

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](http://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. PERSONALIZATION

A. Times of Refreshing come from the Presence of the Lord. Cultivate an awareness of God's Presence in your everyday routine:

1. Rehearse the promise of His Presence: Mt 28:20 NLT—"Be sure of this: I am with you always, even to the end of the age."
2. Pray for sharp spiritual eyes and ears so that you might recognize the evidence of God's Presence as you go about your day: Mt 13:16— Blessed are your eyes for they see, and your ears for they hear.
3. Reinforce this awareness by taking time at the end of each day to remember the ways you experienced God's nearness. Thank Him for His sweet, sweet presence and the way it impacted you.

B. Begin Re-Thinking Work this week by meditating on this passage. Take in deeply what it is that God wants from you:

Deut 10:12 AMP-- What does the Lord your God require of you but [reverently] to fear the Lord your God, [that is] to walk in all His ways, and to love Him, and to serve the Lord your God with all your [mind and] heart and with your entire being.

C. Pray for these fundamental mindsets to be true of your mind and heart:

1. Fear of the Lord—to be fully convinced that God will always keep His Word:
  - Pr 9:10 NLT-- Fear of the LORD is the beginning of wisdom. Knowledge of the Holy One results in understanding.
  - Is 66:2 NIV—This is the one I esteem: he who is humble and contrite in spirit, and trembles at my word.
  - Is 33:6 NIV-- He will be the sure foundation for your times, a rich store of salvation and wisdom and knowledge; the fear of the LORD is the key to this treasure.
  - Mt 7:24 MSG—These words I speak to you are not incidental additions to your life, homeowner improvements to your standard of living. They are foundational words, words to build a life on. If you work these words into your life, you are like a smart carpenter who built his house on solid rock.
  - Jn 6:29 NCV-- Jesus answered, "The work God wants you to do is this: Believe the One he sent."
2. Walking in His Ways—Our full time job in this life is to Believe!
  - 2 Cor 5:7—We walk by faith and not by sight.
  - Jm 1:14 BBE-- But every man is tested when he is turned out of the right way by the attraction of his desire.
  - Eph 2:10-- For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.
  - Jm 1:5 NLT— If you need wisdom -- if you want to know what God wants you to do -- ask him, and he will gladly tell you.
  - Rom 10:17-- So then faith comes by hearing, and hearing by the word of God.
3. Loving God—Ask God to love Himself through you by His Spirit inside of you:
  - Rom 5:5—The love of God has been poured out in our hearts by the Holy Spirit who was given to us.
  - Rom 12:1-2 NLT-- And so, dear brothers and sisters, I plead with you to give your bodies to God. Let them be a living and holy sacrifice -- the kind he will accept. When you think of what he has done for you, is this too much to ask? Don't copy the behavior and

customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is.

4. Wholeheartedness comes as you embrace your relationship to God, your identity as His child, and your unique place of belonging in His Kingdom:

- 1 Cor 6:20 NKJV--For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.
- Rom 8:16-17--The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs--heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.
- Jer 32:39 NIV--I will give them singleness of heart and action, so that they will always fear me for their own good and the good of their children after them.

D. Examine where you are investing your time and energy. Let God test each place so that you may leave a legacy of works that last:

- 1 Cor 3:13-15 GNT--The quality of each person's work will be seen when the Day of Christ exposes it. For on that Day fire will reveal everyone's work; the fire will test it and show its real quality. If what was built on the foundation survives the fire, the builder will receive a reward. But if your work is burnt up, then you will lose it; but you yourself will be saved

E. 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.
- Stay in process with the Lord as He continues to show you open doors from your past. Be willing and available to His Spirit as He reveals entry points for wrong thinking and does His healing work in your soul.
- 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.
- 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.

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