

# Sound Mind

## Week 7: How to Help Others

### **Lean In**

Read “*The Prisoner’s Dilemma*” the following page.

- *If you were one of the criminals, what would you do?*

### **Look Down**

Read 2 Corinthians 1:3-7 in the NIV. According to verse 6, what is the purpose of distress and comfort?

### **Look Out**

Who in your life is hurting right now?

### **Look In**

With that person in mind, answer the following:

- *What is your initial reaction to discomfort? (Example: I’m a fixer...)*
- *What aspects of their situation fall under each category of C.I.A.? (Control, Influence, Accept)*

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## ***The Prisoner's Dilemma***

Two criminals have been arrested on suspicion of robbing the Federal Reserve Bank of New York and placed in separate isolation cells. Both care more about their personal freedom than about the welfare of their accomplice.

A top-notch prosecutor trying to nail them for the robbery makes the following offer to each criminal:

“You may choose to confess or remain silent. If you confess and your accomplice remains silent, I will drop all charges against you and use your testimony to ensure that your accomplice does serious time. Likewise, if your accomplice confesses while you remain silent, they will go free while you do the time. If you both confess, I get two convictions, but I’ll see to it that you both get early parole. If you both remain silent, I’ll have to settle for token sentences on firearms possession charges. If you wish to confess, you must leave a note with the jailer before my return tomorrow morning.”

*\*\*Keep in mind that the firearms charges will be SIGNIFICANTLY less time than the charges for robbery.\*\**

*Find out more about this philosophical dilemma [here](#).*

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