

- 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. REVIEW OF FEAR AND LOSS

- Clinging to past pain and loss is a doorway for some of our most common fears.
- The emotions that accompany these fears are most often fatigue, anxiety, anger, apathy, discouragement, and depression.
- God wants to comfort us and heal our broken hearts. We must come to Him with believing hearts and mustard seed faith in order to move away from fear.
- This requires Experiential Knowledge of God as our Healer, Redeemer, and Deliverer by drawing on our Trust Fund of promises and blessings.
- This heart knowledge happens when we see God come through for us (experience His glory) as we 1) Meditate, 2) Worship, 3) Ask for More, and 4) Work to Believe.
- A Name of God (NOG) to call upon in your loss is “God of the Living”: Mk 12:26-27 NLT-- “But now, as to whether the dead will be raised—haven’t you ever read about this in the writings of Moses, in the story of the burning bush? Long after Abraham, Isaac, and Jacob had died, God said to Moses, ‘I am the God of Abraham, the God of Isaac, and the God of Jacob.’ So he is the God of the living, not the dead.
- This passage indicates that God’s people who die before us continue to live in eternity. It also implies that we embrace an attitude of moving forward in life knowing that we will see our loved ones again (if they are believers).

Insights:

B. ARISE TO NEW LIFE

- God boldly encourages us to arise from darkness, depression, and fear. He invites us to a new life even in the wake of loss: Is 60:1 AMP-- Arise [from the depression and prostration in which circumstances have kept you—rise to a new life]! Shine (be radiant with the glory of the Lord), for your light has come, and the glory of the Lord has risen upon you!
- The Lord is speaking to a people who have suffered greatly in exile. Starting over was not easy. Their home was diminished and their neighbors were hostile.
- God extended the promise of rebuilding and repurposing lives then and He continues to offer that to us today: Is 60:10b, 15-16 TV-- I will restore you, *reclaim you, and rebuild you* because I cannot help but love you... Although you have suffered abandonment, hatred, *and hopeless despair*, and no one *dared to pass through*, I will make you a place of lofty beauty for all time, *filled and overflowing with joy* from generation to generation... You will know for certain that I am the Eternal, Your Liberator, your Redeemer, the Strong One of Jacob.
- These promises of knowing God’s love and powerful attributes can be our experience as we arise and go to Jesus, believing and following Him to a New Life!

Insights:

C. PUTTING THE PAST IN ITS PROPER PLACE

- Often our past and all its baggage can keep us in bondage to fear.
- Our losses and brokenness can actually become our reality and our identity.
- This is especially true for past- vs. future-oriented temperaments. (Types 1 & 4)
- Ex: Loss of sobriety → ID becomes “addict” or “alcoholic” according to the world
- Jesus wants us to make a break with the past wherever it is holding us back:
 - Mt 8:21-22 ESV-- Another of the disciples said to him, “Lord, let me first go and bury my father.” And Jesus said to him, “Follow me, and leave the dead to bury their own dead.”
 - “Jesus requires that following him supersede any cultural or religious duty. Jewish culture in the time of Jesus gave the family the responsibility of a re-interment of the bones of the deceased into an ossuary one year after death. It is possible that this man’s father had passed away but the year had not yet completed. He was saying, “I’ll follow you after this year is completed.” Jesus is not telling him to dishonor his father by not doing a burial, but that the custom of waiting a year (tradition) must never trump following him.” (Simmons)
- We can be deceived into believing that we owe the dead/the past a greater debt than we owe to the Lord who bought our freedom. We are responsible to Him to steward our lives wisely and for His purposes:
- Eph 5:15-16 JBP-- Live life, then, with a due sense of responsibility, not as men who do not know the meaning and purpose of life but as those who do. Make the best use of your time, despite all the difficulties of these days. Don’t be vague but firmly grasp what you know to be the will of God.
- Rom 14:7-8 NLT-- For we don’t live for ourselves or die for ourselves. ⁸ If we live, it’s to honor the Lord. And if we die, it’s to honor the Lord. So whether we live or die, we belong to the Lord.
- In wholeheartedly yielding our lives to God we find courage to arise and begin anew.

Insights:

D. GETTING COMFORTABLE IN YOUR NEW SKIN

- Jesus challenges us to move forward by faith. We do this by listening to and following Him: Mt 8:2-3 TV-- As Jesus was going along, a leper approached Him and knelt down before Him. **Leper:** Lord, if You wish to, please heal me and make me clean! **Jesus** (stretching out His hand): Of course I wish to. Be clean. Immediately the man was healed. Don’t tell anyone *what just happened*. Rather, go to the priest, show yourself to him, and give a wave offering as Moses commanded. Your actions will tell the story of what happened here today.
- This Scripture illustrates the steps of becoming free from fear associated with the past and its brokenness, losses, sorrow, paralysis, condemnation, and shame:
 - Come to Me: “a leper approached Him”
 - Ask: “Lord, if you wish to, please heal me.”
 - Listen → Bonding: “Of course I wish to.”
 - Trust Fund: “Be _____.” (Clean, at peace, unashamed, restored, accepted, etc.)
 - Initial Deposit: “Immediately the man was healed.”
 - Walk of Faith: “Go...let your actions tell the story...”

- An initial transaction of faith happened when the man asked Jesus for healing and Jesus answered him. But follow up is always required! Col 2:6 TV-- Now that you have welcomed the Anointed One, Jesus the Lord, into your lives, continue to journey with Him and allow Him to shape your lives.
- The man had to align his thoughts, words, and deeds with what Jesus said in order to fully enjoy his New Life, his New Skin, and his New Purpose.
- No longer could he think of himself as "leper." He had to discover who God wanted him to be in his New Life.
- LISTENING EXERCISE: Ask the Lord to communicate to you who He wants YOU to be for Him at this particular time. Is there something He wants to develop or do in you that has not been possible until now?

Insights:

E. DEALING WITH FEAR OF CHANGE OR THE UNKNOWN

- Most of us would consider "new" a positive word. However, significant fear often occurs when leaving behind an old season to enter a new one.
- According to Adam Smith, Fear of the Unknown is the 2nd most common fear people experience. Fear of Change ranks at #6. (Fear of Inadequacy is #1.) (cnn.com)
- Jesus addressed this phenomenon: Lk 5:37-39 TPT-- And who pours new wine into an old wineskin? If someone did, the old wineskin would burst and the new wine would be lost. New wine must always be poured into new wineskins. Yet you say, 'The old ways are better,' and you refuse to even taste the new that I bring."
- Although the primary message of this parable is about the New Covenant of Grace replacing the Old Covenant, there are other applications we can make.
- The religious people of Jesus' day feared the changes that Jesus represented.
- By nature humans perceive change as threatening. We're wired neurologically to release stress hormones in uncertain or unpredictable situations. (Libby Copeland)
- Despite our biology, spiritually we are designed to thrive the most when outcomes cannot be predicted: 2 Cor 5:5-9 MSG-- The Spirit of God whets our appetite by giving us a taste of what's ahead. He puts a little of heaven in our hearts so that we'll never settle for less. That's why we live with such good cheer. You won't see us drooping our heads or dragging our feet! Cramped conditions here don't get us down. They only remind us of the spacious living conditions ahead. It's what we trust in but don't yet see that keeps us going. Do you suppose a few ruts in the road or rocks in the path are going to stop us? When the time comes, we'll be plenty ready to exchange exile for homecoming. But neither exile nor

homecoming is the main thing. Cheerfully pleasing God is the main thing, and that's what we aim to do, regardless of our conditions.

- God uses broken and fearful people to do new exploits. They're our spiritual role models that provide us with strategies for overcoming fear of the unknown:
 1. Prepare: Make Way for the New
 - Noah was most certainly way out of his comfort zone preparing a boat on dry land.
 - He made way for the New Thing God was doing by heeding the prophecy about a never-before-seen occurrence—rain: Heb 11:7 MSG-- By faith, Noah built a ship in the middle of dry land. He was warned about something he couldn't see, and acted on what he was told. The result? His family was saved. His act of faith drew a sharp line between the evil of the unbelieving world and the rightness of the believing world. As a result, Noah became intimate with God.
 - Noah's faith shows us that risking faith is well worth discomfort and is richly rewarded.
 2. Position: Take Advantage of Placement
 - God placed Joshua as an apprentice under Moses. The younger man observed the way Moses led—by intimate relationship and communication with the Lord Almighty.
 - Unlike his superior, Joshua had some discretionary time. He prepared for his role as future leader by spending that time in God's presence: Ex 33:11-- The Lord spoke to Moses face to face, as a man speaks to his friend. And he would return to the camp, but his servant Joshua the son of Nun, a young man, did not depart from the tabernacle.
 - There is no better place to overcome fear than in the position of worship and prayer.
 3. Priorities: First Things First
 - Nehemiah was appalled about the state of affairs in Jerusalem. He got in touch with this sad thing and took time to grieve before the Lord.
 - He presented His petition to the Lord before he appealed to man (and his employer was the king!): Neh 1:3-4 MSG-- They told me, "The exile survivors who are left there in the province are in bad shape. Conditions are appalling. The wall of Jerusalem is still rubble; the city gates are still cinders." When I heard this, I sat down and wept. I mourned for days, fasting and praying before the God-of-Heaven.
 - Nehemiah practiced the principle of ASKING. He asked God to intervene so that rebuilding and newness could be the experience of His people.
 - After Nehemiah prayed, the king provided him a leave of absence. And God enabled the work to be completed in an unbelievable amount of time! Neh 6:15 NLT-- The wall was finished--just fifty-two days after we had begun.
 - "God is on the throne and prayer changes things." (Rev. Noah W. Hutchings)
- Conclusion: Song 2:10-14 TPT—Arise, my dearest. Hurry, my darling. Come away with me! I have come as you have asked to draw you to my heart and lead you out. For now is the time, my beautiful one. The season has changed, the bondage of your barren winter has ended, and the season of hiding is over and gone. The rains have soaked the earth and left it bright with blossoming flowers. The season for singing and pruning the vines has arrived. I hear the cooing of doves in our land, filling the air with songs to awaken you and guide you forth. Can you not discern this new day of destiny breaking forth around you? The early signs of my purposes and plans are bursting forth. The budding vines of new life are now blooming everywhere. The fragrance of their flowers whispers, "There is change in the air." Arise, my love, my beautiful companion, and run with me to the higher place. For now is the time to arise and come away with me. For you are my dove, hidden in the split-open rock. It was I who took you and hid you up high in the secret stairway of the sky. Let me see your

radiant face and hear your sweet voice. How beautiful your eyes of worship and lovely your voice in prayer.

Insights:

Insights, continued:

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:
 - 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:
 - 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 rises to the top.

 - Ask Him: "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 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.