

- 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 overcome bondage to fear by bonding with God:

#### A. CONTINUING THE PURSUIT OF BONDING

- The purpose of God's Word is to foster relationship! He wants grow a closer, deeper bond with us. Bonding is the key to overcoming the bondage of anxiety and fear.
- This bonding happens with personal, 2-way communication facilitated by the HS.
- In our Christian culture the Word of God is plentiful. It is possible to confuse information with revelation: Eph 1:17 NIV-- I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.
- The Holy Spirit's role is to make the Scriptures real to us, to apply them to our lives by means of revelation, and to lead us into greater fellowship with our triune God.
- Revelation (apokypsis)--a disclosure of truth, instruction, concerning divine things before unknown given to the soul by God himself, or by the ascended Christ, especially through the operation of the Holy Spirit (1 Cor 2:10) (Thayer's Greek Lexicon)
- We pursue wisdom, revelation, and freedom from fear as we practice that dialogue: reading, meditating on, praying God's Word back to Him, and asking for more light.

Insights:

#### B. COMPETITION FOR OUR ATTENTION

- If hearing the Word of God is our first and primary strategy for overcoming fear, we need to be aware of the competition.
- Fear can creep in if God's word is choked out: Mk 4:18-19— Now these are the ones sown among thorns; *they are* the ones who hear the word, and the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.
- In this parable, the soil is the heart of the hearer. The seed is the word of God to us.
- Jesus is referring to ready hearers in these particular verses, not the hard of heart.
- Choked (sympnigo)—To choke the seed of the divine word planted in the mind; to press round or throng one so as to almost suffocate him (Thayer)
- The enemy wants destroy the life which God's Word breathes into us: Jn 6:63b--The words that I speak to you are spirit, and *they* are life.
- Thorns are indigenous to the heart of fallen man, a natural part of being human. The seed God desires to grow in our hearts is His supernatural truth that sets us free.
- Cares (merimna)—anxiety about things of this earthly life; to be drawn in different directions (Thayer). This word is also translated "worries or anxiety."
- Maintaining a single focus is critical to benefitting and growing from God's Word to us: Lk 11:34 AMP-- The eye is the lamp of your body. When your eye is clear [spiritually perceptive, focused on God], your whole body also is full of light [benefiting from God's precepts]. But when it is bad [spiritually blind], your body also is full of darkness [devoid of God's word].

- The word translated “clear” in Luke 11:34 is also rendered in other versions as healthy, sound, good, simple, and single. It is composed of 2 root words:  
**one + voyage**
- To those who have eyes set on one voyage, determined to live for one reason, God will bring enlightenment to their lives. Darkness and fear will dissipate.
- Riches (ploutos)—abundance of external possessions
- Worries happen in life, but the situation gets tricky when the deceitfulness of wealth enters the picture. You see, wealth can seem to be a silver bullet when it comes to our everyday worries...the deceitfulness of wealth chokes out the only thing that has the real power to change our hearts and solve our greatest problems: the power of the Gospel. (Depolo)
- Proverbs 23:4 NLT-- Don't wear yourself out trying to get rich. Be wise enough to know when to quit.
- Deceitfulness (apate)—evil deceptions that fool, trick, or lead away from the truth
- Ps 78:57 AMP-- They turned back and acted unfaithfully like their fathers; they were twisted like a warped bow [that will not respond to the archer's aim].
- In our affluent world it is easy to become distracted and deceived by riches. Material things will never ever satisfy us deeply. Though not evil in themselves, they can stifle and contend for first place in our attention and our affection.
- Pleasures (hedone)—sensual delight, desires, lust (Thayer)
- God is the author of all pleasure and created us with the capacity to experience it. Examples include taste, touch, and laughter.
- The principles of Scripture set out appropriate boundaries for enjoying the benefits of all the pleasure God has provided for us: 1 Cor 6:12-AMP-- Everything is permissible for me, but not all things are beneficial. Everything is permissible for me, but I will not be enslaved by anything [and brought under its power, allowing it to control me].
- Other things (loipos)—the rest, the things that remain (Thayer)
- 1 Jn 2:15-17 MSG-- Don't love the world's ways. Don't love the world's goods. Love of the world squeezes out love for the Father. Practically everything that goes on in the world—wanting your own way, wanting everything for yourself, wanting to appear important—has nothing to do with the Father. It just isolates you from him. The world and all its wanting, wanting, wanting is on the way out—but whoever does what God wants is set for eternity.
- Thorns compete for the nutrients the seed needs to grow up to maturity.
- We have limited amounts of time, energy, and attention. If we don't give top priority to listening to God, we won't receive the maximum benefit of what He has spoken.
- God can entrust more revelation to those who value and apply what He speaks: Lk 8:18 TPT-- Pay careful attention to your hearts as you hear my teaching, for to those who have open hearts, even more revelation will be given to them until it overflows. And for those who do not listen with open hearts, what little light they imagine to have will be taken away.
- When we are divided and scattered and distracted, it wouldn't be a kindness to give us more to process! Jn 16:12-- I have many more things to say to you, but you cannot bear *them* now
- Overcome worry, doubt, and fear by becoming single of eye and whole of heart.

Insights:

### C. CONSECRATED EYES, EARS, & HEARTS

- The most important thing to know about becoming single of eye and whole of heart is that we cannot accomplish these things on our own.
- God's Part: He tells us some incredibly freeing news--It's on Him to consecrate us!
  - Deut 30:6-- the Lord your God will circumcise your heart and the heart of your descendants, to love the Lord your God with all your heart and with all your soul, that you may live.
  - Ezek 36:26 NLT-- I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.
  - 1 Thes 5:23-24 AMP-- Now may the God of peace Himself sanctify you through and through [that is, separate you from profane and vulgar things, make you pure and whole and undamaged—consecrated to Him—set apart for His purpose]; and may your spirit and soul and body be kept complete and [be found] blameless at the coming of our Lord Jesus Christ. Faithful *and* absolutely trustworthy is He who is calling you...and He will do it
- Our Part: We are called to make difficult but crucial choices about where we focus: Col 3:1-2 AMP-- Therefore if you have been raised with Christ [to a new life, sharing in His resurrection from the dead], keep seeking the things that are above, where Christ is, seated at the right hand of God. Set your mind *and* keep focused *habitually* on the things above [the heavenly things], not on things that are on the earth [which have only temporal value].
- We are urged to see things from God's perspective and make His truth our definition of reality. We do this by choosing to believe Him instead of our feelings.
- If focused on our "cares," fears, worries and anxiety then they become our reality.
- God's view of reality will lead us to a place of light, love, peace, and joy.
- As we set our minds and hearts above, we develop a rich relationship with God and a solid foundation to manage our thoughts, feelings, and appetites.
- Ps 94:19 AMP—When anxious thoughts multiply within me your comforts cheer and delight my soul
- Ps 85:8-- I will hear what God the Lord will say; For He will speak peace to His people, to His godly ones; but let them not turn back to folly.

#### Insights:

### D. CONTINUE TO PRACTICE

- Use the following procedure to practice listening to God. It's based on John 7:37-39:
  1. Thirst: Get in touch with your desire to hear from God:
  2. Come to Me: Quiet your mind and come closer by opening the door of your heart to Him.
  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 down what you hear.
  4. Believe: Exercise faith in the many words that God will speak to you. You'll grow to recognize and trust the Inner Witness of the Holy Spirit as you practice more.
- Keep a record of your 2-way prayer conversation. 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.