

- 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. PRINCIPLES

Meditate on these principles this week to help you experience greater degrees of freedom:

A. Unwelcome Guests

- We can co-exist with our enemies. There's freedom and victory in God's Presence, our Secret Place where the door is always open and the table set for fellowship:
 - Ps 23:5-- You prepare a table before me in the presence of my enemies
 - Ps 27:5 NAS-- For in the day of trouble He will conceal me in His tabernacle; in the secret place of His tent He will hide me; He will lift me up on a rock.
- We weep in the presence of God. It's as if God is rinsing us clean. The tears are a mix of grief over the contamination (ours or others) and the joy over the new, better view.
- In those moments, we are refreshed:
 - We are no longer struggling but at rest.
 - Instead of doubt and fear, we know love.
 - Peace comes in place of anxiety, jealousy, resentment, etc.
 - Where disappointment or regret have been, God gives us joy.
 - Our enemies become the victims of defeat.
- Biblical Example: David in 1 Samuel 17
 - God tested and trained David when he was alone with God: 1 Sam 17:34-36-- David said to Saul, "Your servant used to keep his father's sheep, and when a lion or a bear came and took a lamb out of the flock, 35 I went out after it and struck it, and delivered *the lamb* from its mouth; and when it arose against me, I caught *it* by its beard, and struck and killed it. 36 Your servant has killed both lion and bear; and this uncircumcised Philistine will be like one of them, seeing he has defied the armies of the living God."
 - David's testimony is found in 1 Sam 17:37-- David said, "The Lord, who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine."
 - Saul's reply to David is telling: "Go and the Lord be with you." (v. 37b)
 - David faced this public battle the same way he did the private ones—in complete dependency upon God, yielded to His will and His strength.
 - Saul tried to give him earthly equipping that only encumbered David. (vv. 38-44)
 - David knew well what would bring him victory over his enemy: 1 Sam 17:45-47-- Then David said to the Philistine, "You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. 46 This day the Lord will deliver you into my hand, and I will strike you and take your head from you. And this day I will give the carcasses of the camp of the Philistines to the birds of the air and the wild beasts of the earth, that all the earth may know that there is a God in Israel. 47 Then all this assembly shall know that the Lord does not save with sword and spear; for the battle *is* the Lord's, and He will give you into our hands."
 - The elements David needed to fight from faith to victory included:
 - Hearing his marching orders from God
 - Surrendering to God's will, God's way
 - Having personal experience of God's faithfulness
 - Knowing that all the resources of heaven were available to him
 - 1 Sam 17:48-51-- When the Philistine arose and came and drew near to meet David, that David hurried and ran toward the army to meet the Philistine. 49 Then David put his hand in his bag and took out a stone; and he slung *it* and struck the Philistine in his forehead, so that the stone sank into his forehead, and he fell on his face to the earth. 50 So David prevailed over the Philistine with a sling and a stone, and struck the Philistine and killed him. But *there was* no sword in the hand of David. 51 Therefore David ran and stood over the Philistine, took his sword and drew it out of its sheath and killed him, and cut off his head with it.

Insights:

B. Attack or Distract

- We can most effectively deal with our enemies when we realize they are there and are able to identify them by name. It is also very helpful to know how they gained access.
- David, before he took the assignment to defeat his giant, had friends and family to contend with. His older brother attacked his motives as well as provided distraction with his judgments and criticism: 1 Sam 17:29 NLT-- “What have I done now?” David replied. “I was only asking a question!”
- We all have frequent “guests” do not come from the Holy Spirit. They are mindsets that come from the enemy and are entertained by the flesh. They feel like intruders.
- Our first task is to recognize them for what they are—enemies and not friends.
- A frontal attack is easy to spot such as Goliath, a 10-foot giant. Attempts to distract are more subtle, like the dialogue between siblings or being overlooked by a friend.
- David did not let family (or any human) distract him from the true enemy.
- The real enemies are emissaries of Satan. Examples include spirits of:
 - Jealousy, comparison, covetousness
 - Offense, separation, resentment, bitterness
 - Anxiety, worry, fear, terror, panic
 - Criticism, judgment, rejection
 - Shame, poverty, orphan, victim
 - Anger, hatred, rage, murder
 - Heaviness, depression, death
 - Greed, lust, gluttony, addiction
 - Guilt, condemnation, accusation
 - Reasoning, religion, works, oppression
- When the enemy attempts to attack or distract, we must go to our Secret Place and let Christ the Liberating King speak His truth to us. He is with us and He is for us.
- God will use what we think, feel, and speak to help us identify our enemies. Use the questions at the end of this handout to assist you in this process.
- Make a physical gesture to represent the spiritual work you’re doing. Use a ribbon to represent the beliefs, feelings, memories, wounds, judgments or vows the enemy has used to keep you from freedom. Cut these “soul ties” in Jesus’ name:
 - Ps 118:11 NAS-- They surrounded me, yes, they surrounded me; in the name of the Lord I will surely cut them off.
 - Mt 18:18-- “Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.
- Sometimes it is tempting to lose hope, concede the fight and give ground to the enemy: Eph 4:27 KJV-- Do not give place (*topos*) to the devil.
- Biblical Example of defeating the Spirit of Fear: Jn 20:19-22 AMP-- Then on that same first day of the week, when it was evening, though the disciples were behind closed doors for fear of the Jews, Jesus came and stood among them and said, Peace to you! 20 So saying, He showed them His hands and His side. And when the disciples saw the Lord, they were filled with joy (delight, exultation, ecstasy, rapture). 21 Then Jesus said to them again, Peace to you! [Just] as the Father has sent Me forth, so I am sending you. 22 And having said this, He breathed on them and said to them, Receive the Holy Spirit!
- Jesus entered the situation and replaced enemy spirits with His Spirit.
- Christ our Liberating King will impart to us a fresh anointing of the Spirit that rested on Him: Is 11:2-4 NLT-- The Spirit of the Lord will rest on him—the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord. He will delight in obeying the Lord. He will not judge by appearance nor make a decision based on hearsay. He will give justice to the poor and make fair decisions for the exploited. The earth will shake at the force of his word, and one breath from his mouth will destroy the wicked.

Insights:

C. Personal Inventory Questions

Choose an issue. What you *think*, *feel* and *speak* about it will either bring you closer in your relationship with God or it will enable the enemy to use your beliefs, your pain, and the lies you believe to attack you. God wants you to know the truth and to be free.

1. To determine where your thoughts about _____ come from, answer the following:
 - a. What did my parents or someone significant in my life teach me about _____?

 - b. What did their words and actions reveal concerning their thoughts about _____?

 - c. Is there a specific event that comes to mind surrounding this issue?

 - d. When I clear my head and think of this topic, what comes to mind first?

 - e. Are many of my thoughts centered on _____ or do I avoid thinking about it?

 - f. Is _____ something I use to control others either to help or to harm them?

 - g. What do your answers tell you about what was passed down to you regarding _____?

2. To determine where your feelings about _____ come from, answer the following:
 - a. Where have I been wounded when it comes to _____? What is my most painful memory?

 - b. Has someone I trusted disappointed or betrayed me when it comes to _____? If yes, when and how?

 - c. Has an individual or an organization treated me unfairly in the area of _____? What feelings come up as I think about that situation?

- d. Have circumstances beyond my control adversely affected me regarding ____? How did I feel about it then? How do I feel about it now?
- e. Have I caused harm to myself or others by making poor decisions about ____? What feelings arose then? What about now?
- f. How does ____ bring bondage to my life? What freedoms do I enjoy regarding ____? Be specific.
- g. In what ways am I closer to, more distant from, or angry with God because of ____? Have I expressed this to Him?
3. Answer the following questions about what you are saying concerning _____. Your words may help uncover judgments, vows, or concessions you've made in this area.
- a. Do I compare myself to others when it comes to ____? Do I have resentment or jealousy? What am I saying and to whom do I say it?
- b. Do I say that I can't or won't obey God on the subject of ____? What reasons do I give? What am I saying about the way others behave in this area?
- c. Do I speak ill of others for the way they handle the issue of ____? Do I speak ill of myself? Do I realize that I am judging when I do that?
- d. Do I ever find myself saying I will never overcome or find freedom in ____? Do I recognize those types of statements as vows?

IV. Make journal entries of how God ministers to you this week:

- Fellowship with Jesus both through your time in the Secret Place and through the above questions. (Questions adapted from an article by Candice Blomely at NINE12.org)
- Start early, let the Spirit speak, take time with His words, and then go back later for greater depth of insight. Consider a symbolic act to mark any breakthroughs.
- Have a happy and blessed Easter with Christ our Liberating King!