

- 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. F.O.M.O.

- Let us introduce another enemy tactic to keep us in fear that is as old as Eden: FOMO = Fear Of Missing Out (official dictionary entry, 2013). Biblical examples:
 - Eve had perfect provision yet went for the forbidden fruit.
 - Abraham got ahead of God's promise of providing an heir with Ishmael.
 - The children of Israel, tired of waiting, made a golden calf their god.
- FOMO is deeply rooted in humans and their efforts to obtain the satisfaction of their deepest desires: Jn 10:10 NLT-- The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.
- When tempted to meet our legitimate needs (love, security, safety) met in illegitimate ways, we are susceptible to FOMO. Times we're vulnerable include when we're:
 - Under pressure
 - Unfulfilled in some basic need
 - Physically, mentally or emotionally fatigued
 - In process/in the middle
 - Weary of waiting
 - God's economy not adding up for us
 - Comparing our lives to others'
 - Tempted to compromise or short cut
 - The holidays! ☺
- The enemy and our merit-based, capitalistic world are looking for ways to exploit the times when we fear missing out: 1 Pt 5:8 TV-- Be disciplined and stay on guard. Your enemy the devil is prowling around outside like a roaring lion, just waiting *and hoping for the chance* to devour someone.
- The Good News is that we have a Savior who made Himself vulnerable just as we are and overcame this fear and all others! Heb 2:18-- Because He Himself suffered when He was tempted, He is able to help those who are being tempted.
- Here's an example in Jesus' life where our opportunistic enemy came after Him with FOMO in an attempt to thwart the purpose and plan of God: Lk 4:5-8--Then the devil, taking Him up on a high mountain, showed Him all the kingdoms of the world in a moment of time. And the devil said to Him, "All this authority I will give You, and their glory; for *this* has been delivered to me, and I give it to whomever I wish. Therefore, if You will worship before me, all will be Yours. And Jesus answered and said to him, "Get behind Me, Satan! For it is written, 'You shall worship the Lord your God, and Him only you shall serve.' "
- After the glorious experience of Jesus' baptism, the HS led Him into the wilderness for 40 days. FOMO would say it was a perfect time to promote His ministry instead.
- Our Lord fought FOMO using 3 great strategies that we can employ as well!

Insights:

B. IT IS WRITTEN

- Jesus demonstrated how God's Word is a powerful weapon for overcoming FOMO or any fear or temptation.

- Refer to the handout “Tools & Techniques: Elevation, Appropriation, Articulation.”
1. Elevation in Latin (*elevationem*) is an action noun meaning “a lifting up.”
 - We can overcome our feelings of anxiety and fear when we make a choice to lift up what God says above our emotions. It often takes repetition and practice.
 - The fact was Jesus had not eaten in 40 days and surely was feeling hungry. However, He lifted up/elevated the higher truth: Lk 4:4-- But Jesus answered him, saying, “It is written, ‘Man shall not live by bread alone, but by every word of God.’ ”
 - He could say, “I feel hungry, but My Father says my life is sustained by the words He has spoken to Me.”

 2. Articulation means “the act or process of speaking or expressing in words.”
 - Counteract feelings and fears by speaking in faith and in alignment with biblical truth: Ps 116:10-11 TPT-- Even when it seems I’m surrounded by many liars and my own fears, and though I’m hurting in my suffering and trauma, I still stay faithful to God and speak words of faith.
 - Articulation is most effective in this order:
 - First identify your prevailing emotions.
 - Secondly, search for verses that give you God’s perspective on your situation.
 - Thirdly, follow through by bringing your speech into agreement.
 - When you feel in bondage to fear, God says you have been freed. Now you can say (or sing) “I am free!” Rom 6:6-7 NLT-- We are no longer slaves to sin. For when we died with Christ we were set free from the power of sin.
 - When you feel lonely or like the only one missing out on God’s goodness, remember who He is and what He says: Ps 68:5-6 NLT-- Father to the fatherless, defender of widows—this is God, whose dwelling is holy. God places the lonely in families; he sets the prisoners free and gives them joy. But he makes the rebellious live in a sun-scorched land.
 - With the verses above, when you experience FOMO or feel left out, you can say:
 - God is my Father and I am a member of His Body.
 - The Lord has set me free from fear.
 - FOMO has no power over me.
 - I can have joy because it’s a fruit of His Spirit living within me.

 3. Appropriation literally means to “make one’s own.”
 - Once you have Scriptures that speaks to your particular fear or issue, pray them back to God regularly.
 - His promises become “yours” as you continue asking and working to believe.
 - Remember that the Lord has His own ways and timing for making His principles your experience: 1 Cor 2:9 NLT-- No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.
- When Jesus used God’s Word as His weapon, the tempter retreated: Lk 4:13-- Now when the devil had ended every temptation, he departed from Him until an opportune time.

Insights:

B. WORSHIP THE LORD

- Worship in the Greek is “*proskuneo*” which means to prostrate or bow oneself. It suggests devotion, adoration, and fear.
- “Fear first made gods in the world.” (Statius, ancient Roman poet)
- A great way of identifying God’s rivals/our idols is to think about what we’re afraid of. Our fears tell us what we seek after or is of highest worth to us:
“Some folk are afraid of getting fat or wrinkled. Their idol is *beauty*.
Some folk are afraid of anonymity. Their idol is *celebrity*.
Some folk are afraid of becoming a burden to others. Their idol is *autonomy*.
Some folk are afraid of losing their partner or children. Their idol is the *family*.
Some folk are afraid of losing their savings. Their idol is *money*.
Those who exploit our fears, their idol is *power*.” (Adapted from theconnexion.net)

1. Fear of the Lord

- Fear of the Lord is a rich and powerful alternative to living with fear and its resulting idols: Is 33:6 NIV-- He will be the sure foundation for your times, a rich store of salvation and wisdom and knowledge; the fear of the Lord is the key to this treasure.
- Worshipful fear of God is like a child who has “a fear or an anxiety of offending the one he loves, not because he’s afraid of torture or even of punishment, but rather because he’s afraid of displeasing the one who is, in that child’s world, the source of security and love.” (R.C. Sproul)
- If we fear God because of our love for Him and His for us, then we want to foster that relationship above all others. That bond with Him will fight FOMO!

2. Thanksgiving

- God’s Word instructs us to fill our minds, hearts, and mouths with thanksgiving. This puts our affection and attention on our good and faithful God instead of circumstantial evidence that inevitably leads away from worship and peace:
 - Ps 34:1—I will bless the Lord at all times; His praise shall continually be in my mouth.
 - Ps 71:6-7 TPT-- It was you who supported me from the day I was born, loving me, helping me through my life’s journey. You’ve made me into a miracle; no wonder I trust you and praise you forever! Many marvel at my success, but I know it is all because of you, my mighty protector!
- Thanksgiving is an act of courage and faith when things around us are not going as we’d like. We are telling God, the devil, and our hearts the truth: Jn 8:31-32-- Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.”
- Practice “entering into His gates with thanksgiving” as a way to start your personal time with God. You’ll find your heart more open to listen and receive.
- “Those nourished in His presence have discovered that He sits on a Throne and, in the midst of the crazy things that go on in this fallen world, He, not the devil, declares what must take place. He reigns and He is infinitely brilliant, wise, and good. If He is Lord and if He is good, then we can, by faith, bless the Lord at all times!” (Chuck Jones)

Insights:

C. SERVE HIM ONLY

- The way to find fulfillment and walk free from fear is by submitting to God's plan and His Lordship daily: Jn 5:30-- I can do nothing on My own initiative. As I hear, I judge; and My judgment is just, because I do not seek My own will, but the will of Him who sent Me.
- FOMO tells us to seek our own agenda of self-satisfaction and self-promotion.
- We are wired to be seekers biologically as well as spiritually. Dopamine is a neurotransmitter that is tied to pleasure but its release is determined by our seeking.
- Dopamine is released in a complex set of neurological reactions when we seek pleasure by ingesting or consuming things we perceive to be satisfying.
- We get temporary pleasure when dopamine is secreted but it has an addictive quality, the opioid effect. It takes more and more of our "drug of choice" to satisfy.
- Our DOC (drug of choice) can be a substance such as food, drink or drugs. Possibly our DOC is an activity or experience like shopping, TV, or feeling powerful.
- Jesus knew that the things of this world would never fully satisfy:
 - Jn 4:34-- Jesus *said to them, "My food is to do the will of Him who sent Me and to accomplish His work.
 - Jn 17:13 AMP-- And now I am coming to You; I say these things while I am still in the world, so that My joy may be made full *and* complete *and* perfect in them [that they may experience My delight fulfilled in them, that My enjoyment may be perfected in their own souls, that they may have My gladness within them, filling their hearts].
- Fear of the Lord helps us understand that God is for us even more than we are for ourselves. His perfect love only desires His highest and best for our lives:
 - Ps 56:9-- When I cry out to You, Then my enemies will turn back; this I know because God is for me.
 - Eph 1:4-8 NLT-- Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. ⁵ God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. ⁶ So we praise God for the glorious grace he has poured out on us who belong to his dear Son. ⁷ He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. ⁸ He has showered his kindness on us, along with all wisdom and understanding.
- Jesus did not fall prey to the values of the world when tempted because He knew that broken relationship with God would be the worst of all possibilities: Jn 17:23 MSG-- he goal is for all of them to become one heart and mind— Just as you, Father, are in me and I in you, So they might be one heart and mind with us. Then the world might believe that you, in fact, sent me. The same glory you gave me, I gave them,
- The center of God's will for our lives is the most satisfying and fear-free place we can be: Ps 84:10 NLT-- A single day in your courts is better than a thousand anywhere else! I would rather be a gatekeeper in the house of my God than live the good life in the homes of the wicked.

Insights:

D. CONTINUE TO PRACTICE

- This is our **LAST CLASS OF THE SEMESTER**. Class will resume on Tuesday January 23, 2019. Have a blessed holiday!
- Be sure to review and apply your notes over the break. It takes practice and experiential knowledge to make these truths a part of your life. Please stay in touch with your leadership team and group members for mutual support.
- 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).