

- I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. MEDITATION

- A. Review your class notes from Tuesday.
- Take some time to think about the main ideas of the lesson. If you want to add details to your notes, you'll find the audio message on our website under the Resources tab. (www.DivineDesignDiscipleship.com).
 - Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.
- B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

III. SCRIPTURE TEXT

Ps 50:1-6 NIV-- The Mighty One, God, the LORD, speaks and summons the earth from the rising of the sun to the place where it sets. 2 From Zion, perfect in beauty, God shines forth. 3 Our God comes and will not be silent; a fire devours before him, and around him a tempest rages. 4 He summons the heavens above, and the earth, that he may judge his people: 5 "Gather to me my consecrated ones, who made a covenant with me by sacrifice." 6 And the heavens proclaim his righteousness, for God himself is judge. "Selah"

Ps 50:7-12 NIV--"Hear, O my people, and I will speak, O Israel, and I will testify against you: I am God, your God. I do not rebuke you for your sacrifices or your burnt offerings, which are ever before me. I have no need of a bull from your stall or of goats from your pens, for every animal of the forest is mine, and the cattle on a thousand hills. I know every bird in the mountains, and the creatures of the field are mine. If I were hungry I would not tell you, for the world is mine, and all that is in it.

Ps 50:13-14 NIV-- Sacrifice thank offerings to God, fulfill your vows to the Most High, 15 and call upon me in the day of trouble; I will deliver you, and you will honor me."

Ps 50:13-14 MSG-- Spread for me a banquet of praise, serve High God a feast of kept promises, and call for help when you're in trouble - I'll help you, and you'll honor me."

Ps 50:17-23 NIV-- You hate my instruction and cast my words behind you. 18 When you see a thief, you join with him; you throw in your lot with adulterers. 19 You use your mouth for evil and harness your tongue to deceit. 20 You speak continually against your brother and slander your own mother's son. 21 These things you have done and I kept silent; you thought I was altogether like you. But I will rebuke you and accuse you to your face. 22 "Consider this, you who forget God, or I will tear you to pieces, with none to rescue: 23 He who sacrifices thank offerings honors me, and he prepares the way so that I may show him the salvation of God."

IV. PERSONALIZATION

A. Make yourself a candidate for a Breath of Fresh Air by implementing these strategies:

- Think about the transitions you are facing or anticipating. What particular challenges come with these changes? Ask the Lord to speak, personally applying the principles and promises of His Word into these places.
- Cry out to God wherever you are burdened or in need. Use "Tools & Techniques: Call Upon the Name of The Lord" to help you rely on Him, His power, and His wisdom.
- Invite the Holy Spirit to search your life for the places where an undue reliance on yourself, your strength, and your ideas, has slipped in unawares. Consider these open doors from your past:

ENTRY POINT

MESSAGE/LIE YOU BELIEVED

Inappropriate praise for achievements

My worth is determined by my works.

Environment where opinions of others determined direction or decisions

I must blend in to be accepted or to avoid rejection

Surrounded by or wounded by criticism

I have to be right or get it right/perfect

Inappropriate responsibility

It's on me to fend for myself.

Trauma of abandonment or abuse

I can't trust God or others

B. Settle old scores as the Lord brings them to mind. Make yourself available to His healing power that is able make any bitter thing sweet:

- Let God comfort your hurts—they matter deeply to Him.
- Be willing to feel the feelings and grieve over any loss you've experienced.
- Calculate the cost of any wrong done to you.
- Will you allow Jesus to pay the debt of the ones that have wronged you?
- Meditate on these verses. Ask God to make them true of you:
 - Eph 4:31-32 NAS-- Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.
 - Rom15:7 NIV— Accept one another, then, just as Christ accepted you, in order to bring praise to God.
 - Mt 7:1-4 MSG— Don't pick on people, jump on their failures, criticize their faults - unless, of course, you want the same treatment. That critical spirit has a way of boomeranging. It's easy to see a smudge on your neighbor's face and be oblivious to the ugly sneer on your own. Do you have the nerve to say, 'Let me wash your face for you,' when your own face is distorted by contempt?
 - Col 3:12-14 NLT-- Since God chose you to be the holy people whom he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. You must make allowance for each other's faults and forgive the person who offends you. Remember, the Lord forgave you, so you must forgive others. And the most important piece of clothing you must wear is love. Love is what binds us all together in perfect harmony.

B. Reinforce your new thinking by continuing to apply these strategies to your existing circumstances and as new situations arise:

- Be mindful of your mental and emotional response to circumstances. Ask the Holy Spirit to help you see God, His true character, and how He is at work through your dreams, disappointments, responsibilities, and challenges.
- Retreat into the Secret Place of God's presence when you need refreshment. Discover His rest as you listen to His voice.
- Flip your negative thoughts about God, yourself, and your circumstances. Renew your mind with Scripture. Speak the truth to yourself about your situation until it penetrates your emotions and silences the enemy.
- Maintain vigilance as you seek God's freedom from habits of thinking and doing that don't lead to rest or peace. Ask Him to identify triggers and reward systems that are keeping you stuck.
- Persevere in your awareness campaign regarding mindsets that are keeping you from entering God's rest. Ask Him to replace them with His truth instead.
- Be alert for any voices that are influencing your ability to rest. Take note of the voices that seem to be particularly constant or distracting to you.

C. Keep a written record of all that God is teaching you in your notebook or spiritual journal.