

- 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. Relational Building Blocks: Continue to study these principles. Ask the Lord to increase your understanding and to reveal anything hindering you from building your relationships on these foundational truths:

○ Unity and Separateness

- “The second great theme of relationship, after connection, is separateness...Love protects the separateness of the other.” (Henry Cloud)
- God plainly states His boundaries and gives us the choice of agreeing and relating to Him or not. He urges us to do the same in our relationships:
  - Rom 12:9-- Let love be without hypocrisy. Abhor what is evil. Cling to what is good.
  - Gal 1:10 TV-- Do you think I care about the approval of men or about the approval of God? Do you think I am on a mission to please people? If I am still spinning my wheels trying to please men, then there is no way I can be a servant of the Anointed One, the Liberating King.
  - 1 Thes 2:4 TLB-- For we speak as messengers from God, trusted by him to tell the truth; we change his message not one bit to suit the taste of those who hear it; for we serve God alone, who examines our hearts' deepest thoughts.
  - James 5:12-- Let your “Yes” be “Yes,” and your “No,” “No”
  - 2 Cor 9:7 TV-- Giving grows out of the heart—otherwise, you’ve reluctantly grumbled “yes” because you felt you had to or because you couldn’t say “no,” but this isn’t the way God wants it.
- Insights:

○ Intimacy and Identity

- As the Redeemed of Christ, we have a new identity that is a gift from God: 2 Cor 5:17— If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.
- The Holy Spirit is the Spirit of Truth and He leads us into the truth of our accurate identity: Rom 8:16-17-- The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ
- God’s Word tells us how He sees us. That’s our true identity! Take time to process His view of you and ask Him to help you to see yourself like that, too:
  - John 1:12—I am God’s child
  - John 15:5—I am Jesus’ friend.
  - 1 Cor 12:27—I am a member of Christ’s body.

- Col 1:13-14—I am the redeemed of God, forgiven of all my sins.
  - Phil 3:20—I am a citizen of heaven.
  - John 15:5—I am a branch of Jesus, the true vine, and His life flows through me.
  - 1 Cor 3:16—I am God's temple
  - Eph 2:10—I am God's workmanship.  
(Adapted from Freedom in Christ Ministries, ficm.org)
  - When we are functioning in our true identity and in the power of the Holy Spirit, we have the greatest potential to impact the world and experience rich relationship with others: Eph 4:16 MSG-- Under his direction, the whole body is fitted together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.
  - Insights:
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- Vulnerability and Fear
    - True vulnerability includes the risk of exposure to shame--discovering that we are "not enough." With that comes the pain of rejection, fear of more exposure, and the temptation to self-protect and practice "shame prevention."
    - To be truly vulnerable we must see and accept what is really true about God, ourselves, and others, not just what we want to see: Luke 11:34 KJV-- The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light; but when thine eye is evil, thy body also is full of darkness.
    - Prov 29:25-- The fear of man brings a snare, But whoever trusts in the Lord shall be safe.
    - Fear of Man and fear of rejection can lead to unhealthy relating patterns, including codependency. Here are some characteristics to look out for:
      - Feel compelled to help solve people's problems
      - Think and feel responsible for others
      - Grow tired of always giving to others and no one gives to them
      - Blame
      - Feel unappreciated
      - Feel shame about who they are
      - Worry if others like them or not
      - Focus all their energies on others and their problems
      - Manipulate, threaten, beg, bribe
      - Say what people want to hear
      - Let others keep hurting them without ever confronting
      - Anger
      - Feel like a martyr

- Examine your life in general as well as your closest relationships for these traits. Expect to find some degree of it and for it to vary by relationship.
- Study the handout “Tools & Techniques: Dismantling Fear of Man” to aid you in the process of eliminating this threat to your security and to relational health.
- Insights:

B. Ponder your purpose this week in light of these building blocks:

- Matt 5:13-16 MSG--"Let me tell you why you are here. You're here to be salt-seasoning that brings out the God-flavors of this earth...You're here to be light, bringing out the God-colors in the world...I'm putting you on a light stand...Shine! Keep open house; be generous with your lives. By opening up to others, you'll prompt people to open up with God, this generous Father in heaven.
- Insights:

C. Remember that Relational Security can be yours as you learn to make God your safe place:

- Ps 118:8 TV--It is better to put your faith in the Eternal (God) *for your security* than to trust in people.
- Insights:

D. Continue to grow in your relationship with God by applying these principles:

- At the beginning of your day, take a few minutes to connect with God: Proverbs 8:34 NAS--Blessed is the man who listens to me, watching daily at my gates, waiting at my doorposts.
- Deepen your intimacy with God by rejoicing in Him. Take time each day to offer Him thanksgiving and praise.
- Maintain connection with God by applying “The Middle of the Page” listening exercise whenever you sense distance between you and Him: “Is there anything causing separation or disconnection between us right now, Lord?”
- Practice receiving a particular Fruit of the Spirit every time a negative thought or emotion comes. 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.

D. Notes:

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