

- 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.

- Begin the assignment for our semester break using the resource "Tools & Techniques: Timeline Exercise."
 - We will discuss your findings and use them as prayer fodder for the next 2 weeks of class.
 - The whole exercise is best done over several weeks to get the big picture.
 - Your group leader will be available to help you in this process over the break. Our last class will be November 19th and the spring semester will resume in late January.
- Materials needed:
 - Each person will need 1/2 of a poster board (can be folded in the middle) and the smallest post it notes in yellow, pink, blue and green.
 - Alternatively, use the preprinted timeline template provided in class or on the website. Use different colored pens or highlighters instead of the various colors of paper to categorize your findings.

B. Reinforce your new thinking by continuing to apply these strategies to your existing circumstances and as new situations arise:

- Retreat into the Secret Place of God's presence when you need refreshment. Discover His rest as you listen to His voice.
- 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. Speak the truth to yourself and about your situation until it penetrates your emotions and silences the enemy.
- 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.
- 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.
- Be alert for any voices that are influencing your ability to rest. Take note of the 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.