

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. Examine your attitudes and actions to see what they tell you about your faith in the principles of Hebrews 4:

God's promise of rest is for "today."

We can enter God's presence with confidence and faith.

We are invited to listen to His voice as His Spirit uses His living and active Word to change our minds for the better.

The Holy Spirit and the Holy Bible provide a daily source of refreshing, wisdom, and love. Reasons why we don't partake regularly or deeply include:

- *I doubt His promise to speak to me.*
- *I think that personal encounters with Jesus can't happen for me (due to unworthiness, immaturity, or some other reason).*
- *I don't trust that what He says is best.*
- *I fear what He will require of me. I'm not sure I am able to "go there" or will even want to.*
- *I have faith but I'm not as diligent to exercise it as I am to pursue my other priorities.*
- *I've hardened my heart to what I have already heard (identify your reasons). I'm left feeling guilty or apathetic or without much of an appetite.*
- *My times with God are not refreshing.*
 - *Time in the Word is an obligation or duty.*
 - *I rarely feel anything.*
 - *I don't know what it means to experience God's living Word.*
- *Other*

- B. Ask yourself which of the thought patterns listed above apply to you. Ask the Lord to expose whatever is beneath those beliefs. Journal about your insights:

- C. Study the handout “Tools & Techniques: Listening to God” to find out more about the truths we are learning. Use this resource to help sharpen your spiritual hearing and test what you have heard against the principles of Scripture.

Record any insights, questions or concerns in the space provided:

- D. Arise each morning and go to Jesus. Set aside just 15 minutes if this is not your regular routine.

- Begin your time considering His invitation
Hebrews 4:16 AMP-- Let us then fearlessly and confidently and boldly draw near to the throne of grace (the throne of God's unmerited favor to us sinners), that we may receive mercy [for our failures] and find grace to help in good time for every need [appropriate help and well-timed help, coming just when we need it].
- Draw near, believing that He desires and delights for you to come to Him.
- Thank Him for His offer to provide the help that you need.
- Ask the Spirit of God to use the Word of God to speak to your areas of need.
- Stay quietly in His presence with an open mind and an open Bible.
- Listen attentively. Write down any Scripture reference or biblical truth that comes to mind. Spend a few minutes enjoying and praying His Words back to Him.
- At the end of the week, take a few extra minutes to review what you've recorded, taking note of any:
 - Themes or threads.
 - Answered prayers
 - Rest or refreshment you experienced