

- 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).
 - 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, doubt and fear:

A. FRUSTRATION

- Feelings of frustration give ready access to anxiety, worry, doubt and fear. This is especially true when there are people involved!
- Two key fears that can sneak into frustrating situations are FOM and FO Conflict.
- Today we find Moses and his traveling companions were frustrated with their circumstances: Num 20:1-13 NLT-- In the first month of the year, the whole community of Israel arrived in the wilderness of Zin and camped at Kadesh. While they were there, Miriam died and was buried. ² There was no water for the people to drink at that place, so they rebelled against Moses and Aaron. ³ The people blamed Moses and said, "If only we had died in the Lord's presence with our brothers! ⁴ Why have you brought the congregation of the Lord's people into this wilderness to die, along with all our livestock? ⁵ Why did you make us leave Egypt and bring us here to this terrible place? This land has no grain, no figs, no grapes, no pomegranates, and no water to drink!"⁶ Moses and Aaron turned away from the people and went to the entrance of the Tabernacle, where they fell face down on the ground. Then the glorious presence of the Lord appeared to them, ⁷ and the Lord said to Moses, ⁸ "You and Aaron must take the staff and assemble the entire community. As the people watch, speak to the rock over there, and it will pour out its water. You will provide enough water from the rock to satisfy the whole community and their livestock." ⁹ So Moses did as he was told. He took the staff from the place where it was kept before the Lord. ¹⁰ Then he and Aaron summoned the people to come and gather at the rock. "Listen, you rebels!" he shouted. "Must we bring you water from this rock?" ¹¹ Then Moses raised his hand and struck the rock twice with the staff, and water gushed out. So the entire community and their livestock drank their fill. ¹² But the Lord said to Moses and Aaron, "Because you did not trust me enough to demonstrate my holiness to the people of Israel, you will not lead them into the land I am giving them!" ¹³ This place was known as the waters of Meribah (which means "arguing") because there the people of Israel argued with the Lord, and there he demonstrated his holiness among them.
- They came to the waters of Meribah after 38 years of wandering. Moses and the children of Israel (COI) had many opportunities to be frustrated in those years.
- Moses was grieved after the death of Miriam. He was thirsty, too! In addition to these stressors, surely he was weary after so many years of conflict and strife.
- Our God does miracles in places filled with conflict! Moses let FOM and FO Conflict blind him to that fact: Deut 8:2-4-- The Lord your God led you all the way in the wilderness these forty years...feeding you with manna...your clothes did not wear out and your feet did not swell during these forty years
- When there's a gap between our expectations and our experience, frustrations are the result. This is true with our expectations of God and of other people:

EXPECTATIONS – EXPERIENCE = FRUSTRATION

- Moses was upset when his people did not expect more from him and from the Lord. They had been led and loved well yet they doubted and quarreled. (v. 3)
- Water is a legitimate need! Whenever we have unmet needs (physical or emotional), it's an opportunity to let fear in and to let out frustrations that've been building up over time.
- LISTENING EXERCISE: *Lord, where have fear and frustration gained access in my life because I'm not experiencing satisfaction of my legitimate needs (physical or emotional)?*

Insights:

B. FRICION

- Whenever people are together in frustrating circumstances, it is a recipe for conflict!
- “Meribah,” in Hebrew, is wordplay on the root word “strive.” It literally means to come together for the purpose of conflict.
- Their fears (FOM, FO Conflict, and others) hindered them from having healthy dialogue to resolve the friction. They made several relational errors:
 1. Absorbing
 - Moses was a good listener and leader, sensitive to God and his people. That made him a likely candidate for absorbing the emotions of others. (vv. 1 – 6)
 - When we are highly attuned to other people's needs, it is easy to take on their negative emotions such as anger or anxiety.
 - Absorbing the emotions of others can lead us into Fear of Man as well as tempt us to take on responsibilities that are not ours to bear. (Gal 6:5)
 2. Blaming
 - Instead of acknowledging their fear, frustration, and legitimate needs, the people chose to blame Moses. (v. 3)
 - When we have relational friction, it's important to buy into the need for conflict resolution. That can be more frightening than the situation that brought about the friction!
 - God has set the example by reconciling us to Himself. He has imparted to us a ministry of reconciliation as well. (2 Cor 5:18-19)
 3. Character Attack
 - The COI blew things out of proportion by making all kinds of ridiculous accusations. (vv. 3-5)

- We must treat other people with respect in order to get past the friction. Attacking someone's character is a serious offense when there isn't evidence to support your claim.
 - We are called to "speak the truth in love." (Eph 4:15)
4. Deflecting
- Moses refused to address or engage with the people. (v. 6)
 - Stonewalling doesn't solve anything. Instead, it allows negative feelings to fester.
 - "Sure, there are offenses we can forebear and personal frustrations we can get over, but interpersonal conflict doesn't go away with inattention. It festers. It deepens. It curdles." (David Mathis)
 - Healthy deflecting is helping the other party to calm down to see their emotional reaction.
 - God commands us to "go and be reconciled" by tackling the situation together. (Mt 5:24)
- These fleshly, fearful responses to frustration and friction inflict damage on relationships. If not resolved, the environment is ripe for bitterness and more FOM.
- Insights:

C. FORGETTING

- Forgetting means "to fail to hold in mind." (ISBE)
- Moses had been in this situation before—they were without water in the wilderness of Sin: Ex 17:6 NLT—"I will stand before you on the rock. Strike the rock, and water will come gushing out. Then the people will be able to drink." So Moses struck the rock as he was told, and water gushed out
- Instead of this memory stirring faith in God, frustration, friction and fear rose up.
- Not only did Moses forget how the Lord delivered last time, he forgot many other miracles performed during times of fear and conflict – about 20x at this point!
- Moses didn't trust God in the moment because he wasn't "in the moment" with God.
- God provided the water but Moses missed out on being delivered from the deeper issues of fear and doubt. He had the promises of God he needed to be free:
 - Past Promises: From the beginning Moses had objected to speaking because he stuttered. God made him a promise: Ex 4:12—"I will be with your mouth."
 - Present Promise: The Lord told Moses to take the rod (symbol of God's faithfulness) and His promise of providing water from the rock (symbol of God's ever present strength) (v. 8)
- He was going through the motions, disconnected from the present and presence of God. We can see this by the way Moses reacted after "face time" with God. (v. 10)
- It's likely this event "pushed his button" and triggered FOM and FO Conflict.

- Buttons are sensitive spots which, when touched, trigger negative emotions and indicate unresolved issues from the past. Fear finds a way in through these spots.
- Moses had many chances to form FOM buttons from past criticism, conflict, and strife. It's even possible he may have had residual guilt from his sin of murder (Ex 2:12)
- Certainly Moses felt inner conflict between FOL and FOM when God asked him to speak to the rock, for this had always been his weakness. (Exodus 4:10)
- The Lord is constantly providing us with opportunities leave behind our default coping tools so that we are able to trust Him in new ways:
 - Is 42:16 NIV-- I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them.
 - Is 43:17-19 NLT-- I called forth the mighty army of Egypt with all its chariots and horses. I drew them beneath the waves, and they drowned, their lives snuffed out like a smoldering candlewick. But forget all that—it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.
- Forgetting God's promises in times of fear, frustration, or friction can be very costly. Moses missed his moment with God and negatively impacted his future, too. (v. 12)
- Moses' pain wasn't wasted, for he came to know God as The Rock. In his parting words, Moses warned others to not forget their rock-solid God! Deut 32:4, 18 NLT-- He is the Rock; his deeds are perfect. Everything he does is just and fair. He is a faithful God who does no wrong; how just and upright he is! ...You neglected the Rock who had fathered you; you forgot the God who had given you birth.
- Let's not forget Who God is or what He's promised. He provides us with His strength so that we don't have to react in fear: Ps 61:2 AMP-- From the end of the earth I call to You, when my heart is overwhelmed *and* weak; Lead me to the rock that is higher than I [a rock that is too high to reach without Your help]

Insights:

D. CONTINUE TO PRACTICE

- Be alert for anxious thoughts and fearful emotions that indicate Fear of Man in your life.

- Use the Handout “Tools & Techniques: Liberation” to reinforce that truth that your love and acceptance by God are unconditional.
- 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.
- Use “Tools & Techniques: Listening to God” for biblical support and practical suggestions.
- Find general promises for all God’s children on “Tools & Techniques: Spiritual Blessings” or look up verses using an online search engine such as BibleGateway.com.
- 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).
- *Here are some additional suggestions for Listening Prayer as you deal with events or environments from the past, distant or recent. Ask God:
 - “What is the message that I came to believe from this memory?”
 - “What is Your truth that counteracts the message(s) I believed?”
 - “Where was my omnipresent Savior in that memory?” (Let the HS use your imagination to replace your old mental pictures with His new one.)
 - Ask the HS to remind you of the new message and/or picture that you received whenever your button gets pushed.
- Come next week prepared to share something that you learned from the lesson or this listening exercise, and how you are using that truth to combat your fear.