

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. APPLICATION AIDS

A. Lesson Review: Take some time to go over your class notes from Tuesday. Write out the main ideas and your personal applications for each section of the message. Look up the scriptures referenced on the outline and write out the ones that are particularly meaningful to you. Ask God to make your One Thing a reality in your life this week.

B. Continue asking the Lord to train you in loving by developing His Mindset and Heartbeat in you. Record the strategies you apply and what happens in your relationships as you seek to grow in these principles:

1. Encouragement—building up

2. Consolation—comfort, refreshment

3. Fellowship—sharing

4. Affection—tender feelings

5. Compassion—mercy, help

C. Examine your life for any trace of Self-Pity based on these characteristics:

- Mentally rehearsing a painful event or situation again and again
- Repeatedly telling others about your pain or problem
- Saying or thinking that your situation is unjust, unfair, or undeserved
- Focusing on how another person's hardship will adversely affect you
- Believing that God is punishing you
- Pessimism, speaking or thinking negatively about an issue
- A sense of hopelessness or depression
- Feeling powerless to impact your circumstances
- Blaming God or others for your pain
- Not taking responsibility for how you can impact your problem
- Difficulty in connecting with others
- Inability to forgive others or yourself
- Unfavorable comparison and envy
- Resentment and bitterness toward God and others

➤ Record your insights:

D. Empty yourself of Self-Pity imitating the way Jesus emptied Himself:

- He was humble and submitted to God's will (Phil 2:3, 8; Lk 22:42)
- He did not cling to his rights (Phil 2:6 NLT)
- He entrusted Himself to Him who judges justly (1 Pt 2:23 NIV)
- He poured out His pain, allowing Himself to feel deeply (Lk 22:44)
- He focused on the fruit of His travail (Heb 12:1-2)

➤ Ask Jesus to impart His attitude of humility and submission to you. Pray for God's enabling power so that you can trust Him with the painful places where you need connection and comfort. Write out your prayer below:

➤ Believe that God can make you joyful and fruitful in your adversity: Gen 41:51-52
-- God has made me forget all my trouble...God has made me fruitful in the land of my suffering.