

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. Consider the following terms and their meanings:

- Refreshing, defined (Strong's)
  - Respite, relief, blessedness from heaven, and "cooling"
  - Synonyms (Thesaurus.com) = exhilarating, invigorating, energizing, restoring, different, original, thirst-quenching, unique
  - Antonyms = boring and depressing
- Rest, defined (Dictionary.com)
  - Intermission of labor, mental peace, support/thing upon which something rests, sleep, dead
  - Original meaning: measure or distance as in stage of a journey (rest stop)
- Restless, defined (Dictionary.com)
  - Perpetually agitated or in motion; unceasingly active; averse to quiet or inaction
  - Worried, uneasy, anxious, unsatisfied, fretful
  - Deuteronomy 28:62-67 MSG (selected)--Because you didn't listen obediently to the Voice of God, your God...this is how things will end up: He'll scatter you to the four winds... You'll worship all kinds of other gods...you'll not be able to settle down. God will give you a restless heart, longing eyes, a homesick soul...In the morning you'll say, "I wish it were evening." In the evening you'll say, "I wish it were morning." Afraid, terrorized at what's coming next, afraid of the unknown...
- Insights

#### B. Take Stock: Where are you on the spectrum of rest and restlessness in the various areas of your life?

- Mentally
- Emotionally
- Physically
- Spiritually
- At home
- At work (paid &/or unpaid)
- In your marriage
- In your ministry
- Other

C. Continue the process of identifying lies that are preventing you from experiencing God's perfect peace and rest. Use your recent circumstances as a guide:

- Was there a particular time(s) when you were especially aware of God's presence, peace, rest, or refreshment?
  - Describe all the emotions that you were feeling:
  
  
  - What underlying thoughts were driving those feelings?
  
- Was there a time(s) when you were anything but rested?
  - Describe all the emotions that you were feeling:
  
  
  - What underlying thoughts were driving those feelings?
  
- Can you spot any beliefs that are different than what Gods' Word says about these situations?
  - Use the handout "Tools & Techniques: Education and Appropriation" to assist you in identifying truths to combat lies or unbelief. Combat these mindsets in prayer, asking God to "change your mind for the better" so that Times of Refreshing will come.
  - Ask a godly friend, prayer partner, or your DDD group leader to join you in processing in places where you feel stuck.