

- 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. My Cup Overflows

- Jesus provides an Open Door of access to His presence. He has a Table Set in the presence of our enemies from the kingdom of darkness. They attack and distract us.
- Christ Our Liberating King has anointed us with His very life in the person and power of the Holy Spirit. We have everything we need to win: Ps 23:5 YLT—My cup is full.

Insights:

B. Cup of Wrath

- God holds a cup of wrath which those under His judgment are forced to drink: Ps 75:8 NLT--For the LORD holds a cup in his hand that is full of foaming wine mixed with spices. He pours out the wine in judgment, and all the wicked must drink it, draining it to the dregs.
- Jesus wanted to avoid the cup of suffering if it were possible. (Mt 26:29) Yet He willingly took the cup of the Father's wrath that we deserved.
- Christ Our Liberating King is anointed to free us and to make things right: Is 61:1-2a-- The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God
- While full vengeance won't be realized until Christ comes again, we do have foretastes of the final victory while here on earth every time God does a redemptive work in us.
- The enemies of God's kingdom must drink the contents of His cup of wrath:

1. Judgment

- Judgment = determining the final destinies of all individuals; the decision or verdict pronounced by a court of law; an obligation arising as a result of such a decision
- Ps 9:7-8 NLT—The Lord reigns forever, executing judgment from his throne. He will judge the world with justice and rule the nations with fairness.
- Is 2:12 NLT-- For the Lord of Heaven's Armies has a day of reckoning. He will punish the proud and mighty and bring down everything that is exalted.
- Ps 58:10-11 NIV-- The righteous will be glad when they are avenged, when they dip their feet in the blood of the wicked. Then people will say, "Surely the righteous still are rewarded; surely there is a God who judges the earth."

2. Vengeance

- Vengeance = retributive punishment; infliction of injury, harm, humiliation, or the like, on a person by another who has been harmed by that person
- Is 34:8 NAS-- For the Lord has a day of vengeance, a year of recompense for the cause of Zion.
- Ps 18:46-48 NAS-- The Lord lives, and blessed be my rock; and exalted be the God of my salvation, the God who executes vengeance for me, and subdues peoples under me. He delivers me from my enemies; surely You lift me above those who rise up against me; You rescue me from the violent man.
- Ps 10:14-16 TV-- But *wait!* You have seen, and You will consider the trouble and grief *he caused*. You will impose consequences for his actions. The helpless, the orphans, commit themselves to You, and You have been their Helper. Break the arm of the one guilty of doing evil; investigate all his wicked acts; hold him responsible for every last one of them. The Eternal will reign as King forever. The *other* nations will be swept off His land.

3. Recompense

- Recompense = to balance out; repayment or compensation for loss
- Is 35:4 NAS-- Say to those with anxious heart, "Take courage, fear not. Behold, your God

- will come *with* vengeance; the recompense of God will come, but He will save you.”
- Is 59:18-20 NIV-- According to what they have done, so will he repay wrath to his enemies and retribution to his foes...for he will come like a pent-up flood that the breath of the Lord drives along.
 - Ps 91:8-9 NAS-- You will only look on with your eyes and see the recompense of the wicked. For you have made the Lord, my refuge, *even* the Most High, your dwelling place.
 - **Biblical Example:** God’s victory over Sennacherib demonstrates His dominion and His commitment to make right the evil deeds done against Him and His people: Is 33:1-6, 17-18 MSG-- Doom to you, Destroyer, not yet destroyed; and doom to you, Betrayer, not yet betrayed. When you finish destroying, your turn will come—destroyed! When you quit betraying, your turn will come—betrayed!
 God, treat us kindly. You’re our only hope. First thing in the morning, be there for us! When things go bad, help us out!
 You spoke in thunder and everyone ran. You showed up and nations scattered. *Your* people, for a change, got in on the loot, picking the field clean of the enemy spoils. God is supremely esteemed. His center holds. Zion brims over with all that is just and right. God keeps your days stable and secure—salvation, wisdom, and knowledge in surplus, and best of all, Zion’s treasure, Fear-of-God...17 Oh, you’ll see the king—a beautiful sight! And you’ll take in the wide vistas of land. In your mind you’ll go over the old terrors: “What happened to that Assyrian inspector who condemned and confiscated? And the one who gouged us of taxes? And that cheating moneychanger?” Gone! Out of sight forever! Their insolence nothing now but a fading stain on the carpet!

Insights:

C. Cup of Salvation

- Lk 22:20 NIV-- He took the cup, saying, “This cup is the new covenant in my blood, which is poured out for you.”
- The cup is a symbol of the new covenant. Through that covenant we receive:
 - Inner transformation, that cleanses us from all sin: Jer 31:34--For I will forgive their iniquity, and their sin I will remember no more.
 - God's Word and will planted within us: Jer 31:33--I will put My law in their minds, and write it on their hearts.
 - Relationship with God that is close and personal: Jer 31:33--I will be there God, and they shall be My people.
- When Christ Our Liberating King drank the cup of suffering, He bought our freedom.
- When we drink Christ’s cup of salvation, everything of His becomes ours and everything of ours becomes His: 1 Cor 6:19-20 NIV-- Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.
- What is a reasonable response to this amazing gift?
 - Ps 116:13-14 MSG— What can I give back to God for the blessings he’s poured out on me? I’ll lift high the cup of salvation—a toast to God! I’ll pray in the name of God; I’ll complete what I promised God I’d do, and I’ll do it together with his people.
 - Ps 97:10 NLT-- You who love the Lord, hate evil! He protects the lives of his godly people and rescues them from the power of the wicked.
 - Jm 4:7—Submit to God. Resist the devil and he will flee from you.
- His cup is the only thing that will truly satisfy: Jn 4:14 AMP-- Whoever takes a drink of the water that I will give him shall never, no never, be thirsty any more. But the water that I will give him shall become a spring of water welling up (flowing, bubbling) [continually] within him unto (into, for) eternal life.

Insights:

IV. PERSONALIZATION

- A. Ask God regularly: *Who do I need to forgive?* Then do the work of forgiving from the heart so that *you* may be free. For help, listen online to the DDD series “How Relationships Work, especially those on reconciling and negotiating differences.
- B. Use the Personal Inventory questions again this week to tackle another issue or to continue processing the work in progress God has begun in your life. 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
- C. Cultivate intimacy with God by connecting with Him daily by journaling:
- Find a quiet spot
 - Fix your eyes of Jesus
 - Find the flow of God’s voice (sounds like spontaneous, biblical thoughts)
 - Facilitate communication by journaling
- D. Spend time in God’s presence through prayer and song using the names of God.
- E. Get to know God better by meditating on His names using the Nuggets” booklet.
- Ask the Lord “Who do You want to be for me?” in my day, issue, or season.
- F. Keep a written record of how God ministers to you this week. Come back ready to share what you’ve experienced.

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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? Record any specifics here.