

- 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

The God of All Comfort speaks words of hope to those wandering in the desert: “Get ready! I’m coming.” Meditate on these truths to ready yourself to receive God’s comfort:

A. Getting Ready for Comfort

- Isaiah 40:1-5 NIV-- Comfort, comfort my people, says your God. Speak tenderly to Jerusalem, and proclaim to her that her hard service has been completed, that her sin has been paid for, that she has received from the Lord’s hand double for all her sins. A voice of one calling: “In the wilderness prepare the way for the Lord; make straight in the desert a highway for our God. Every valley shall be raised up, every mountain and hill made low; the rough ground shall become level, the rugged places a plain. And the glory of the Lord will be revealed, and all people will see it together. For the mouth of the Lord has spoken.”
- Continue this week to process what we’ve learned so far about preparing the way for the God of All Comfort.
- Comfortless” – Hebrew word here is “orphaneo”
- Desert = place of life’s trials and suffering. They’re also places of transformation from slaves/orphans to mature children of God living in the Promised Land.
- *Identify the circumstances where you are comfortless, weak, or suffering. Ask the Holy Spirit to reveal the voices that are impacting your ability to receive comfort:*
 1. Lies are anything contrary to God’s word. He speaks “comfort, comfort.”
 2. Condemnation-- the sentence pronounced...with a suggestion of the punishment following (Vines). God says your “sin has been paid for.”
 3. Complaints—Isaiah tells us speak life, to proclaim that God is coming and His glory is on its way. Life and death is in the power of the tongue (Proverbs 18:21)
 4. Reasoning will not lead of to a place of comfort; only God’s truth brings lasting comfort: Rom 1:21 AMP-- They became futile *and* godless in their thinking [with vain imaginings, foolish reasoning, and stupid speculations] and their senseless minds were darkened.

Insights:

B. Uncomfortable with the Truth

- Sometimes we prefer illusions rather than God’s voice of truth.
- We even do things to perpetuate the messages of those other voices! Why?
 - Our current mindset is known, familiar, and seems safe to us.
 - We don’t even recognize that what we believe in this area is not truth.
 - We’ve not made ourselves available to God’s comforting truth.
- There is no room for comfort when we fill our minds with the wrong focus.
- The object of our focus and our thoughts has power!
- There are 3 Greek words in NT for power (Strong’s):
 1. *Exousiazō*—having or exercising authority; the right or power to do something (?)
 2. *Dynamis*—strength or capability to perform
 3. *Exousia**—energy* or strength with which one is endued to act
- **Painful situation** (actual encounter or thoughts about it) → **Negative Energy*** (usually experienced as thinking &/or emotions) → **No room for comfort**
- Comfortless thoughts—I am alone, rejected, stupid, weird, a loser, without hope, etc.
- Comfortless emotions—sorrow, grief, loneliness, doubt, anger, hatred, jealousy, etc.

- Faith is an energy force that feeds energy to my heart and my mind.
- “Faith” is a noun. “Believe” is its verb equivalent. “Expectation” is a synonym of faith.
- When we believe a LIE, our minds are focused on an ungodly “truth.” There is energy at work because of our misplaced faith: Mt 9:29 NAS-- “It shall be done to you according to your faith.”

LIE = UNGODLY BELIEF → MISPLACED FAITH → EMPOWER NEGATIVE EXPECTATIONS

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**MAKE UP YOUR MIND
ABOUT SITUATION
(Judge)** → **PURPOSE IN YOUR HEART
TO ACT A CERTAIN WAY
(Vow)**

I believe ____ → Therefore, I will ____

- God gives us the freedom to choose a plan of action based on a lie. However, He requires us to carry it out in our own strength, i.e., the flesh.
- The Bible says not to make a vow because we must keep them. (Exodus 23:21-23)
- Example of Lies and their Negative Energy: Is 30:15-17 NLT-- This is what the Sovereign Lord, the Holy One of Israel, says: “Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it. You said, ‘No, we will get our help from Egypt. They will give us swift horses for riding into battle.’ But the only swiftness you are going to see is the swiftness of your enemies chasing you! One of them will chase a thousand of you. Five of them will make all of you flee. You will be left like a lonely flagpole on a hill or a tattered banner on a distant mountaintop.”
- Another example:
Unpleasant experience with a particular person →
Negative energy: feelings of rejection + Negative belief: they don’t like me →
Judged them about every future interaction (“They will reject me.”) →
Purposed in my heart: “I’ll show them!” (Trying too hard by either moving away from them or toward them).

Insights:

C. How to Make Room for Comfort with Truth

- There’s not much room for comfort or the God of All Comfort when truth is lacking.
- Prayerfully seek the Lord, asking Him to give the needed revelation for receiving His truth, comfort and freedom. Use these steps as a guide:
 1. Seek God’s Forgiveness by confessing your misplaced faith, for trusting in your own thoughts and energies more than His.
 2. Break the Vow: Lev 5:4-5-- Suppose you make a foolish vow of any kind, whether its purpose is for good or for bad. When you realize its foolishness, you must admit your guilt. When you become aware of your guilt...you must confess your sin.
 3. Repent = Re (do over) + Pent (from the highest place); to change our minds for the better, to see as God sees
 4. Replace the Lie with Truth asking God to use His written word and the Spirit of Truth to lead you into all the truth about your circumstances.
 5. Make New Choices based on the truth of what God says about your situation.

- Meditate on the truths below, asking God to speak into your comfortless places:
 - Is 30:18-21 NAS-- Therefore the Lord longs to be gracious to you, and therefore He waits on high to have compassion on you. For the Lord is a God of justice; how blessed are all those who long for Him. O people in Zion, inhabitant in Jerusalem, you will weep no longer. He will surely be gracious to you at the sound of your cry; when He hears it, He will answer you. Although the Lord has given you bread of privation and water of oppression, *He*, your Teacher will no longer hide Himself, but your eyes will behold your Teacher. Your ears will hear a word behind you, "This is the way, walk in it," whenever you turn to the right or to the left.
 - Ps 46:10 TPT—Surrender your anxiety! Be silent and stop your striving and you will see that I am God. And I will be exalted throughout the whole earth. Here He stands! The Commander! The Mighty Lord of Angel-Armies is on our side! The God of Jacob fights for us!
 - 2 Cor 4:16 NAS-- Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.
 - Rom 8:37--In all these things we are more than conquerors through Him who loved us
- Is 30:18 says *God's been waiting for us*. He's *longing* to be gracious and comfort us.
- God of All Comfort is *moved* (literal meaning of compassion) by our predicament.
- He is a God of justice and He's coming to make things right: Is 40:10 NIV-- See, the Sovereign Lord comes with power, and he rules with a mighty arm. See, his reward is with him, and his recompense accompanies him.
- We must take the energy of our focus and turn it toward God. Let's set our ears to hear and fix our eyes to see Him.
- Focus on His promises! Appropriate them for yourself and your situation: 2 Cor 1:20 NIV-- For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God.
- Choose to be energized by faith in His love letter to you: Is 40:8 NIV-- The grass withers and the flowers fall, but the word of our God endures forever.

Insights:

IV. PERSONALIZATION

- Cultivate intimacy with God by connecting with Him daily:
 - Find a quiet spot
 - Fix your eyes of Jesus
 - Find the flow of God's voice (sounds like spontaneous, biblical thoughts)
 - Facilitate communication by journaling
- Spend time in God's presence through prayer and song using the names of God.
- Get to know God better by meditating on His names using the Nuggets" booklet.
 - Ask the Lord "Who do You want to be for me?" in my day, issue, or season.
- Keep a written record of how God ministers to you this week. Come back ready to share what you've experienced.