

- I. ONE THING—The One Thing that I'd like to take away from today's lesson 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. Practice the principles we studied this week by implementing these strategies:

1. Get to know Jehovah Shammah—Jehovah Shammah is the God Who Is There. Whenever we face any circumstance, there is an aspect of the character of God that we can reach out to know *there*, in that specific place:
 - a. Exercise faith, believing that He is with you at all times and in whatever capacity your circumstance requires:
 - He loves me and wants to be near me (Jer 31:3)
 - He protects and delivers me from evil (Ps 23:4-5)
 - He is good, and has good in store for me (Ps 31:19)
 - He is truth, always fulfilling His word and promises (Heb 10:23)
 - He has mercy on me when I fail (Lam 3:23)
 - He is my peace when fears or conflict arise (Phil 4:7 AMP)
 - He is faithful when I am faithless (2 Tim 2:13)
 - b. Pray for your heart to be open to know Him more and for your eyes to be blessed to recognize Him as He moves in your circumstances.
 - c. Write down what you discover as you seek Him this week:

2. Get to know other aspects of God's character that minister to the circumstances you are experiencing. Utilize the handout "Tools & Techniques: Names of God" to help you get started.
 - Insights:

3. Be fully present in the present moment:
 - a. Ask God to catch you whenever you drift off into rehearsing the past or get ahead of Him by plotting or worrying about the future. Keep a record, taking note of the circumstances where it is difficult to stay focused on being in the moment with God. Pray that you will make progress in your walk of faith as He reveals thinking & behavior patterns that hinder you from your One Goal:

 - b. Find victory in the circumstance that was on your mind when you find yourself distracted, anxious, or out of God's rhythms of grace--respond to God's invitation in Hebrews 4:16: Let us then fearlessly and confidently and boldly draw near to the throne of grace (the throne of God's unmerited favor to us sinners), that we may receive mercy [for our failures] and find grace to help in good time for every need [appropriate help and well-timed help, coming just when we need it].
 - c. Keep a Record—Seeing God's track record of faithfulness will help you come to Him more quickly and trust Him more fully next time: