

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. Continue to Re-Think Work this week by applying these principles:

1. Fear is Satan's tool to rob us of the gifts God has for us in our work. Spend some time this week prayerfully considering where you may have opened the door to fear:
  - Not realizing that you have authority from God for every call He has placed on your life
  - Inappropriately conceding that authority to an institution or to another person
  - Looking to something or someone else to be your provider instead of trusting God for the resources you need (finances, people, knowledge, material things, guidance)
  - Giving a human being the final say on who you are and what you do
  - Believing the propaganda of the world regarding what it means to be:
    - Significant
    - Accomplished
    - Included
    - Successful
    - Acceptable
    - Beautiful
    - Smart
    - Strong
    - Worthy
    - Special
    - A world-changer
2. Journal about what God shows you as you open your heart and mind to His revelation:

#### B. Pray the promises of God. Use them as a powerful defense against the voice of fear that comes when you are facing challenges in your God-given roles.

- Ask Him to give you Scriptures that are personal for your call or vocation.
- Get started with these promises that apply to every child of God:
  - Ps 34:5 NIV-- Those who look to him are radiant; their faces are never covered with shame.
  - Ps 118:6-- The Lord is on my side; I will not fear. What can man do to me?
  - Is 28:5-6 MSG-- God-of-the-Angel-Armies will be the beautiful crown on the head of...His people: Energy and insights of justice to those who guide and decide, strength and prowess to those who guard and protect.
  - Ps 23:1 AMP-- The Lord is my Shepherd [to feed, guide, and shield me], I shall not lack.
  - Ps 37:25—I have been young and now I am old, yet I have not seen the righteous forsaken or his descendants begging bread
  - Phil 4:19 AMP-- My God will liberally supply (fill to the full) your every need according to His riches in glory in Christ Jesus.
  - Josh 1:9 NLT -- I command you—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.
  - Rom 8:39 GNT--There is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord.

- C. Celebrate your freedom. God has already done what's necessary for you to be free from fear. Spend some time thinking about and praying through this passage. Use it as ammunition against fear as you learn to offer your work to the Lord as an act of worship:

Luke 1:68, 71, 74-75 BBE-- Praise be to the Lord, the God of Israel, for He has come to His people and made them free...Salvation from those who are against us, and from the hands of those who have hate for us...That we, being made free from the fear of those who are against us, might give Him worship in righteousness and holy living before him all our days.

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

- Cultivate an awareness of God's Presence in your everyday routine by praying that you will have eyes blessed to recognize Him. Take time at the end of each day to remember and thank Him for the ways He showed up.
- Continue to examine where you are investing your time and energy. Ask Him to reveal any activity or relationship where you have gone beyond His call or His boundaries. Then repent so that you may experience Times of Refreshing from the Presence of God.
- Embrace God's promise of finding rest in the midst of all the roles that He has called you to: "My presence shall go with you, and I will give you rest." (Ex 33:14 NAS)
- Be mindful of your mental and emotional response to circumstances. Ask the Holy Spirit to help you see God's true character, and how He is at work in your dreams, disappointments, responsibilities, & 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.

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