

- 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. Practice receiving and welcoming a particular Fruit of the Spirit every time a negative thought or emotion confronts you. Start with these possibilities:
- Overcome fear with the Fruit of Love: 1 Jn 4:18 NLT--Perfect love expels all fear.
 - Overcome frustration with the Fruit of Peace: Jn 16:33 AMP--I have told you these things, so that in Me you may have [perfect] peace *and* confidence. In the world you have tribulation *and* trials *and* distress *and* frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]
 - Overcome rejection with the Fruit of Patience: Prov 25:15 MSG--Patient persistence pierces through indifference; gentle speech breaks down rigid defenses.
 - Overcome disconnection with the Fruit of Kindness: Rom 2:4 AMP--God's kindness is intended to lead you to repent (to change your mind and inner man to accept God's will)
 - Overcome distress with the Fruit of Faithfulness: 1 Thes 3:7 CEB--brothers and sisters, we were encouraged in all our distress and trouble through your faithfulness.
 - Overcome anger with the Fruit of Gentleness: Prov 15:1 NLT--A gentle answer turns away wrath, but harsh words stir up anger.
 - Overcome guilt with the Fruit of Self-Control: Ps 19:13 NLT--Keep me from deliberate sins! Don't let them control me. Then I will be free of guilt and innocent of great sin.
- B. Go get some joy by practicing these principles:
- Deepen your intimacy with God by rejoicing in Him. Take time each day to offer Him thanksgiving and praise.
 - Challenge your current thoughts and feelings about worshiping in song. Examine what Scripture says about it using the handout "Tools & Techniques: Adoration."
 - Meditate on this passage and ask God how to apply it to the circumstances you are currently facing. Record your insights below: James 1:2-4 NLT-- Dear brothers and sisters, whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything.

Insights:

- Pray for joy—don't let it be said of you that you do not have because you did not ask! Reach out to God in faith, asking Him to manifest this aspect of His nature to you:

El Simchath Gili, God My Exceeding Joy: Ps 43:4 NLT-- Send out your light and your truth; let them guide me. Let them lead me to your holy mountain, to the place where you live. There I will go to the altar of God, to God -- the source of all my joy.

Sample prayer for joy:

Lord, I want to live my life constantly aware of Your presence where there is fullness of joy. May I see Your amazing creation with childlike wonder and may I be overjoyed whenever you impart your astounding wisdom. Give me the great delight of knowing You intimately and cause the joy that I find in You to overflow into the lives of others.

Your personal prayer for joy:

C. Continue to 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.

- 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.
 - 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.