

- 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

Use these principles to help you overcome bondage to fear by bonding with God:

A. BONDING VS. BONDAGE REVIEW

- We've been exploring the foundational principles for walking out of bondage to fear. Here is our basic pathway:

COME → ASK → LISTEN → BONDING → TRUST FUND GROWS

- Jesus has invited us to come to Him to experience a nourishing relationship. When we do that, we find what we need to overcome our fears: Ps 52:16-17 TPT--But as for me, I will call upon the Lord to save me, and I know he will! Every evening I will explain my need to him. Every morning I will move my soul toward him. Every waking hour I will worship only him, and he will hear and respond to my cry.
 - Our Trust Fund consists of the spiritual blessings that belong to all children of God: Eph 1:3 NLT-- All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ.
 - As we draw upon these promised blessings, experiencing them personally, our faith lives grow and our hearts gain emotional safety with God: 2 Pt 1:3-4 MSG-- Everything that goes into a life of pleasing God has been miraculously given to us by getting to know, personally and intimately, the One who invited us to God. The best invitation we ever received! We were also given absolutely terrific promises to pass on to you—your tickets to participation in the life of God
 - Jesus set the example of storytelling in His ministry: Mt 13:34--Jesus spoke all these things to the crowd using stories. He did not say anything to them without telling a story.
 - We experience many types of loss throughout life including death, disease, aging, empty nest, betrayal, divorce, etc. Each loss needs to be grieved so it can heal.
 - Fear is an integral part of grief. In *A Grief Observed*, C.S. Lewis wrote, "No one ever told me that grief felt so like fear."
 - "Sometimes we fear our own grief – our emotions are foreign and unfamiliar. It takes an inordinate effort to sort through what we're really feeling." (Julie Yarborough)
 - Anxiety is an intrinsic part of loss. Loss introduces many potential fears such these: fear of change, abandonment, death, the unknown, being embarrassed, not knowing how to grieve, or it happening again. (Griefwatch.com)
 - We can overcome these fears if we learn to recognize them and take them to Jesus.
 - Insights:
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- **LISTENING EXERCISE:** Is there a loss that you have not recognized, resolved, or adequately grieved that is an entry point for fear or doubt in your life?

B. EXPERIENTIAL KNOWLEDGE OF GOD

- We must move beyond intellectual belief to overcome fear or loss. Heart knowledge happens when we step out in faith to draw upon a promise and God is faithful!

FAITH + EXPERIENCE = KNOWING

- When we experience God's promise fulfilled to us personally, we begin to truly know how safe and loved and rich we are in Christ: Eph 1:18-19 AMP-- [I pray] that the eyes of your heart [the very center and core of your being] may be enlightened [flooded with light by the Holy Spirit], so that you will know *and* cherish the hope [the divine guarantee, the confident expectation] to which He has called you, the riches of His glorious inheritance in the saints (God's people), and [so that you will begin to know] what the immeasurable *and* unlimited *and* surpassing greatness of His [active, spiritual] power is in us who believe. These are in accordance with the working of His mighty strength
- "Faith...is the ability to see Him in every situation, circumstance, relationship, and temptation; waiting for us to see Him and trust Him as our victory...Seeing the One who is unseen separates those who live by faith moment by moment from those who live in fear." (Chuck Jones)
- When faith becomes knowing in an area, it is easier to trust (not fear) next time.
- God promises that if we seek Him we will find Him. Here are several biblical practices that will facilitate experiential knowledge:
 1. Meditation
 - Practicing meditation helps us remember and often leads us into new experiences of God: Ps 143:5-- I remember the days of old; I meditate on all Your works; I muse on the work of Your hands.
 - Set aside time for quiet meditation. Ask the Holy Spirit to remind you of times you have experienced God and knew that it was Him. Make of list of these encounters.
 - When we remember what God has already done it strengthens our faith when fighting fear: Ps 105:5-- Remember His marvelous works which He has done, His wonders, and the judgments of His mouth
 - Biblical Example: Experiential knowledge of God gave Moses the boldness to ask for more: Exodus 33:18 NAS-- Moses said, "I pray You, show me Your glory!"
 2. Worship
 - Worship is a special means of entering into God's presence: Jn 4:23 NLT-- But the time is coming—indeed it's here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way.
 - The Greek word for worship (*proskuneo*) means an act of homage or reverence. The literal meaning is "to kiss."
 - As we offer open and surrendered hearts to God we are transformed: 2 Cor 3:18 TV-- Now all of us, with our faces unveiled, reflect the glory of the Lord as if we are mirrors; and so we are being transformed, *metamorphosed*, into His same image from one radiance of glory to another, just as the Spirit of the Lord accomplishes it.

Insights:

3. Asking for More of Him

- We can know more and more of God by asking Him who He wants to be for us in our current circumstance.
- God's names are a portrait of His heart: Pr 18:10-- The name of the Lord *is* a strong tower; the righteous run to it and are safe
- If we believe Him, then we will see His glory. Martha believed and then experienced Jesus as the Resurrection and the Life: Jn 11:25-27--Jesus said to her, "I am the resurrection and the life. Anyone who believes in me will live, even if they die. And whoever lives by believing in me will never die. Do you believe this?" "Yes, Lord," she replied.

4. Work to Believe

- Our work in experiencing God and His promise is to believe:
 - Heb 4:2 AMP-- or indeed we have had the glad tidings [Gospel of God] proclaimed to us just as truly as they [the Israelites of old did when the good news of deliverance from bondage came to them]; but the message they heard did not benefit them, because it was not mixed with faith (with the leaning of the entire personality on God in absolute trust and confidence in His power, wisdom, and goodness) by those who heard it
 - John 6:29 AMP-- Jesus replied, This is the work (service) that God asks of you: that you believe in the One Whom He has sent [that you cleave to, trust, rely on, and have faith in His Messenger].
- All God asks of us is to use the faith that's already deposited in us: Mt 17:20-- Assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you.
- When we believe, we open our hearts to the possibility that God will show up for us. That is not easy when we are dealing with fearful circumstances.
- Opening our hearts opens up that well of emotions inside. That can be scary.

Insights:

C. TREASURES OLD AND NEW

- God is always adding new treasures to our Kingdom inheritance: Mt 13:52 MSG— "Every student well-trained in God's kingdom is like the owner of a general store who can put his hands on anything you need, old or new, exactly when you need it."
- God is able to overcome our waves of emotion, fear and doubt. He will provide us strength and stability as we stay open to His work in us: Mt 8:27 NIV-- "What kind of man is this? Even the winds and the waves obey him!"

- There is great comfort in going back to old treasures, what we know that we know, the solid ground truths in our “Vault”. Here are a few of mine:
 - 2 Cor 5:8—We are confident, yes, well pleased rather to be absent from the body and to be present with the Lord.
 - Ps 147:3 AMP—He heals the brokenhearted and binds up their wounds [healing their pain and comforting their sorrow].
 - Ps 23:4 TV—Even in the *unending* shadows of death’s darkness, I am not overcome by fear. Because You are with me *in those dark moments*, near with Your protection and guidance, I am comforted.
- Every situation is an opportunity to benefit from some treasures we have yet to experience fully: Is 48:6b AMP—I show you specified new things from this time forth, even hidden things [kept in reserve] which you have not known.
- Here are a few of my new treasures, also known as PFJ’s (Prizes From Jesus):
 - It is appropriate to be sad in time of loss: Eccl 3:4 NLT-- A time to cry and a time to laugh. A time to grieve and a time to dance.
 - It’s inappropriate (and unkind) when we don’t give a proper response to pain and loss: Pr 25:20 NLT-- Singing cheerful songs to a person with a heavy heart is like taking someone’s coat in cold weather or pouring vinegar in a wound.
 - God stands ready to deliver us from bondage but it takes time: Ps 126:1 ~ WHEN you freed us from our bondage it was like a dream come true
 - The Lord will never waste our pain. He will use it for our good and His glory: Eph 1:19 TPT—I pray that you will continually experience the immeasurable greatness of God’s power made available to you through faith. Then your lives will be an advertisement of this immense power as it works through you!
 - Sometimes the Lord chooses to send our comfort and healing horizontally (from others) instead of vertically (directly from Him): Eph 4:16 NLT— He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.
- God sets us free from bondage to fear by our bonding, believing, and experiential knowledge of Him: Ps 55:22 TPT-- So here’s what I’ve learned through it all: Leave all your cares and anxieties at the feet of the Lord, and measureless grace will strengthen you.

Insights:

B. CONTINUE TO PRACTICE

- Keep a record 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.
- Try this lesson application provided by Martha:
 - Remember to 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 with your group.
 - Take 5-10 minutes for Listening to the Lord:
 - Where in my life do I need a promise from You? About a specific circumstance? Or relationship?

 - Let the thoughts flow. Choose the one place or relationship that seems to rise to the top.

 - Ask Him: "How am I feeling about this circumstance or relationship?" Write down what comes to mind.

 - Picture yourself giving those negative emotions to the Lord. What do you see or hear?

 - Ask Him, "What do you want to give me in return?"

 - Look up Bible verses about what he wants to give you. Record them here on in your spiritual journal. Meditate on those verse(s) until they become your personal promise(s).

 - 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.