honesty, and grace.

Transformation is not instant—but it is possible, and it unfolds one faithful step at a time.