

- 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. Open your heart and mind to the new thing God is doing in your life by taking the following steps:

- Meditate on [Is 43:19 GNT](#)-- Watch for the new thing I am going to do. It is happening already - you can see it now! I will make a road through the wilderness and give you streams of water there.
- Survey where you've been (mentally, emotionally, circumstantially) in recent days. Can you see that your dreams, disappointments, responsibilities, and challenges are your opportunity to know God in ways you never have before?
- Invite the Lord to search your life for the places where an undue reliance on yourself, your strength and ideas, has slipped in unawares. Decide in advance to give these over to God so that you might get a fresh breath of His Spirit and make room for the new thing He is doing.
- Get to know God and His many amazing attributes by meditating on His names. Use the resource "Tools & Techniques: Names of God" to help you answer the following questions:
 - What aspect of God's character has been the most special to you in your walk of faith? Which of His names best describes that trait?
 - Take some time to remember the ways He has revealed this part of Himself to you. Thank Him and worship Him for these special places of connection that have strengthened your relationship and your faith.
 - Now ask the Lord what part of Himself He wants to reveal to you in the days to come. Which of His names will be a great source of strength to you as you face the changes and challenges of the 2014?

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 God, yourself, and your circumstances. Renew your mind with Scripture. Speak the truth to yourself 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 Him to replace them with His truth instead.
- 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.