

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. Continue the process of striving diligently to enter God's perfect peace and rest with the following strategies. Apply them to your real-life circumstances and record what happens in the space provided:

1. Go into the Secret Place of God's presence when you need refreshment. Discover His rest as you listen to His voice.
2. Begin an awareness campaign regarding beliefs that are keeping you from entering God's rest. Ask God will to renew your mind with the truths of His Word.
3. Try to identify any voices that are influencing your ability to rest. Consider these possibilities:
 - Past hurts, disappointments, or rejection
 - Judgments about yourself, God, and others
 - Fear of man and people pleasing
 - Fear of pain, shame, or failure
 - Fleshly desires, opinions, and goals
 - Wanting your own way
 - God's Word
 - God's Spirit
 - Insights

4. Examine your recent circumstances and journal about your findings:

- 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?

B. Keep a written record of all that God is teaching you in your notebook or spiritual journal. Come to class ready to share your experiences!