

- 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

Use these principles to help you understand the complexity of fear and to find more and more freedom from this vicious enemy:

#### A. PRESENCE

- God's alternative to bondage to fear is bonding with Him.
- Hearing and seeing the Lord with our spiritual eyes and ears offers us immediate comfort whenever we feel anxious.
- As we develop deeper and deeper relationship with Him, the more we find healing from fear and growth in faith.
- Bonding comes through fellowship with God: 1 Jn 1:2-3 Phillips-- The very Word of life himself...the very life of all ages, the life that has always existed with the Father, which actually became visible in person to us mortal men. We repeat, we really saw and heard what we are now writing to you about. We want you to be with us in this—in this fellowship with the Father, and Jesus Christ his Son. We must write and tell you about it, because the more that fellowship extends the greater the joy it brings to us who are already in it.
- The Lord wants us to understand His invitation to fellowship and know Him deeply:
  1. The Word (Logos):
    - God became physically manifest as the Word of life, the "Logos". The Word is another name for Jesus the Son, a separate person yet one with the Father.
    - Jews often heard God referred to as the Word because of the way He reveals Himself through Scripture. Greek philosophers considered the Logos to be the source of reason and intelligence that controls the entire universe.
    - Jesus wants to have fellowship (shared life) with us that leads to fullness and joy!
  2. Fellowship (koinonia):
    - Sharing a common bond and common life; a living, breathing, sharing, loving relationship with another person
    - Association, community, communion, joint participation, intercourse (Strong's)
  3. That your joy may be full:
    - When we fellowship with Jesus, we will experience deep joy.
    - Joy is defined as delight, cheerfulness, gladness, or a sense of optimism. Its basis is God not circumstances.
    - It's almost impossible to experience joy when we're afraid. Fear happens when we find ourselves worrying about the future or unable to move beyond the past.
    - Joy happens when we occupy the present, aware that God is with us in this moment.
    - Fullness of joy comes as we share that moment with Him and He becomes a part of it.

Insights:

## B. PROMISE

- Jesus promises to come into any situation and be with us whenever we invite Him: Rev 3:20 NLT-- Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends.
- This promise was made to the church at Laodicea, a halfhearted and self-reliant people. Jesus was offering them His counsel for becoming free from disconnection, renewed in their relationship with Him, and overcomers in their battle with fear.
  1. "Look! I stand at the door and knock":

Jesus knocking on the door points us to the process of an ancient Jewish wedding invitation. In the days of Jesus, a bridegroom and his father would come to the door of the bride-to-be carrying the betrothal cup of wine and the bride-price. Standing outside, they would knock. If she fully opened the door, she was saying, "Yes, I will be your bride." Jesus and his Father, in the same way, are knocking on the doors of our hearts, inviting us to be the bride of Christ. (Simmons)
  2. "If you hear my voice":
    - God still speaks today but often we are preoccupied with other thoughts and voices.
    - Listening to God puts us on the pathway away from fear:  
**Ask Jesus → Fellowship/Sharing → Listening to His voice → Deeper relationship/bonding**
  3. "We will share a meal together":
    - Jesus wants us to know He likes to linger. He is available to take as long as needed to help us feel heard and understood and loved.
    - This picture of dining together is rooted in the custom of His day: "The *deipnon* was the main meal of the day and was a leisurely affair, not a hurried snack. This speaks of *fellowship*. This speaks of a *depth* to the relationship." (L. Morris)
    - "This was the meal at which a man sat and talked for long, for now there was time, for work was ended... it is not a mere courtesy visit, paid in the passing, which Jesus Christ offers to us. He desires to come in and to sit long with us, and to wait as long as we wish him to wait." (Barclay)
- Jesus waits on us (though it often seems the other way around!). We have the opportunity to open the door and have a "face-to-face" meeting with Him!

### Insights:

## C. PRACTICE

- God wants us to experience rich relationship with us. That takes practice!
- Prayer is the practice of 2-way conversation (communion/fellowship/bonding) with God: Jer 33:3-- 'Call to Me, and I will answer you, and show you great and mighty things, which you do not know.'
- God clearly shows His intention to speak with His people throughout the entirety of Scripture using many and varied means.
- The Lord gave us all the examples in the Bible so that we could be sure that He speaks to His people today just as He did then: Rom 15:4 MSG— Even if it was written in Scripture long ago, you can be sure it's written for *us*. God wants the combination of his steady, constant calling and warm, personal counsel in Scripture to come to characterize *us*, keeping us alert for whatever he will do next.
- Prayer is simply conversation with God. We are missing out if we are doing all the talking. Venting to God is okay as long as it leads you to the point of listening to Him.
- People who are right-brain dominant tend to connect to concrete principles and facts. It can be harder for them to find a heart connection unless they practice.
- Left-brain dominant brains usually have ease entering into abstract and supernatural types of communion. We know their experience is from God if it's in keeping with Scripture.
- In the Bible we see God speaking in a variety of ways:
  - God's most often speaks by the HS illuminating or applying His Word to our hearts. Jesus says this several times to the disciples in John 14-16.
  - God reveals His mind to us by dropping thoughts into our minds. (1 Cor 2:10-12)
  - He guides our steps to His path by bringing more energy, desire, peace, or vision around it than the alternative. (Col 3:15 AMP, Phil 2:13 AMP)
  - The Lord often uses other people to communicate His message to us (preachers, teachers, and prophets.) An example is Nathan correcting David in 2 Sam 12:7.
  - It is not uncommon for God to use pictures, visions or dreams to speak to us.
- Use "Tools & Techniques: Listening to God" for Scriptural support and practical suggestions.
- We see men and women throughout the Bible asking questions of the Lord:
  - David: 2 Sam 7:18-- King David went in and sat before the Lord; and he said: "Who *am I*, O Lord God? And what is my house, that You have brought me this far?"
  - Moses: Ex 33:18 NAS-- Then Moses said, "I pray You, show me Your glory!"
  - Mary: Lk 1:34 TPT-- Mary said, "But how could this happen? I am still a virgin!"
  - Peter: Mt 14:28--Lord, is it you? Peter asked. If it is, tell me to come to you on the water."
  - Jesus: Mt 27:46-- "My God, My God, why have You forsaken Me?"
- God may not speak to your question immediately: Ps 40:1-- I waited patiently *and* expectantly for the Lord; and He inclined to me and heard my cry.
- Sometimes He keeps His ways and purposes hidden: Deut 29:29-- The secret things belong to the Lord our God, but those things which are revealed belong to us.
- However, He is always with us. His Spirit lives in us and His role is to reveal God's thoughts to us in whatever way that benefits us most: 1 Cor 2:9 NLT-- No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him." But it was to us that God revealed these things by his Spirit.

### Insights:

## D. PROCEDURE

- This passage gives a stepwise approach to practice listening to God: Jn 7:37-39— Jesus stood and cried out, saying, “If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.” But this He spoke concerning the Spirit, whom those believing in Him would receive
1. Thirst:
    - Get in touch with your desire to hear from God:
    - Ps 27:4 TPT-- Here’s the one thing I crave from God, the one thing I seek above all else: I want the privilege of living with him every moment in his house, finding the sweet loveliness of his face, filled with awe, delighting in his glory and grace. I want to live my life so close to him that he takes pleasure in my every prayer.
  2. Come to Me:
    - Quiet your mind, then step toward Jesus by opening the door of your heart to Him. [Left-Brainers relax your brain!]
    - Jn 6:37 NLT-- All whom My Father has given to Me will come to Me. I will never turn away anyone who comes to Me.
  3. Drink:
    - Turn your attention to Him with your spiritual eyes and ears. Ask Him a question and then wait for a word, a thought, or a picture. Write it down
    - Hab 2:-1-2 NAS-- I will stand on my guard post and station myself on the rampart; and I will keep watch to see what He will speak to me, and how I may reply <sup>[a]</sup>when I am reproved. Then the Lord answered me and said, “Record the vision and inscribe *it* on tablets, that <sup>[b]</sup>the one who reads it may run.”
  4. Believe:
    - Exercise faith in the many promises that God will speak to you. You’ll grow to recognize and trust the Inner Witness of the Holy Spirit as you practice more.
    - Jm 1:5-7-- If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.
- God desires to be your primary caregiver and He will speak to you as a part of that role.
  - Avail yourself of His voice so that you can begin strengthening that bond. It will take your focus off your worries, fears, and anxieties and free you to live in joy: Jn 16:24—Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.

### Insights: