

- 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).
- 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. FREEDOM

- At salvation, we're set free from our old, sinful lives and receive new life in Christ: Col 3:3 NLT--For you died to this life, and your real life is hidden with Christ in God.
- One might say we were healed spiritually when we were saved, although it may be more accurate to say that we got a heart transplant! Ezek 11:19 AMP--I will give them one heart [a new heart] and I will put a new spirit within them; and I will take the stony [unnaturally hardened] heart out of their flesh, and will give them a heart of flesh [sensitive and responsive to the touch of their God]
- We are free to become the people God intends for us to be: Rom 6:4 NLT-- For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives.
- The freedom of our salvation is vividly pictured for us in Scripture when God saved His people from the Egyptians at the Red Sea: Ex 15:1-2-- Then Moses and the children of Israel sang this song to the Lord, and spoke, saying: "I will sing to the Lord, for He has triumphed gloriously! The horse and its rider He has thrown into the sea! The Lord *is* my strength and song, and He has become my salvation."
- Salvation = aid, victory, prosperity: —deliverance, health, help (-ing), salvation, save, saving (health), welfare (Strong's H3444)
- What happened shortly after this miraculous deliverance is recorded in the 2nd half of this chapter. These newly freed people encountered difficulty: Ex 15:22-27 NLT-- Then Moses led the people of Israel away from the Red Sea, and they moved out into the desert of Shur. They traveled in this desert for three days without finding any water. ²³ When they came to the oasis of Marah, the water was too bitter to drink. So they called the place Marah (which means "bitter"). ²⁴ Then the people complained and turned against Moses. "What are we going to drink?" they demanded. ²⁵ So Moses cried out to the Lord for help, and the Lord showed him a piece of wood. Moses threw it into the water, and this made the water good to drink. It was there at Marah that the Lord set before them the following decree as a standard to test their faithfulness to him. ²⁶ He said, "If you will listen carefully to the voice of the Lord your God and do what is right in his sight, obeying his commands and keeping all his decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; for I am the Lord who heals you." ²⁷ After leaving Marah, the Israelites traveled on to the oasis of Elim, where they found twelve springs and seventy palm trees. They camped there beside the water.
- Here, very early on in their journey of faith, the Lord introduced Himself to them as Healer, Jehovah Rapha. He is able to heal both externally and internally: Heb 10:14 NLT-- For by that one offering he forever made perfect those who are being made holy.
- Insights:

B. BITTERNESS

- The Lord uses the circumstances of our lives (especially the hard ones) to reveal what needs His healing touch.
- For the Israelites, just 3 days after their deliverance at the Red Sea, they did not respond in faith or trust in their miracle-working God when there was no water.
- Their rebellion and consequent grumbling stemmed from their false expectations of God. They thought He'd shield them from further trouble, not test them: 1 Pt 4:12-13 MSG-- Friends, when life gets really difficult, don't jump to the conclusion that God isn't on the job. Instead, be glad that you are in the very thick of what Christ experienced. This is a spiritual refining process, with glory just around the corner.
- Their disappointment about the water triggered unresolved issues from the past that were in need of God's remedy. This principle applies to us as well.
- During their lives as slaves in Egypt, they had repeatedly gone without provision at the hands of untrustworthy caretakers and taskmasters.
- Their pain hindered them from believing God's character and promises. Instead, they relied on earthly solutions like reasoning, complaining, blaming and judgment.
- In order to heal and make us whole, the Lord must show us the bitterness remaining inside and its harmful effects: Heb 12:15 JBP-- Be careful that none of you fails to respond to the grace which God gives, for if he does there can very easily spring up in him a bitter spirit which is not only bad in itself but can also poison the lives of many others. Be careful too, that none of you falls into impurity or loses his reverence for the things of God
- Testing and self-examination may bring up fear of exposure and reluctance to revisit unpleasant memories. However, it is well worth the process: Is 38:15-16 NLT-- Now I will walk humbly throughout my years because of this anguish I have felt. Lord, your discipline is good, for it leads to life and health. You restore my health and allow me to live!
- Some common areas that are in need of God's healing include:
 - Lies, opinions, or mindsets that become "our truth" instead of God's truth
 - Scars remaining from adverse events (loss, rejection, accidents, natural disaster)
 - Inappropriate attachments or affections, false hope, or idolatry
 - Negative effects of a repeated stressor or stressful environment
- We often see these bitter spots expressed in the context of our relationships.
- That's what the Hebrews did – they turned against Moses and ultimately against God. Due to their lack of healing, they weren't able to enter a respectful dialogue.
- The Lord used this opportunity to teach us that He is merciful and willing to rid us of the impurities and bitterness inside.
- Insights:

C. HEALING

- At Marah, God linked health to obedience. This wasn't a promise to heal us from every disease, but rather instruction to follow His path to avoid the toxicity of sin.
- [Many of Old Testament ordinances were directly aimed at health and hygiene.]
- As we grow in obedience, we reap internal benefits that contribute to health:
 - Our hearts remain soft and teachable
 - We avoid the stress of not being at peace with God
 - Arrogant attitudes are replaced with a willing spirit
 - Our submission ushers us into a place of rest
 - Anxiety decreases as we learn more deeply the great trustworthiness of our God
- God's path, though not without its difficulties, is good for us. Jesus puts it this way: Mt 11:28-30 TPT-- Are you weary, carrying a heavy burden? Then come to me. I will refresh your life, for I am your oasis. Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me. For all that I require of you will be pleasant and easy to bear
- Miraculous change is possible when we bring the bitter things in our lives to Jehovah Rapha. Rapha = to mend (by stitching), to cure, heal, repair, make whole (Strong's).
- When Moses cried out to God he was given a piece of wood that would make the bitter water sweet. This wood is a symbol of the healing power of the cross.
- The cross of Christ has redeeming power sufficient to heal us from all the residual effects of sin such as:
 - Our guilt and regret over wrong choices and their consequences: Ps 38:4 NLT-- My guilt overwhelms me— it is a burden too heavy to bear.
 - Our vain attempts to reform ourselves and to please/appease God through our own efforts: Is 64:6 MSG-- Our best efforts are grease-stained rags.
 - The encumbrance of living in a fallen world: Ps 68:19 AMP-- Blessed be the Lord, Who bears our burdens *and* carries us day by day, even the God Who is our salvation! Selah [pause, and calmly think of that]!
- As life events expose our unresolved issues, may we cry to our God who heals us.
- Insights:

D. LISTENING

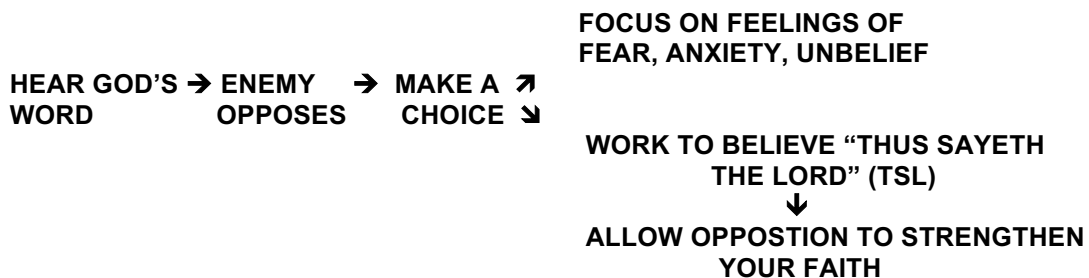
- When bitter things bubble up, our first line therapy is to heed God's instruction to Israel given at Marah: "Listen carefully to the voice of the Lord your God." (v. 26)
- We can listen to God in prayer about our places of inner pain in order to obtain healing. Jesus inaugurated His earthly ministry with this promise: Luke 4:18 -19-- "The Spirit of the Lord *is* upon Me, because He has anointed Me to preach the gospel to *the* poor; He has sent Me to heal the brokenhearted, to proclaim liberty to *the* captives

and recovery of sight to *the* blind, to set at liberty those who are oppressed; to proclaim the acceptable year of the Lord.”

- This type of listening to God invites Him to identify the issues and mindsets beneath our emotions and actions and replace them with healing truth: Rom 12:2 NLT-- Let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.
- Give yourself adequate time and a quiet space for listening. If you are new to this type prayer, recruiting a seasoned prayer partner to facilitate is a great way to start!
- Begin with these 4 basic steps when you bring your bitter situation to God in prayer:
 1. Identifying and allowing yourself to feel the emotions: *“Jesus, help me to recognize and be fully present to the feelings stirred up by this situation.”*
 2. Asking God to reveal a time you experienced the emotions in your past: *“Lord, please bring to mind a past episode or environment that shows me how this trigger got its start.”*
 3. Discovering beliefs set into motion as a result of events and environments: *“Jesus, what message did I come to believe as a result of the event You have brought to mind?”*
 4. Replacing any lies with God’s truth: *“Lord, what is the truth?”*
- Keep a written record of your prayer time to aid you in continuing to renew your mind. Follow-through is needed to establish this new place of healing and freedom.
- Other principles to keep in mind include:
 - Expecting freedom to come—sometimes instantly, but often over a period of time
 - Willingness to revisit the same memory until it’s completely resolved
 - Asking forgiveness from God and extending forgiveness to others
 - Recognizing patterns of self-protection (judgments, lies, vows, hard heart)
 - Renouncing false or hurtful pronouncements spoken about you by authority figures
- Jehovah Rapha is our God who heals us. He is always ready to minister to bitter spots, large and small, so that we might experience His love and life abundant: Heb 4:12-16 MSG-- God means what he says. What he says goes. His powerful Word is sharp as a surgeon’s scalpel, cutting through everything, whether doubt or defense, laying us open to listen and obey. Nothing and no one is impervious to God’s Word. We can’t get away from it—no matter what. Now that we know what we have—Jesus, this great High Priest with ready access to God—let’s not let it slip through our fingers. We don’t have a priest who is out of touch with our reality. He’s been through weakness and testing, experienced it all—all but the sin. So let’s walk right up to him and get what he is so ready to give. Take the mercy, accept the help.
- Insights:

II. CONTINUE TO PRACTICE

- Use the time between semesters to review the series note and take the truths deeper. Suggestions include:
 - Take one lesson each week to review the handouts (and even the audio if you'd like). Write your One Thing for where you are that particular day and compare with before.
 - Generate a list of your One Things from each lesson and begin to pray them back to God. Ask Him where you have already been impacted and to take you deeper.
 - Keep in touch with your group members and leader for the purpose of encouragement and accountability. Share your progress and prayer needs.
 - Keep a record of any themes that emerge. Ask the Lord if this is relevant to His purposes and vision for you in the upcoming season.
- Use the handout "Tools & Techniques: Timeline" to do a thorough look at the areas in your life that could benefit from healing prayer. Modify to a smaller scale according to your needs.
- 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.
- 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.
- If you need shoring up on your right-standing with God based on Jesus' finished work at the Cross, study the handout "Tools & Techniques: God Reconciles Us."
- 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:



- Write down what you're learning in your notebook or journal. Come back *next year* ready to share what you experienced. See you Spring Semester (date TBD). Have a great holiday!