

- 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. BONDING VS. BONDAGE REVISITED

- Partnering with God paves the way for us to walk out of fear:

**Come to Jesus → Ask → Listen → Bonding Happens → Trust Fund Grows!**

- Fellowshiping with Jesus in 2-way conversation (prayer) is the foundation for overcoming fear. He ministers to us on many levels when we connect with Him:
  - Volitionally (thinking)
  - Emotionally (feelings)
  - Neurologically (neuroplasticity)
  - Hormonally (oxytocin, the “God hormone”)
  - Relationally (safety, belonging, love)
- The Spirit of Prayer (HS living in us) helps us connect with the Father in prayer:
  - Rom 8:15--You have not received the spirit of bondage again to fear, but you have received the Spirit of adoption whereby we cry out, Abba, Father”
  - Gal 4:6--Because you are sons, God has sent forth the Spirit of His Son into your hearts, crying, “Abba, Father”
- He is also known as the Spirit of Adoption that makes our true identity as children of God real to us.

Insights:

#### B. TRUST FUND

- No good father wants his child to fear lack of security, love, or provision. Likewise, our Heavenly Father desires us to be free of anxiety, worry, doubt and fear.
- We know it is God’s will for us to be free of fear. He says “fear not” 365x in the Bible!
- He desires that we take advantage of our inheritance so that we can be free of fear.
- God has given us a priceless deposit—His very own life: Eph 1:13 NLT-- When you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago.

- God's intention is that we enjoy and benefit from His presence in this life: 1 Cor 2:12-- Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God
- Many earthly fathers set aside resources for their children to enjoy during their lifetime as it brings joy to both the recipient and the giver. This was God's idea first: Lk 11:13 NLT-- So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him.
- Our Father has given us everything we need to walk in freedom from anxiety, worry, doubt and fear: 2 Pt 1:3-4 TPT— Everything we could ever need for life and complete devotion to God has already been deposited in us by his divine power. For all this was lavished upon us through the rich experience of knowing him who has called us by name and invited us to come to him through a glorious manifestation of his goodness. As a result of this, he has given you magnificent promises that are beyond all price, so that through *the power of* these tremendous promises you can experience partnership with the divine nature, by which you have escaped the corrupt desires that are of the world.
- God the Father has made a deposit that has no limits. In fact it only increases as we make withdrawals by faith. Here's how to benefit:
  - Become familiar with your spiritual inheritance that includes "every spiritual blessing." Use the handout "Tools & Techniques: Spiritual Blessings" as a basic guide.
  - Partake of God's gifts and blessings by regularly accessing them
  - Choose, exercising your faith, to connect and receive from Him
  - Begin to appropriate His promises and to ask for specific promises for your life. Record these promises on the "Promise Pages" provided or on a special page of your choosing.

Insights:

C. LIFE DEPOSITS

- The Father's plan for His children has always involved Life Deposits.
- What's true in our natural world is a reflection of that. Our biological makeup consists of DNA deposits from both our parents, a transfer of life to us.

- God endowed us with certain gifts and abilities. These point us to His unique call on our lives: Eph 2:10 NLT--For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.
- As our destiny unfolds, we have opportunities to receive Life Deposits directly from God and also from others: 2 Tim 1:6-7 JBP-- I often think of that genuine faith of yours—a faith that first appeared in your grandmother Lois, then in Eunice your mother, and is now, I am convinced, in you as well. Because you have this faith, I now remind you to stir up that inner fire which God gave you at your ordination. For God has not given us a spirit of fear, but a spirit of power and love and a sound mind.
- Instead of fearing our circumstances or our inadequacies, God desires to meet us there. When we come to Him, He will transfer an infusion of His love and power.
- The Scriptures show us how Life Deposits come directly from God and also through imperfect people:
  - Adam received the breath of life from God.
  - Moses trained Joshua as a man of God and a leader.
  - Ruth the Moabite became a courageous woman of faith with Naomi's help.
  - Elisha followed Elijah because he carried the power and presence of God.
  - Jesus modeled a life of intimacy with the Father to the 12 disciples. He breathed on them after His resurrection to impart them with the Holy Spirit.
- God designed us to live in community with the Him as well as with imperfect people. Fear tells us to distance from others: Pr 18:1 AMP-- He who [willfully] separates himself [from God and man] seeks his own desire, He quarrels against all sound wisdom.
- We must resist living in fear when our deficits are due to the failure of others: "We must not abandon God's order, God's gifts or God's ways, even if they were stolen, counterfeited, abused or mishandled. God's order is to pass inheritance from father to son... through relationship. We were created for connection, first with Him and then with each other. If we abandon this order out of judgment or hurt, we will miss at least some of what He has for us." (Virginia Killingsworth)
- We need God and we need each other to experience all that He has for us.
- Sharing our lives deeply and vulnerably can be scary, but it is a vital part of becoming free: Heb 10:24-25 TPT-- Discover creative ways to encourage others and to motivate them toward acts of compassion, doing beautiful works as expressions of love. This is not the time to pull away and neglect meeting together, as some have formed the habit of doing, because we need each other! In fact, we should come together even more frequently, eager to encourage and urge each other onward as we anticipate that day dawning.
- Guarding our hearts involves prioritizing the sources from which we receive.
- "We are the average of the 5 people we spend the most time with." (Jim Rohn)

Insights:

#### D. PEOPLE AND PROMISES

- Our main text for today illustrates how God uses His people and promises to help us overcome our enemies (that includes fear) 2 Kg 13:14ff NLT-- When Elisha was in his last illness, King Jehoash of Israel visited him and wept over him. "My father! My father! I see the chariots and charioteers of Israel!" he cried. Elisha told him, "Get a bow and some arrows." And the king did as he was told. Elisha told him, "Put your hand on the bow," and Elisha laid his own hands on the king's hands. Then he commanded, "Open that eastern window," and he opened it. Then he said, "Shoot!" So he shot an arrow. Elisha proclaimed, "This is the Lord's arrow, an arrow of victory over Aram, for you will completely conquer the Arameans at Aphek." Then he said, "Now pick up the other arrows and strike them against the ground." So the king picked them up and struck the ground three times. But the man of God was angry with him. "You should have struck the ground five or six times!" he exclaimed. "Then you would have beaten Aram until it was entirely destroyed. Now you will be victorious only three times." Then Elisha died and was buried.  
Groups of Moabite raiders used to invade the land each spring. Once when some Israelites were burying a man, they spied a band of these raiders. So they hastily threw the corpse into the tomb of Elisha and fled. But as soon as the body touched Elisha's bones, the dead man revived and jumped to his feet!...Then Jehoash...defeated Ben-hadad on three occasions, and he recovered the Israelite towns.
- This passage contains rich principles for receiving God's blessings in full.
- Elisha was asking Joash to perform an act of faith that exemplified prayer.
- In the Bible windows represent opportunities for receiving more of God's blessings. (See Gen. 8:2, 2 Kgs 7:19, Mal 3:10).
- The bow illustrates the power and presence of the Holy Spirit stretching our faith. The arrows are the promises of God.
- Joash was asked to shoot the arrows at an unknown target to obtain an unknown outcome. This required a faith choice, trusting that God had good in store for him.
- Elisha's hand on the hand of Joash symbolizes God provisions for our victory directly from His hand and often from the hands of other people.
- The Hebrew language from our text suggests that God is ready to defeat the Liar and enemy strongholds such as fear: Aram means "high place, one who deceives." Aphek means "fortress, enclosure."
- "Only Joash's lack of faith manifested in his half-hearted smiting the ground with arrows but thrice, prevented his destroying the Syrians utterly. And it was unto him according to his faith." (Knapp) (Mt 9:29)
- Elisha was angry because Joash did not take full advantage of God's open window.
- It's also possible that Elisha felt thwarted from his legacy. Elijah, his spiritual father, had imparted to Elisha a double portion of his anointing. God performed 8 miracles through Elijah. Up until this point, Elisha had done 15 miracles, one short of double.
- Sometimes the fulfillment of God's promise comes after our lifetime. (2 Kg 13:21)
- This incident in the life of Joash demonstrates how partnering with God is required for us to receive all of our inheritance and God's good intentions toward us.
- This story encourages us to ask boldly, ask often, and ask with persistence to obtain the fullness of God's promises: Heb 6:12 MSG— I want each of you to extend that same intensity toward a full-bodied hope, and keep at it till the finish. Don't drag your feet. Be like those who stay the course with committed faith and then get everything promised to them.

- The root of the Greek word for “dull of heart” takes us back to bonding. *Nothros* means “illegitimate child,” and likely without bonds of belonging and blessing.
- As we begin to see ourselves as children of intimacy, we become confident to ask and expect our Father to fulfill His promises and pour out His spiritual blessings.

Insights:

#### E. 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.
- REMEMBER OUR FALL BREAK ON OCTOBER 9TH. Practice, practice, practice during our break. Contact your leader if you have questions or prayer needs. Come back on 10/16/18 ready to share!