

- 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. Change your mind for the better, seeking to gain God's perspective about time.

- Flip your negative thoughts about waiting on God and His timetable whenever you are tempted to grow impatient. Renew your mind with the truth about the sanctifying and sudden nature of Kingdom time. Reinforce what you're learning with the exercises below.
- Meditate on these verses that demonstrate how strength rises within us as we wait upon the Lord. He uses time to transform us with these qualities:
 - Maturity: Eph 4:13 NLT-- UNTIL we come to such unity in our faith and knowledge of God's Son that we will be mature and full grown in the Lord, measuring up to the full stature of Christ.
 - Faithfulness: 1 Pt 1:7 MSG-- Pure gold put in the fire comes out of it proved pure; genuine faith put through this suffering comes out proved genuine. When Jesus wraps this all up, it's your faith, not your gold that God will have on display as evidence of his victory.
 - Worship: 1 Pt 1:8 MSG-- You never saw him, yet you love him. You still don't see him, yet you trust him - with laughter and singing.
 - Authority: 1 Pt 5:6 MSG-- God's strong hand is on you; he'll promote you at the right time.
 - Warfare: 1 Pt 5:7-8 MSG—Let God work his will in you. Yell a loud no to the Devil and watch him scamper. Say a quiet yes to God and he'll be there in no time.
 - Perseverance: Eccl 7:8 NLT--Finishing is better than starting. Patience is better than pride.
 - Healing: 1 Pt 5:10 NLT-- In his kindness God called you to his eternal glory by means of Jesus Christ. After you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.
 - Rest (internal): 1 Jn 3:19-24 NIV-- This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence whenever our hearts condemn us. For God is greater than our hearts, and he knows everything. Dear friends, if our hearts do not condemn us, we have confidence before God and receive from him anything we ask, because we obey his commands and do what pleases him. And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. Those who obey his commands live in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us.
- Declare the truth about God and His perfect timing:
 - He has given me everything I need for life and godliness. (2 Pt 1:3)
 - God is making me strong in this season of waiting. (Is 40:31)
 - The Lord wastes nothing but uses all things as His servants. (Ps 119:91)
 - He is teaching me to soar above my circumstances. (Is 40:31)
 - I will reap what I have sown if I don't grow weary and give up. (Gal 6:9)
 - God is making something holy and beautiful out of my life. (Rom 8:29)
 - The Lord our God is a Promise Keeper. He finishes what He begins! (Phil 1:6)
- Speak the truth to yourself and about your situation until it penetrates your emotions and silences the enemy. Use the handout "Tools & Techniques: Articulation" to aid you in that process.

- B. Continue to strive diligently to enter God's perfect peace and rest by examining your reactions and responses to recent circumstances. Apply the following strategies and record what happens in the space provided:
- Calculate the cost of adopting God's view of time. How far are you willing to go to apprehend God's promise of peace and rest?

 - Maintain vigilance as you seek God's freedom from habits of thinking and doing that don't lead to rest or peace. Ask Him to identify triggers and reward systems that are keeping you stuck:

 - Retreat into the Secret Place of God's presence when you need refreshment. Discover His rest as you listen to His voice. Record one instance where you went to Jesus, listened, and His peace was your experience

 - Persevere in your awareness campaign regarding mindsets that are keeping you from entering God's rest. Ask God to renew your mind with the truths of His Word. Give an example from your week and how it impacted you:

 - Be alert for any voices that are influencing your ability to rest. Are there any voices that seem to be particularly constant or distracting to you?
- C. 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!