

- 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. 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. SING

Singing is helpful in connecting emotionally to the truth.

Listen to the songs from this week's playlist to aid you in taking today's principles from your head to your heart.

This playlist and our master playlist for the Expectations series can be found on our Divine Design Discipleship YouTube channel. (Be sure to subscribe to our channel!) Our 2020 playlist is also available on Spotify. See the handout provided with your notebook for instructions on how to access these resources.

#### IV. PRINCIPLES

These principles will help you recognize and develop biblical expectations:

##### A. INTRODUCTION

- Because of the power of our expectations, both conscious and unconscious, we can see the great impact that coming into alignment with biblical expectations can have.
- The four foundations of biblical expectations are our touchstones for determining if our beliefs and convictions are in agreement with God's Word and character.
- With these mindsets as our starting point, we can expect to R.I.S.E. above our circumstances as we deeply know the truth and are set free:

<b>R.</b>	<b>I.</b>	<b>S.</b>	<b>E.</b>
<b>Relational</b>	<b>Internal</b>	<b>Surrendered</b>	<b>Eternal</b>

- The author of Psalm 84 was using each of these basic elements to deal with circumstances that were uncertain and painful.
- Insights:

##### B. RELATIONAL

- Ps 84:1-4 AMP-- How lovely are Your dwelling places, O Lord of hosts! <sup>2</sup> My soul (my life, my inner self) longs for and greatly desires the courts of the Lord; My heart and my flesh sing for joy to the living God. <sup>3</sup> The bird has found a house, and the swallow a nest for herself, where she may lay her young—even Your altars, O Lord of hosts, My King and my God. <sup>4</sup> Blessed *and* greatly favored are those who dwell in Your house *and* Your presence; they will be singing Your praises all the day long. *Selah.*
- The writer knew the beauty and blessing of being in God's house and His presence. Today those in Christ have God's presence inside them: 2 Cor 6:16 EXB-- For we are the temple of the living God. As God said: "I will live with them and walk with them. And I will be their God, and they will be my people." [Lev. 26:11–12; Jer. 32:38; Ezek. 37:27]
- By practicing God's presence, we experience the very thing we were created for – intimate relationship with Him: Jm 4:8-- Draw near to God and He will draw near to you
- Many erroneous expectations prevent us from drawing near: Heb 10:19-21 NLT-- Dear brothers and sisters, we can boldly enter heaven's Most Holy Place because of the blood of Jesus. By his death Jesus opened a new and life-giving way through the curtain into the Most Holy Place. And since we have a great High Priest who rules over God's house, let us go right into the presence of God with sincere hearts fully trusting him. For our guilty consciences have been sprinkled with Christ's blood to make us clean
- Peter did not feel worthy for Jesus to wash his feet, to be that close. Jesus quickly addressed Peter's inner conflict: Jn 13:8 AMP-- Jesus answered him, "Unless I wash you, you have no part with Me [you have no share in companionship with Me]."
- The Lord made us for Himself, for relationship! Our greatest fulfillment can only be experienced as we understand this design and pursue it: Ecc 3:11 AMP-- He has also planted eternity [a sense of divine purpose] in the human heart [a mysterious longing which nothing under the sun can satisfy, except God]—yet man cannot find out (comprehend, grasp) what God has done (His overall plan) from the beginning to the end.

- God loves us and is available to us in every circumstance. If we wholeheartedly believe this expectation, it will have a huge impact on how we navigate our situation.
- Especially when we can't grasp the truth we must seek God's face! It's in close fellowship with Him that faith, vision, purity, and passion are birthed: Pr 3:32 AMP-- His confidential communion *and* secret counsel are with the [uncompromisingly] righteous (those who are upright and in right standing with Him).
- Insights:

### C. INTERNAL

- Ps 84:5-7 AMP-- Blessed *and* greatly favored is the man whose strength is in You, in whose heart are the highways *to Zion*. <sup>6</sup>Passing through the Valley of Weeping (Baca), they make it a place of springs; the early rain also covers it with blessings. <sup>7</sup>They go from strength to strength [increasing in victorious power]; *each of them* appears before God in Zion.
- The psalmist understood the idea of process, that life is a pilgrimage. We are blessed and favored if we expect this and walk it out in partnership with the Lord.
- The Lord will use our difficult circumstances to do His good work in us: Job 23:10 AMP-- But He knows the way that I take [He has concern for it, appreciates, and pays attention to it]. When He has tried me, I shall come forth as refined gold [pure and luminous].
- The writer of Psalm 84 tells us that the Valley of Weeping (Baca) can become a spring (or well) of blessing if we cooperate with God and choose to let it be so.
- The Hebrew meaning of the verb in verse 6, translated "to make" means to station, appoint, fix, set mind to, to take one's stand, to render anything so. (Strong's H7896)
- We can choose abundant life even when we are hurting and our surroundings are unfavorable. Baca means "arid" yet God is promising springs in this place.
- Beware of how you allow hard things to change you. Common outcomes include bitterness, a hardened heart, softness, compassion, or humility. We must be alert.
- May we not shrink back in times of heartbreak and difficulty but instead let the Lord transform the environment of our hearts for good: Is 61:1-3--"The Spirit of the Lord God *is* upon Me, because the Lord has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to *those who are* bound; to proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all who mourn, to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the Lord, that He may be glorified."

- Let's pray for and expect the supernatural strength of the Holy Spirit to effect the inner transformation by which we become mighty oak trees: Eph 3:16 AMP-- May He grant you out of the riches of His glory, to be strengthened *and* spiritually energized with power through His Spirit in your inner self, [indwelling your innermost being and personality]
- God doesn't send problems to teach us a lesson. However He will bring victory by giving us good things like godly character, healing and strength to us through them.
- Insights:

#### D. SURRENDERED

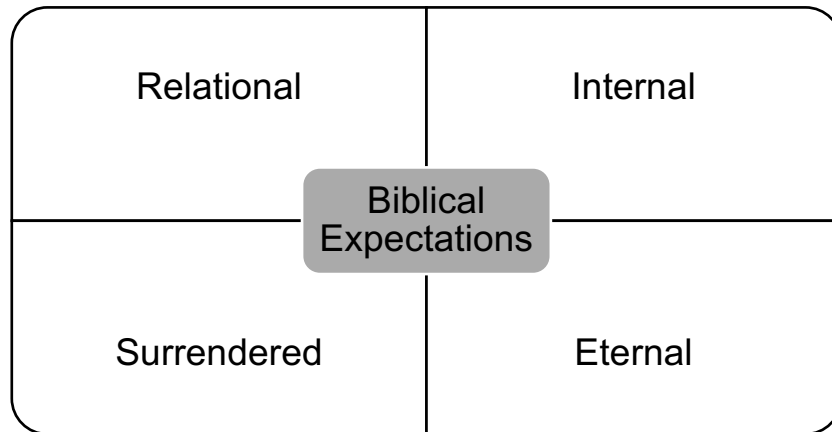
- Ps 84:8-10 AMP-- O Lord God of hosts, hear my prayer; listen, O God of Jacob! *Selah*.  
<sup>9</sup> See our shield, O God, and look at the face of Your anointed [the king as Your representative]. <sup>10</sup> For a day in Your courts is better than a thousand [anywhere else]; I would rather stand [as a doorkeeper] at the threshold of the house of my God than to live [at ease] in the tents of wickedness.
- The author prays with power on this pilgrimage of pain: Jm 5:16 NLT-- The earnest prayer of a righteous person has great power and produces wonderful results.
- He puts his hope and expectation in God hearing his prayer and seeing his plight even though there's tension between biblical truth and his present situation.
- He recalls the struggle of Jacob in verse 8. Jacob wrestled with God all night long and would not surrender until he got a blessing! (Gen 32:24)
- The psalmist prays, "See our shield." (84:9) He recalls the promise of God being our shield and is reminding God of it: Deut 33:29 NLT-- How blessed you are, O Israel! Who else is like you, a people saved by the Lord? He is your protecting shield and your triumphant sword! Your enemies will cringe before you, and you will stomp on their backs!"
- He surrendered to the Lord's protection while at the same time lifting up his shield of faith. This is a great example of working multiple aspects of biblical expectations.
- We don't know how long the psalmist struggled to surrender. How wonderful that he could say with integrity that God's will is better than anywhere else. (84:10)
- This surrender requires inner work, asking hard questions, and laying down intense feelings: Ps 73:2-4, 13-14, 17, 21-24 NLT--As for me, I almost lost my footing. My feet were slipping, and I was almost gone. <sup>3</sup> For I envied the proud when I saw them prosper despite their wickedness. <sup>4</sup> They seem to live such painless lives...Did I keep my heart pure for nothing? Did I keep myself innocent for no reason? <sup>14</sup> ...I get nothing but trouble all day long; every morning brings me pain... Then I went into your sanctuary, O God, and I finally understood the destiny of the wicked... Then I realized that my heart was bitter, and I was all torn up inside. <sup>22</sup> I was so foolish and ignorant— I must have seemed like a senseless animal to you. <sup>23</sup> Yet I still belong to you; you hold my right hand. <sup>24</sup> You guide me with your counsel, leading me to a glorious destiny.
- Insights:

## E. ETERNAL

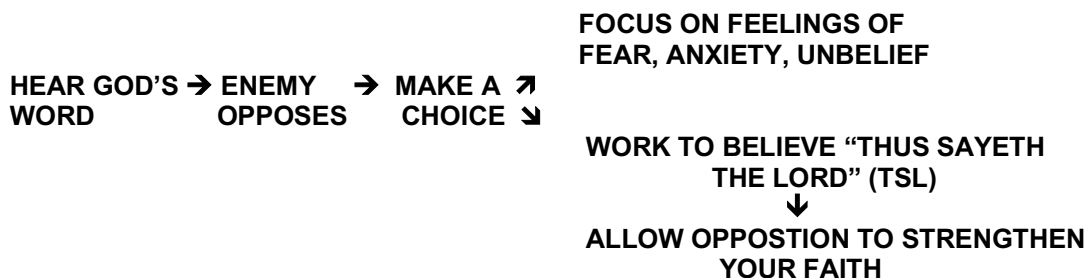
- Ps 84:11-12 AMP-- For the Lord God is a sun and shield; the Lord bestows grace *and* favor and honor. No good thing will He withhold from those who walk uprightly. <sup>12</sup>O Lord of hosts, How blessed *and* greatly favored is the man who trusts in You [believing in You, relying on You, and committing himself to You with confident hope and expectation].
- Once he surrendered, the ability to see things from a higher, eternal perspective came more readily to our psalmist. The same will be true for us!
- In verse 11, he declares one of the most comforting and faith-building aspects of an eternal view – God’s magnificent and unchanging nature.
- The Lord will always graciously bring His light and protection. That’s a constant that will help us R.I.S.E. above hardships, challenges, weariness, and grief:
  - Ps 102:12-13 AMP-- You, O Lord, are enthroned forever [ruling eternally as sovereign]; and [the fame and glory of] Your name [endures] to all generations. You will arise and have compassion on Zion, for it is time to be gracious *and* show favor to her, yes, the appointed time [the moment designated] has come.
  - Lam 3:22-23 AMP-- It is because of the Lord’s mercy *and* loving-kindness that we are not consumed, because His [tender] compassions fail not. They are new every morning; great *and* abundant is Your stability *and* faithfulness.
- As we work to fully believe that God will withhold nothing good from us, this expectation will serve us well. It will help us overcome fear, control, despair, etc.
- For some biblically sound “good things” to receive and enjoy, see the updated handout “Tools & Techniques: Renewing Your Mind.”
- “No good thing will He withhold: A promise is made to those who walk uprightly – they will receive every good thing God has for them. The nature of this promise is appropriate under the Old Covenant, where God promised direct blessings for obedience and curses for disobedience. Under the New Covenant, the believer receives God’s good things on the basis of Jesus’ goodness, and *then* goes on to walk uprightly.” (Guzik)
- When we taste and see God’s goodness and love toward us, it turns our hearts toward faith and obedience: 1 Jn 5:3 JBP-- For loving God means obeying his commands, and these commands of his are not burdensome, for God’s “heredity” within us will always conquer the world outside us.
- “Because God is what He is, and gives what He gives, it is the highest wisdom to take Him for our true good, and never to let Him go.” (Maclaren)
- We see in part now, but we can be assured that when this life is done and we see our circumstances fully, God will have worked all things for good (Rom 8:28):
  - Ps 18:30 NLT-- God’s way is perfect. All the Lord’s promises prove true. He is a shield for all who look to him for protection.
  - Deut 32:4 NLT-- He is the Rock; his deeds are perfect. Everything he does is just and fair. He is a faithful God who does no wrong; how just and upright he is!
- Our God is Faithful and True which means we can take the risk of fixing our course to follow Him, of putting our hope and expectation in what He has said: Ps 33:4 NLT-- For the word of the Lord holds true, and we can trust everything he does.
- Insights:

## II. CONTINUE TO PRACTICE

- Again this week, use the handout “Tools & Techniques: Be Renewed” to calibrate your expectations. Choose one particular area of doubt, struggle or conflict and repeat the exercise daily if possible. Notice what bubbles up and shifts as you “abide in the truth.”
- Write down your processing. Come next week ready to share what you experienced.
- Refer to “Tools & Techniques: Listening to God” to help you grow in intimacy in your relationship with the Lord and find biblical guidance for this important practice.
- The whole truth about any topic or situation is multifaceted. We must ask the Holy Spirit to bring understanding about all the elements and to aid us in balancing them:



- Pay attention to what God *is doing* while you are waiting on Him to do the thing you want most. Praise Him for the promises He has given and don't forget to ask for patience!
- Take personal time with God for Meditation then Practice the Presence during your day.
- When we feel empty and unsatisfied, it's time to check in on our deepest core needs. *What other source are we expecting to fill those needs? Where are we relationally with the Lord?*
- Get in touch with your feelings by being honest with God. Journal about your issue using the handout “Tools & Techniques: I Feel But God Says.” Take time in the coming days to search out Scriptures that offer you accurate expectations instead.
- Refer to this continuum to help you make a choice whenever storms threaten your peace:



- Use the handout “Tools & Techniques: Spiritual Blessings” to help you connect to the wonderful things you can expect from God as He does His internal work in you.
- Each step of our journey with God is intended to teach us to know and trust Him relationally. Developing a relational mindset could be depicted this way:

