

- 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.
- 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](http://www.DivineDesignDiscipleship.com)).
  - 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

The following principles will aid you in overcoming anxiety, worry, and fear of conflict:

#### A. FEAR OF MISSING GOD

- The final fear we will address in this series is one that is common among Christians, the Fear of Missing God (FOMG).
- Its healthy cousin is Fear of the Lord. FOL is respect and worship for God that leads to submission and obedience. We fear the results of disobeying or displeasing Him.
- FOMG is an unhealthy fear that likely originates from other fears: Fear of Inadequacy, Fear of Rejection, Fear of Abandonment, or Fear of Missing Out.
- As with any other fear, Fear of Missing God travels in a pack of multiple fears.
- We will always struggle with fear if we aren't experiencing regular connection with God. But if we grow closer to God and our hearts trust Him, fear loses its grip on us.
- The pathway out of bondage to FOMG is the same as for other fears:

**COME → ASK → LISTEN → BONDING → TRUST → WALK OF FAITH**  
(Breakthrough) (Follow-through)

- The idea of engaging in this bonding process can cause Fear of Missing God to arise. We are afraid we won't do it correctly or that connection won't happen.
- The Scripture reassures us that we are eternally bonded to Him as children and that we have the Spirit to help us: Rom 8:15-16 NIV-- For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." The Spirit Himself bears witness with our spirit that we are children of God
- FOMG can also be rooted in comparison: 2 Cor 10:12 AMP-- When they measure themselves with themselves and compare themselves with one another, they are without understanding *and* behave unwisely.
- Instead of comparing, remember that each individual has a one-of-a-kind relationship with the Lord and the way they connect is also unique.
- However, Scripture does give us many examples and instructions for how to approach God, receive His guidance, and get to know Him more deeply.
- "Tools & Techniques: Listening to God" can assist you in tackling FOMG.
- Fear and its cronies ganged up on King Jehoshaphat: 2 Chron 20:1-4 NAS-- The sons of Moab and the sons of Ammon, together with some of the Meunites, came to make war against Jehoshaphat.<sup>2</sup> Then some came and reported to Jehoshaphat, saying, "A great multitude is coming against you from beyond the sea, out of Aram and behold, they are in Hazazon-tamar (that is Engedi)." <sup>3</sup> Jehoshaphat was afraid and turned his attention to seek the Lord, and proclaimed a fast throughout all Judah. <sup>4</sup> So Judah gathered together to seek help from the Lord; they even came from all the cities of Judah to seek the Lord.
- Jehoshaphat faced a pack of enemies as 3 invading armies converged on his land. Fear joined the assault. Jehoshaphat felt fear initially but he didn't stay there!
- He overcame Fear of Man, Fear of Conflict, and Fear of Missing God with Fear of the Lord.

Insights:

## B. FOUNDATION

- King Jehoshaphat was ready for fear and for the circumstances that caused it.
- He did not have to add Fear of Missing God to his list of enemies because he had a strong foundation for connecting with the Lord based on Scripture: Deut 17:18-20 NLT-- When he sits on the throne as king, he must copy for himself this body of instruction on a scroll in the presence of the Levitical priests. <sup>19</sup> He must always keep that copy with him and read it daily as long as he lives. That way he will learn to fear the Lord his God by obeying all the terms of these instructions and decrees. <sup>20</sup> This regular reading will prevent him from becoming proud and acting as if he is above his fellow citizens. It will also prevent him from turning away from these commands in the smallest way.
- The Lord wanted the leader of His people to know Him and His ways. Each new king was to transcribe the Torah in his own hand and to spend time in it every day.
- Reading and rehearsing and repeatedly visiting the Scriptures ensured the development of healthy Fear of the Lord. The king need never have FOMG!
- Constant immersion in God's Word took its truths beyond the head to heart level.
- We, too, can take God's Word to the heart level by the practice of biblical meditation.
- Biblical meditation means to reflect, ponder, imagine, mutter, sigh, sing, remember, speak, repeat, or to mutter an inarticulate sound. (Strong's H1897)
- When fear and lies attack us, we are able to recognize and contain them quickly because God's truth has penetrated so deeply:
  - Ps 1:1-2 NLT-- They delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.
  - Ps 63:6-8 MSG-- If I'm sleepless at midnight, I spend the hours in grateful reflection. Because you've always stood up for me, I'm free to run and play. I hold on to you for dear life, and you hold me steady as a post.
- The result of Jehoshaphat's devotion to knowing God's Word was delight in knowing God and His ways: 2 Chron 17:3-6-- Now the Lord was with Jehoshaphat, because he walked in the former ways of his father David; he did not seek the Baals, <sup>4</sup> but sought the God of his father, and walked in His commandments and not according to the acts of Israel. <sup>5</sup> Therefore the Lord established the kingdom in his hand; and all Judah gave presents to Jehoshaphat, and he had riches and honor in abundance. <sup>6</sup> And his heart took delight in the ways of the Lord; moreover he removed the high places and wooden images.
- The overflow of his delight was purity and obedience:
  - Walking in the ways of David (heart connection with God)
  - Turning away from idolatry
  - Seeking after God
  - Carrying out God's commands
  - Receiving respect and support from his people
- Because Jehoshaphat delighted in God, his choices brought blessing to him and to the people. Let's cultivate a heart of delight and we won't miss God's blessing either!

Insights:

### C. FELLOWSHIP

- Immediately following the feelings of fear, Jehoshaphat made a wise choice out of the overflow of his devotional life. He resolved to seek the Lord first!
- Jehoshaphat had studied written examples of how men of faith enjoyed fellowship with God (Moses, Joshua, David). His own father, King Asa, sought God, too.
- Fellowship, we learned, is sharing a common bond and common life. It is a living, breathing, sharing, and loving relationship with someone else.
- Jehoshaphat understood that he was invited to that same kind of intimate fellowship with God. He knew how not to miss God through principles from his devotional life:
  - 1) Prayer: He looked to God in faith for specific guidance for the current situation: 2 Chron 20:5-12 NAS-- Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the Lord before the new court, and he said, "O Lord, the God of our fathers, are You not God in the heavens? And are You not ruler over all the kingdoms of the nations? Power and might are in Your hand so that no one can stand against You. Did You not, O our God, drive out the inhabitants of this land before Your people Israel and give it to the descendants of Abraham Your friend forever? They have lived in it, and have built You a sanctuary there for Your name, saying, 'Should evil come upon us, the sword, *or* judgment, or pestilence, or famine, we will stand before this house and before You (for Your name is in this house) and cry to You in our distress, and You will hear and deliver *us*.' Now behold, the sons of Ammon and Moab and Mount Seir, whom You did not let Israel invade when they came out of the land of Egypt (they turned aside from them and did not destroy them), see *how* they are rewarding us by coming to drive us out from Your possession which You have given us as an inheritance. O our God, will You not judge them? For we are powerless before this great multitude who are coming against us; nor do we know what to do, but our eyes are on You."
  - 2) Petition: He remembered the nature of God, appealing to His power and goodness for deliverance. He also reminded all who heard of their identity as God's people.
  - 3) Problem: He humbly admitted his need for help and was specific with his prayer.
  - 4) Promise: Jehoshaphat prayed this promise back to God. It was from Solomon's prayer at the temple's dedication: 2 Chron 6:20-21—That Your eyes may be open toward this temple day and night, toward the place where *You said You would* put Your name, that You may hear the prayer which Your servant makes toward this place. And may You hear the supplications of Your servant and of Your people Israel, when they pray toward this place. Hear from heaven Your dwelling place
- These are the same principles we can employ when we have Fear of Missing God.
- Scripture doesn't record how long it took for God to respond to the prayer. When He doesn't answer immediately we, too, must stand and keep our eyes on Him.
- Standing together as a faith community and as a family provides another kind of fellowship that helps us overcome Fear/FOMG.
- God's Spirit used a member of the Levite community to speak to the people: 2 Chron 20: 15-17 NAS-- "Listen, all Judah and the inhabitants of Jerusalem and King Jehoshaphat: thus says the Lord to you, 'Do not fear or be dismayed because of this great multitude, for the battle is not yours but God's. Tomorrow go down against them. Behold, they will come up by the ascent of Ziz, and you will find them at the end of the valley in front of the wilderness of Jeruel. You *need* not fight in this *battle*; station yourselves, stand and see the salvation of the Lord on your behalf, O Judah and Jerusalem.' Do not fear or be dismayed; tomorrow go out to face them, for the Lord is with you."

- Jehoshaphat and the people recognized God’s voice! They responded in gratitude and worship. That’s another great way to connect with Him! (2 Chron 20:18-19)
- There’s reason to celebrate when God speaks into our situation because it brings with it the faith to follow-through in obedience. That’s what Jehoshaphat did:
  - Rom 10:17— So then faith *comes* by hearing, and hearing by the word of God.
  - 2 Chron 20:20 NAS-- Jehoshaphat stood and said, “Listen to me, O Judah and inhabitants of Jerusalem, put your trust in the Lord your God and you will be established. Put your trust in His prophets and succeed.”
- There was opportunity for Fear/FOMG to sneak in and undermine their faith. Some of the people may have wondered if it really was God and why such an odd plan.
- “If it’s odd, it has to be God” is a Christian phrase for a reason! 😊 His ways are often unconventional and almost always uncomfortable.
- When the praises went up, God’s glory came down! He gave His people the victory over fear and their many opponents. He rewards our faith. (Heb 11:6)
- However scary and awkward it seemed, God was faithful to keep His promise. He destroyed every single soldier and provided an enormous wealth of plunder. (vv. 21ff)

Insights:

D. PREVIOUSLY ON “BE NOT ANXIOUS”:

- Our final week of class, 04/16/19, will be a time of one-on-one prayer with your group leader. (Some group plans may differ!) There will be no large group activities on that day.
- Stay in touch this summer. Use the break to revisit the principles and biblical examples we’ve covered. No need to fear or have Fear of Missing God. His love can overcome fear!
- Use the Tools & Techniques (blue pages) for strategies based on foundational biblical truths
- Keep a journal of your 2-way prayer conversations with God. Be sure to confirm what you’ve heard by being sure it is consistent with the whole counsel of Scripture.
- Here is a suggested format for Listening Prayer:\*
  - Pay attention to your places of fear, dread, doubt, worry, and anxiety this week. These are places you need a promise or a word from God! Choose one to share.
  - Take 5-10 minutes for Listening to the Lord:
    - Spend a few minutes focusing on God. Use a song or a Psalm to stir thanksgiving and worship in your heart.
    - ASK: “Where in my life do I need a promise from You? Is there a specific circumstance or relationship?” Let the thoughts flow. Choose the one place or relationship that rises to the top.
    - ASK: "How am I feeling about this circumstance or relationship?" Write down what comes to mind.
    - Picture yourself giving your negative emotions to the Lord. What do you see or hear?
    - ASK: "What do you want to give me in return?"
    - ASK the Holy Spirit to lead you into all truth as you search the Scriptures. Record the most meaningful ones here or in your spiritual journal. Make sure the verses are in agreement with the whole counsel of Scripture.
    - Meditate on those verse(s) until they become your personal promise(s).