

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. Call upon the name of the Lord in faith, asking Him to help you see the greatness of His saving grace:

- Elohe Tishuathi, God of My Salvation, Ps 51:14— Deliver me from bloodguiltiness, O God, the God of my salvation; then my tongue will joyfully sing of Your righteousness.
- El Nose, The God Who Forgives, Ps 99:8-- You answered them, O Lord our God; You were to them God-Who-Forgives
- Insights:

B. Practice listening to God

- Examine what Scripture says about using our spiritual ears to connect with God using the handout “Tools & Techniques: Listening To God.”
- Try the exercise used in class called “The Middle of the Page”:
  - Write a question or problem in the middle of a blank page of paper.
  - Begin with a question you know the answer to based on the whole counsel of Scripture. For example, “How do You love me?”
  - Be still and listen to what you hear, recording it on the empty page.
  - Always test your thoughts and impressions to make sure they’re biblical. Bring any questions in that regard to class or feel free to email for help to [kyg@bellsouth.net](mailto:kyg@bellsouth.net).
  - Try this several times to tune your spiritual ears to the whisper of the Holy Spirit.
  - Record your insights here or in your spiritual journal.

Adapted from Ruach Journey by Sylvia Gunter

C. Welcome forgiving love into your heart and deepen your intimacy with God:

- Take time each day to offer Him thanksgiving and praise by rejoicing in your salvation. Sing songs to Him about His forgiven. “Amazing Grace” is a great place to start!
- Apply “The Middle of the Page” listening exercise to this question whenever you sense distance between you and God: “Is there anything causing separation or disconnection between us right now, Lord?”
- Insights:

D. Meditate on this passage and ask God to deepen your understanding of the connection between love and forgiveness:

- Ps 32 AMP-- Blessed (happy, fortunate, to be envied) is he who has forgiveness of his transgression continually exercised upon him, whose sin is covered. 2 Blessed (happy, fortunate, to be envied) is the man to whom the Lord imputes no iniquity and in whose spirit there is no deceit. 3 When I kept silence [before I confessed], my bones wasted away through my groaning all the day long. 4 For day and night Your hand [of displeasure] was heavy upon me; my moisture was turned into the drought of summer. *Selah* [pause, and calmly think of that]! 5 I acknowledged my sin to You, and my iniquity I did not hide. I said, I will confess my transgressions to the Lord [continually unfolding the past till all is told]—then You [instantly] forgave me the guilt *and* iniquity of my sin. *Selah* [pause, and calmly think of that]! 6 For this [forgiveness] let everyone who is godly pray—pray to You in a time when You may be found; surely when the great waters [of trial] overflow, they shall not reach [the spirit in] him. 7 You are a hiding place for me; You, Lord, preserve me from trouble, You surround me with songs *and* shouts of deliverance. *Selah* [pause, and calmly think of that]! 8 I [the Lord] will instruct you and teach you in the way you should go; I will counsel you with My eye upon you. 9 Be not like the horse or the mule, which lack understanding, which must have their mouths held firm with bit and bridle, or else they will not come with you. 10 Many are the sorrows of the wicked, but he who trusts in, relies on, *and* confidently leans on the Lord shall be compassed about with mercy *and* with loving-kindness. 11 Be glad in the Lord and rejoice, you [uncompromisingly] righteous [you who are upright and in right standing with Him]; shout for joy, all you upright in heart!

Insights:

- Luke 7:36-47-- Now one of the Pharisees invited Jesus to have dinner with him, so he went to the Pharisee's house and reclined at the table. 37 When a woman who had lived a sinful life in that town learned that Jesus was eating at the Pharisee's house, she brought an alabaster jar of perfume, 38 and as she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them. 39 When the Pharisee who had invited him saw this, he said to himself, "If this man were a prophet, he would know who is touching him and what kind of woman she is--that she is a sinner." 40 Jesus answered him, "Simon, I have something to tell you." "Tell me, teacher," he said. 41 "Two men owed money to a certain moneylender. One owed him five hundred denarii, and the other fifty. 42 Neither of them had the money to pay him back, so he canceled the debts of both. Now which of them will love him more?" 43 Simon replied, "I suppose the one who had the bigger debt canceled." "You have judged correctly," Jesus said. 44 Then he turned toward the woman and said to Simon, "Do you see this woman? I came into your house. You did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. 45 You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. 46 You did not put oil on my head, but she has poured perfume on my feet. 47 Therefore, I tell you, her many sins have been forgiven--for she loved much. But he who has been forgiven little loves little."

Insights:

E. Continue to get in touch with your human spirit and exercise its faculties this week by applying these principles:

- Practice receiving and welcoming a particular Fruit of the Spirit every time a negative thought or emotion confronts you. Ask the Holy Spirit what He wants to be TO you in that moment. Receive His provision. Then ask Him to be that same thing THROUGH you to the people and circumstances involved.
- Deepen your intimacy with God by rejoicing in Him. Take time each day to offer Him thanksgiving and praise.
- 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.