

- 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. ARISE AND AGREE

- We can address and bring healing to the many components of fear (thoughts, feelings, biology, chemistry) by intimately connecting with the Lord.
- The Pathway to Overcoming Fear:

COME → ASK → LISTEN → BONDING → TRUST → WALK OF FAITH
(Breakthrough) (Follow-through)

- Transformation begins with truth breaking through, but is only realized fully as we walk in this truth by faith again and again and again. It is a journey that takes time.
 - The natural reaction to change, transition, newness and the unknown is fear.
 - God provides us with an alternative to our anxieties about change: Song 2:13 TPT-- "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."
 - Arise = raise up, rouse, stir up, investigate; to establish, confirm, or cause to stand (Strong's)
 - These words help us understand the follow-through required to be free indeed.
 - Jesus is inviting us to walk with Him to higher places of faith where fear is dispelled.
 - Higher Place = Re-Pent: to take another look (re-, a do-over) and see things from the highest place (-pent, as in penthouse). In other words, to repent is to think again.
 - The process of experiencing God's love and power happens as we allow Him to reveal how He sees something in our lives and then come into agreement with it.
 - We can ask for God to do this in and for us: 2 Tim 2:25 ESV-- God may perhaps grant them repentance leading to a knowledge of the truth,
 - Faith comes as a byproduct once we see the way God sees our situation.
 - We must be vigilant about any obstacle to our intimate connection with the Lord: Song 2:15 TPT-- You must catch the troubling foxes, those sly little foxes that hinder our relationship, for they raid our budding vineyard of love to ruin what I've planted within you. Will you catch them and remove them for me? We will do it together.
 - "These "foxes" are the compromises that are hidden deep in our hearts. These are areas of our lives where we have not yet allowed the victory of Christ to shine into. The foxes keep the fruit of his Spirit from growing within us." (Simmons)
 - Confession is simply coming into agreement with God about our sin: Ps 32:5 AMP-- I acknowledged my sin to You, and my iniquity I did not hide. I said, I will confess my transgressions to the Lord [continually unfolding the past till all is told]—then You [instantly] forgave me the guilt *and* iniquity of my sin. Selah [pause, and calmly think of that]!
 - Confession and agreement bring us into unity with God and the freedom of His truth.
- Insights:

B. BINDING AND LOOSING

- We have unknowingly entered a partnership with fear when we agree with messages from the enemy. Jesus gave us instructions on how to get free: Mt 16:19-- I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.”
- Jesus has authorized us to bind the evil forces involved in anxiety, worry, doubt and fear. The biblical meaning of “bind”: “to forbid, prohibit, declare to be illicit” (Thayer’s)
- We have inherited authority as children of God to execute judgment on the forces of evil: Ps 149:5-9-- Let the saints be joyful in glory; let them sing aloud on their beds. *Let the high praises of God be in their mouth, and a two-edged sword in their hand, to execute vengeance on the nations, and punishments on the peoples; to bind their kings with chains, and their nobles with fetters of iron; to execute on them the written judgment—this honor have all His saints.*
- In the Old Testament, God’s children bound the human inhabitants of the land. As NT believers, our battle is in the heavenly realm: Eph 6:10 NLT—We are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.
- We can do a general binding on the enemy in the short term: Mt 16:23 NIV-- Get behind me, Satan! You are a stumbling block to me.
- Binding is most effective when we take time to process details and identify specific culprits. It takes time to pray for revelation and then listen to Him.
- The Scripture names many evil spirits including fear, unbelief, pride, unforgiveness, condemnation, shame, oppression, jealousy, and rebellion.
- After binding the enemy, then loose an appropriate alternative. When we loose, we “permit and declare proper and lawful on earth.”
- Examples of things to loose are God’s names, His character, or a biblical principle, promise, or blessing.
- Discover Binding & Loosing opportunities beginning with the following enemies:
 1. Spirit of Fear
 - This verse is a great one for binding fear and loosing the gifts of God instead: 2 Tim 1:7-- For God has not given us a spirit of fear, but of power and of love and of a sound mind.
 - *Lord, is there an area of my life in which I am partnering with fear? What is the message I have believed?*
 - Insights:
 2. Unbelief or Doubt
 - Distrust of God is a subtle but powerful way for bondage to fear to creep in: Heb 3:12 TPT--So search your hearts every day, my brothers and sisters, and make sure that none of you has evil or unbelief hiding within you. For it will lead you astray, and make you unresponsive to the living God.
 - *Is there a place fear has gained access because of my unbelief in Your character, Your word, or Your promise?*
 - Insights:

3. Unforgiveness

- We can unknowingly harbor unforgiveness toward other people, ourselves, and God. This can be a tangible debt or an emotional one or both: Mt 6:12 AMP--Forgive us our debts, as we have forgiven our debtors [letting go of both the wrong and the resentment].
- Ask the Lord on a regular basis: *Is there anyone I need to forgive?*
- Insights:

- Overcome your unbiblical thoughts and feelings with God's truth. As He reveals the truth, begin to come into agreement by using your words, singing, and in prayer.

Insights:

C. TRIGGERS AND TOOLS

- Everyone has emotional triggers based on past painful or traumatic experiences. In childhood we did not have the capacity or power to deal with them sufficiently.
- "As adults, we typically become triggered by experiences that are reminiscent of these old painful feelings. As a result, we typically turn to a habitual or addictive way of trying to manage the painful feelings." (Margaret Paul)
- Another effective strategy for overcoming fear is to begin with prevailing emotions.
- Our feelings can be so overwhelming that it becomes difficult to hear anything else!
- When your emotions are louder than God's Spirit or His truth, bring them to God.
 1. Tools & Techniques: Elevation and Articulation: Begin with this handout. It has several basic biblical strategies that are proven to be effective in overcoming strongholds such as fear, anxiety, worry, and doubt.
 2. "Listening Prayer: Facilitate your 2-way journaling with the Lord using the series of questions below. Try not to analyze or edit. Just go with the flow:
 - a. *What are the feelings that I am experiencing now?* (Make a list here or in your journal.)
 - b. *Of these emotions on my list, which one do You want to speak to now, Lord?*
 - c. *Will You bring to mind a time in my past where I have felt this way before?*
 - d. *What was the message I believed at that time?*
 - e. *Lord, what is the truth about that situation?*
 - f. *Follow up with meditation or worship time about what God has given you.*
 3. "Total Immersion:" Surround yourself with the truth of God in the quiet moments of your day:
 - Play a pod-cast or worship songs in the car, during a walk, or while doing mindless tasks.
 - For example: the truth you're seeking to move from your head to your heart is 1 Jn 4:18, "Perfect love casts out fear." Begin to immerse your mind with truth about the unconditional love of God. Stay at it until it lands in your "Vault."
- Ps 51:8 TPT— Satisfy me in your sweetness, and my song of joy will return. The places within me you have crushed will rejoice in your healing touch

Insights:

D. CONTINUE TO PRACTICE

- Prepare for this semester's Prayer Day on next Tuesday 11/06/18 by reviewing what you've recorded for the listening exercises, One Thing, worksheet notes, and personal journaling.
- BE SURE TO RSVP to your leader. THERE WILL BE NO LARGE GROUP ACTIVITIES.
- 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.

NOTES: