

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. Take time to pray through the handout "Tools & Techniques: Obstacles to Freedom." Ask God to help you recognize any of the obstacles described that you may have put in place as an attempt at Self-Protection. Write down what He reveals in the space provided:

1. Lies

2. Strongholds

3. Vows

4. Judgments

5. Soul Ties

C. Seek to develop trust by focusing on the unchangeable truth of God's character.

1. Choose a few of the following Scriptures that best speak to where you are now. Rehearse them, allowing God to minister to your legitimate need for protection:
 - God of Justice—Is 30:18, Ps 94:1-18, Ps 96:11-13
 - My Defender—Ps 27:1-5, Ps 94:22, Jer 51:10, Zech 9:15
 - The Lord of hosts—Ps 24:10, Ps 46:7-11, Ps 84:12
 - My Protector—Ps 121:3-7, Ps 91:1-16, Ps 18:2
 - Source of Comfort—Ps 94:19 NLT, Is 66:12-14 AMP, Jer 31:13-17
 - My Heavenly Father—Gal 4:6, Rom 8:14, 1 Jn 3:1
 - Friend of Sinners—Jm 2:1, Mt 11:19
 - Victorious over my enemies—Ps 21:1 NLT, Eph 1:21, Col 2:15
 - Restorer—Joel 2:25-27, 1 Pet 5:10 NLT
2. Declare these traits to be true of God even in the absence of feeling it or understanding why.
3. Your emotions will begin to mend and will eventually catch up with the truth as you choose to respond in faith, working to believe in God's justice, love, and goodness.
4. Write down your progress as you pursue building trust in Him: