

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.

B. Ask God to remind you that His promise of rest is for Today and to alert you if you are not experiencing it due to doubt or disobedience.

- Based on your reaction or response to your recent circumstances, can you begin to spot a pattern or habit where you are not mindful of God or His truth?

- What are some of your personal triggers that put thoughts of doubt and unbelief into motion?

C. Remember that it is normal and good to feel awkward as you begin to form new thinking and behavior patterns. The reward will be worth it!

- Heb 12:11 MSG--At the time, discipline isn't much fun. It always feels like it's going against the grain. Later, of course, it pays off handsomely, for it's the well-trained who find themselves mature in their relationship with God.
- Is 53:11 MSG-- Out of that terrible travail of soul, he'll see that it's worth it and be glad he did it.
- Insights

D. 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!