

- 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.

1. 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).
2. 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. Journal about the idea that you can experience “Times of Refreshing.”

1. Do you believe that you can live in a consistent place of rest no matter what situation you may be facing? Why or why not?

2. Prayerfully consider what beliefs are in conflict or competition with the promises of rest and peace that God offers. Here are a few examples:

- My acceptance by God is based on my actions.
- I have to be right (perfect).
- My choices are determined by what others think.
- Less is definitely not “more.”
- A need = my call to do something.
- I can’t afford to rest.
- They are/It is depending on me.
- If I love someone, I must keep up with or participate in their drama.
- It’s not okay to have make mistakes.
- Chaos or disorder is unacceptable.
- Other

Write your insights here:

3. Are you willing to repent/change your mind so that you can receive more of God’s peace, rest and refreshing?

D. Visualize how your life can be impacted for the better by the principles, scriptures, or examples that were the most relevant to your current circumstances or struggles. Ask the Lord to help you see things from His perspective. Record what you see as you look with eyes of faith: