

- 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. APPLICATION AIDS

A. MEDITATION

1. Think about your One Thing from this week's lesson. Ask yourself and ask the Lord what it would look like for this truth to be integrated into your life. Record your thoughts here:

2. Meditate on the on these definitions from Easton's Bible Dictionary:

- Redeemer-- one charged with the duty of restoring the rights of another and avenging his wrongs. This title is peculiarly applied to Christ. He redeems us from all evil by the payment of a ransom
- Redeem-- to buy back; to change for the better; to exchange for something of value; to make good: fulfill; to free from what distresses or harms; to help to overcome something detrimental; to release from blame or debt: clear; to free from the consequences of sin; to remove the obligation of by payment; to offset the bad effect of; to make worthwhile

B. APPLICATION

1. PRAYER: Based on these definitions and the principles from the teaching, apply the principle of redemption to your current life's circumstances.
- Make a list of the situations where you want to invite God's redemptive intervention:

- Set aside some time to deal with each of your issues with the Lord. If your list is long or if the items are deep or long-standing, plan on more than one session. Stay with the process until breakthrough comes.
 - As you pray through your list, use these suggestions to help you release each issue to God:
 - First, get in touch with it. Journaling and visualizing are helpful tools.
 - Next, feel the feelings. Don't be afraid of painful emotions. Stay in the feelings until you are able to receive God's comfort and truth there.
 - Lastly, allow yourself to feel the weight of carrying it. Ask yourself if you are ready to lay it at Jesus' feet.
 - Ask the Lord, "Jesus, my Redeemer, what do You want to give me in return?"
 - Believe that, as your Redeemer, He will exchange your burden for freedom and blessing.
 - Be expectant and pay attention to the Spirit's still small voice.
 - Let the Scriptures listed below minister to you as you watch, wait, and walk out the path He sets before you.
 - Keep a record of the things He reveals to you now and in the days to come.
2. THE WORD: Based on the definitions above and the verses below, let the principle of redemption change your view of God and your circumstances:
- Exchange your problems for God's promises:
 - Start with the promises below to build your faith in God's redeeming power for the specific situations where they apply.
 - Spend time with the Lord and your Bible. Ask Him for additional promises, personal words that bring more faith and vision to your issue.
 - Appropriate the promises. Pray them back to God, asking Him to make them your experience. Thank Him that He always keeps His Word.
 - Example: Lord, I want to exchange the worry that I have been carrying for Your Words of Life. Please speak life to these circumstances that seem hopeless and dead. Thank You, I believe You will redeem and restore.
 - a. Worry → Words of Life: Is 50:4 NLT-- The Sovereign LORD has given me his words of wisdom, so that I know what to say to all these weary ones. Morning by morning he wakens me and opens my understanding to his will.
 - b. Overwhelmed → Overcome: Jn16:33 MSG-- I've told you all this so that trusting me, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! I've conquered the world.
 - c. Pressure → Peace: Pr 1:33 MSG-- First pay attention to me, and then relax. Now you can take it easy - you're in good hands.
 - d. Powerless → Protection: Ps 119:154-- Plead my cause and redeem me; Revive me according to Your word.
 - e. Guilty → Grace: Ps 111:9 NLT-- He has paid a full ransom for his people. He has guaranteed his covenant with them forever. What a holy, awe-inspiring name he has!
 - f. Curse → Blessing: Deut 23:5-- The Lord your God turned the curse into a blessing for you, because the Lord your God loves you.