

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. PERSONALIZATION

A. Get in touch with your human spirit and exercise its faculties this week by applying these principles:

1. At the beginning of your day, take a few minutes to connect with God:

Pr 8:34 NAS--Blessed is the man who listens to me, watching daily at my gates, waiting at my doorposts.

Pr 8:34 TV-- The one who listens to me, who carefully seeks me in everyday things and delays action until my way is apparent, that one will find *true* happiness.

- Start with a Scripture, reading for content. Soak in the words and images for a few quiet minutes.
- Pray the passage back to God. Ask Him to strengthen your spirit with His Holy Spirit so that your spiritual eyes and ears are doing the listening and watching (Eph 3:16).
- Your mind will likely intrude with reasoning and analyzing. Simply, and without judgment, remind yourself that you are exercising your spiritual faculties. Reorient yourself so that you are primarily engaging your spirit.
- Take a moment to capture your experience on paper. If you desire, draw out more richness by journaling your impressions and thoughts.

2. Throughout your day take the opportunity to enjoy God's presence. Go to your Secret Place to connect with Him spirit-to-Spirit anytime, anywhere:

Ps 91:1-- He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty.

Ps 119:114 BBE-- You are my secret place and my breastplate against danger; my hope is in Your word.

Mt 6:6--Pray to your Father who is in the secret place.

Ps 27:5 NAS-- For in the day of trouble He will conceal me in His tabernacle; in the secret place of His tent He will hide me; He will lift me up on a rock.

Ps 61:2-4 BBE-- From the end of the earth will I send up my cry to You, when my heart is overcome: take me to the rock which is over-high for me. For You have been my secret place, and my high tower from those who made war on me. I will make your tent my resting-place forever: I will keep myself under the cover of Your wings. (Selah.)

B. Get to know God better by meditating on the names of God. His names portray different aspects of who He is and who we are because of Him.

1. Here is a sample prayer to use as you seek to know God better.

Thank you for revealing Yourself as Jehovah, the relational God (Ex 2:4). You are the One who hovered over the empty heavens and filled them with the stars. You made a world for us to inhabit and then created man (me!) for the purpose of relationship with You.

I lift up Your name, Jehovah, as I seek Your face. Thank You for making a way for me to connect to You through the sacrifice of Jesus and the gift of the Holy Spirit that lives inside of me. How amazing that You desire to walk with me just as You walked with Adam and Eve in the garden.

Forgive me for often choosing to go it alone and for futile distractions that create distance between us. Thank You for Your grace and patience and love that always welcomes me back.

Help me, Jehovah, get in touch with the desire planted deep in my heart to know You as I am known by You. Increase my capacity to receive Your love and to love You in return. Enlarge my spirit, soften the places where my heart is hard, and let me know truth in my innermost being.

Insights:

2. Explore other names of God and write your own prayers.

- Ask the Holy Spirit to bless your spiritual eyes to see all the benefits that accrue to you because of this particular trait of God as revealed by His name.
- Ask Him to guide you into greater understanding and deeper connection as you receive these truths personally into your heart.

Because God is:

- Living Water (Jn 7:37-39) → My empty places can be full of You and Your abundant life...

- Bread of Life (Jn 6:35) → I can be satisfied as I allow You to feed me and fill me...

- Jehovah M'Kaddesh, the God who sanctifies (Ex 31:13) → I am set apart (betrothed!) to the Lord of lords and King of kings. Thank you, my Lord and my King...