

- 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. Strategies: Prepare for next week's Trumpet Call by completing the following exercises.
1. Ask God to put His finger on a current issue in your life where you need to surrender to His loving arms. Maybe you have received the promises of God but have since become weary in the waiting or current circumstances have caused you become shaky. Take this issue and complete the chart on the other side of this page.
  2. Take some time to really connect with God over this issue. To prepare, listen to the song "I Lift My Hands" by Chris Tomlin. If you were at the Racerunners retreat in January, then you have this song already. You can also buy it online or go to [www.youtube.com](http://www.youtube.com) and search for a video with music and lyrics as well.
  3. After you have listened to the song, pour your heart out to Him in prayer. Use the following prayer as a guideline or write one of your own. As you pray, envision yourself giving your cares over to God. Picture yourself putting these people, circumstances and pursuits into God's "IN BOX", into His hands, or giving Him your "to-do" list...whatever works for you. As you continue in prayer, picture yourself free from the burden you have been holding on to, finally free to climb into the arms of God and truly rest in Him. Have your journal nearby to record what God gives you.

*O Abba Father, I come to You bringing all of who I am to all of Who You are. I bring You my feelings of \_\_\_\_\_ (pour out the feelings you listed in column 1). I confess to You God that I have let circumstances reinforce these feelings rather than take them to You. I have given in to what my flesh, Satan, and the world tell me I should think and feel. I have let fear and doubt turn me away from Your promises and I have turned to myself to try and figure out a better way. God forgive me for not trusting You more completely with \_\_\_\_\_ (name the issue clearly). I have not truly believed that \_\_\_\_\_ (what truth is God calling you to believe at a deeper level?) in this situation. God please heal my believer!! Show me anything that is blocking the way to me receiving this truth. (Take some time to listen to what He has to tell you.) You are faithful God forever, even when my circumstances don't look like it and my emotions don't feel like it. I have seen it! (Recount the deeds of the Lord in your own life and/or in the lives of those in Scripture.) Daddy, I want to climb into Your arms and rest, but just like a little child I resist that rest. Give me a vision of what it would feel like to, with abandon, throw my arms in the air outstretched to Your embrace! Show me what it feels like to truly rest in You Lord so that I never want to settle for anything less. Make Your arms the place that I long to be. Sink Your truths deep into my heart Lord so that they become more sure to me than the sinking sand I've been standing on in this issue. (Take some time to just rest in His arms and let Him whisper His truths to your heart.)*

4. How did this exercise make you feel? Journal about the experience itself. Were you able to enter in? Were you able to identify any hindrances that held you back? If so, were you able to address those with the Lord and receive freedom there? If not, take some time to go back and address those issues more fully with Him.