

# **Building on Foundations for Eternal Life, By Thomas Edel**

Audiobook Contents, section start times, and section time durations

## **Start-Time   Section & Section Time Duration**

0:00	Opening Credits - 1:42
<b>1:42</b>	<b>Preface - 4:00</b>
<b>5:42</b>	<b>Introduction - 3:00</b>
<b>8:42</b>	<b>PART 1: From Truth to Wisdom - 1:55</b>
10:38	<b>Ch. 1: Truth - 5:03</b>
15:41	<b>Ch. 2: Knowledge - 3:29</b>
19:10	<b>Ch. 3: Understanding - 3:13</b>
22:24	<b>Ch. 4: Wisdom &amp; Faith - 21:20</b>
23:48	...Wisdom
32:37	...Faith
43:44	<b>Ch. 5: Growing in Wisdom &amp; Faith - 1:00:43</b>
48:00	...Chapter Summary
50:22	...Please Understand
52:48	...Knowledge Is Just a Starting Point
54:30	...Acknowledge and Respect God
55:34	...Know You Can Be Deceived
56:35	...Know Your Need
57:57	...Be Honest with God
1:00:28	...Understanding Comes from God
1:03:04	...Ask God for Understanding
1:05:41	...The Holy Spirit
1:08:55	...Look to Scripture
1:11:39	...Do It, and Know
1:12:39	...Delight in Understanding & Wisdom
1:17:01	...Gifted Teachers
1:18:31	...Good Relationships
1:19:43	...Listen to Advice
1:20:28	...Different Viewpoints
1:22:08	...Observation and Reason

1:27:21 ...Not by Worldly Learning and Philosophy  
1:29:12 ...Don't Reject Truth  
1:31:50 ...Don't Be Proud  
1:33:03 ...Affliction and Suffering  
1:35:33 ...Wisdom Makes Right Choices  
1:39:36 ...Wisdom Chooses God's Way  
1:42:02 ...Jesus

**1:44:28 PART 2: Understanding Deception - 1:17**

1:45:46 **Ch. 6: "Deceived"** - 3:19  
1:49:05 **Ch. 7: You Can Be Deceived** - 5:23  
1:54:28 **Ch. 8: "Don't Be Deceived..."** - 3:39  
1:58:07 **Ch. 9: Darkness or Light?** - 9:34  
1:59:41 ...Those in Darkness Can't See  
2:01:33 ...Light Comes from God  
2:03:57 ...Jesus' Followers Are in Light  
2:05:19 ...People Who Do Evil Hate the Light  
2:05:57 ...Light and Darkness Don't Mix Well  
2:06:43 ...Expose Works of Darkness  
2:07:42 **Ch. 10: Spirits of Deception** - 20:47  
2:08:40 ...A United Kingdom  
2:10:16 ...The Devil Deceives  
2:12:25 ...The Devil's Purpose in Deception  
2:16:23 ...Evil Spirits  
2:28:29 **Ch. 11: Deceivers Among Us** - 8:25  
2:36:55 **Ch. 12: Passivity** - 11:59  
2:40:45 ...Other Religious Perspectives  
2:43:13 ..."Let Go and Let God"?  
2:43:49 ..."No Longer I That Live"?  
2:46:09 ..."It Is God Who Works in You"  
2:47:50 ..."Walk in a Manner Worthy"  
2:48:54 **Ch. 13: A Neutral Attitude** - 10:39  
2:54:21 ...The Man Born Blind

2:59:33	<b>Ch. 14: Deception Goes Both Ways</b> - 17:39
3:17:13	<b>Ch. 15: "Heresy"</b> - 5:23
3:22:36	<b>Ch. 16: Test All Things</b> - 7:45
<b>3:30:22</b>	<b>PART 3: Flesh or Spirit?</b> - 1:35
3:31:57	<b>Ch. 17: Spirit, Soul, Body</b> - 7:02
3:38:59	<b>Ch. 18: The Flesh</b> - 8:20
3:47:20	<b>Ch. 19: The Spirit</b> - 9:36
3:56:57	<b>Ch. 20: Spirit and Flesh in Conflict</b> - 19:44
4:16:41	<b>Ch. 21: Other Perspectives</b> - 11:37
<b>4:28:19</b>	<b>PART 4: Common Deceptions</b> - 2:49
4:31:09	<b>Ch. 22: Truth and Scripture</b> - 14:52
4:32:01	...Truth Does Not Exist
4:33:38	...Absolute Truth Does Not Exist
4:34:43	...Truth Changes with Time
4:37:48	...Old Scripture Is Irrelevant Today
4:40:26	...New Revelation Supersedes the Old.
4:42:27	...Scripture Has Been Changed
4:46:01	<b>Ch. 23: God</b> - 12:03
4:46:37	...No God (Naturalism)
4:47:11	...Many Gods (Polytheism)
4:51:56	...All Is God (Pantheism)
4:52:37	...God Not Personal
4:54:18	...God Not Good
4:56:04	...All Paths Lead to God
4:58:06	<b>Ch. 24: Jesus</b> - 19:33
4:58:46	...Jesus Not the Christ
4:59:31	...Didn't Come in the Flesh
5:01:29	...Didn't Exist
5:01:47	...Didn't Die
5:02:42	...Didn't Rise
5:04:52	...Not Exalted
5:14:14	...Won't Come Again

5:16:17	...Other Christs
5:17:38	<b>Ch. 25: Sin</b> - 17:20
5:22:43	...No Sin
5:24:01	...Moral Relativism
5:27:05	...All Sins Are Equal
5:29:50	...No Deliverance from Sin
5:31:54	...No Consequences
5:34:58	<b>Ch. 26: Salvation</b> - 27:56
5:35:46	...Good Works
5:38:16	...Self-Denial
5:42:39	...Legalism
5:48:53	...Church Membership
5:49:49	...Faith and Repentance
5:56:46	...Not for All
6:02:54	<b>Ch. 27: Self</b> - 29:29
6:03:33	...Selfishness
6:05:56	...Pride or Humility?
6:09:36	...Individualism
6:14:32	...Greed / Money
6:17:20	...Fear
6:24:55	...Free Will?
6:32:24	<b>Ch. 28: Prosperity</b> - 23:47
6:33:23	...Gain Is Godliness
6:36:02	...Godliness Is a Means of Gain
6:41:57	...A New-Covenant Perspective
6:52:34	...Godliness with Contentment
6:53:54	...A Living Hope
6:56:12	<b>Ch. 29: Science</b> - 12:31
6:56:40	...Hard and Soft Science
6:59:52	...Naturalism
7:01:58	...Microevolution and Macroevolution
7:04:22	...Creation or Evolution?
7:07:37	...Science, Philosophy, or Religion?

7:08:43	<b>Ch. 30: Division</b> - 21:47
7:12:03	...What Is Unity Based On?
7:17:26	...One Body
7:19:14	...Disputable Matters
7:22:01	...Secondary Issues
7:25:02	...Heresy
7:25:38	...Our Way Is the Only Way!
7:27:52	...Division or Love?
7:30:30	<b>Ch. 31: Do Not Judge</b> - 14:55
7:32:56	...Right Distinctions
7:35:41	...We Condemn Ourselves
7:36:55	...Don't Judge Motives
7:39:08	...Only Judge Actions
7:41:37	...Discern Evil and Avoid Evil
7:42:41	...Jesus Will Judge
7:43:55	...Don't Take Revenge
7:45:26	<b>Ch. 32: The Holy Spirit</b> - 1:34:37
7:47:53	...Receive the Holy Spirit
7:54:38	...Filled with the Holy Spirit
8:06:49	...“Baptize”
8:13:37	...Jewish Baptisms
8:20:21	...Baptized in the Holy Spirit
8:35:35	...Spiritual Gifts
8:42:52	...Speaking in Tongues
8:52:23	...Controlling or Empowering?
8:55:27	...A Second Blessing?
9:16:50	...Benefits of the Holy Spirit
9:20:03	<b>Ch. 33: God Told Me...</b> - 58:27
9:20:37	...Ways God Has Spoken
9:47:51	...Has God Stopped Speaking?
9:51:25	...What Is Normal and Common?
9:59:47	...Clarity and Certainty
10:06:48	...Thoughts and Impressions

10:08:41	...Consider Other Possible Sources
10:11:43	...Discerning the Difference
10:13:14	...Learning from History
10:14:18	...Growing Up
10:15:35	...My Experience
10:18:31	<b>Ch. 34: Mishandling Scripture</b> - 54:00
10:19:18	...Knowledge, Understanding, or Wisdom?
10:20:32	...God's Viewpoint
10:23:32	...By Example or Teaching?
10:26:38	...Is It Applicable?
10:30:31	...Context and Culture
10:36:14	...Scripture or Tradition?
10:39:53	...Translation Problems
10:50:42	...Compare Scripture with Scripture
10:56:21	...Reading into Scripture
11:04:56	...Don't Oversimplify
11:12:31	<b>Ch. 35: The Kingdom of God</b> - 35:01
11:18:41	...What Is "the Kingdom of God"?
11:22:00	...Other Kingdoms and Governments
11:29:15	...Living Under Existing Governments
11:33:22	...Entering the Kingdom
11:36:14	...Living in the Kingdom
11:47:33	<b>Closing Credits</b> - 1:44