

- 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 understand and grow in Living Hope:

A. PATTERN FOR PRAYER

- Today we are coming together to pray for one another about our hopes, dreams, desires, and disappointments.
- Here is a passage that reveals much about how we can approach Jesus with the cares of our heart: Matthew 15:23-28 NLT--Then Jesus left Galilee and went north to the region of Tyre and Sidon. ²² A Gentile woman who lived there came to him, pleading, "Have mercy on me, O Lord, Son of David! For my daughter is possessed by a demon that torments her severely." ²³ But Jesus gave her no reply, not even a word. Then his disciples urged him to send her away. "Tell her to go away," they said. "She is bothering us with all her begging." ²⁴ Then Jesus said to the woman, "I was sent only to help God's lost sheep—the people of Israel." ²⁵ But she came and worshiped him, pleading again, "Lord, help me!" ²⁶ Jesus responded, "It isn't right to take food from the children and throw it to the dogs." ²⁷ She replied, "That's true, Lord, but even dogs are allowed to eat the scraps that fall beneath their masters' table." ²⁸ "Dear woman," Jesus said to her, "your faith is great. Your request is granted." And her daughter was instantly healed.

B. PURITY

- Immediately preceding this encounter, Jesus has been teaching about purity of heart: Mt 15:18-20 AMP--But whatever [word] comes out of the mouth comes from the heart, and this is what defiles *and* dishonors the man. ¹⁹ For out of the heart come evil thoughts *and* plans, murders, adulteries, sexual immoralities, thefts, false testimonies, slanders (verbal abuse, irreverent speech, blaspheming). ²⁰ These are the things which defile *and* dishonor the man; but eating with [ceremonially] unwashed hands does not defile the man."
- Jesus is telling religious people that outward behavior is evidence of what is inside the heart. That's the origin of our problems and place that needs His remedy:
 - Pr 23:7--For as he thinks in his heart, so *is* he.
 - Pr 4:23--Keep your heart with all diligence, for out of it *spring* the issues of life.
 - 1 Sam 16:7--Man looks at the outward appearance, but the Lord looks at the heart
- LISTENING EXERCISE: *Think about how much time and energy you focus on "how it looks" of "doing it right." Does it comfort you to know that God wants your heart? He is a Master Heart Surgeon and is able to minister to what is ailing you at the deepest level. Reflect on how it would impact you to believe and act in accordance with this truth:*

C. PAINS & PERCEPTIONS

- When our hearts are hurting, all those competing thoughts and feelings can become barriers to prayer.
- Examine this list of possible issues that could have prevented the Gentile woman from coming to Jesus:
 - Disappointed
 - Not belonging
 - Impurity
 - Grief
 - Shame
 - Weariness
 - Depression
 - Alone
 - Needy
 - Helpless
 - Unimportant
 - Anxious
 - Stressed
 - Comfortless
 - Stuck
 - Powerless
 - Messy
- **LISTENING EXERCISE:** *Can you identify with anything on this list in your current situation? How does it impact your ability to voice your dreams and desires to God? Record your thoughts about each item that applies:*

D. PROPERTIES OF PRAYER

- The Canaanite's woman's prayer was effective! James 5:16 NIV--Confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.
- Notice the elements of her prayer and keep them in mind as you bring your requests to the Lord:
 1. Concise—not lengthy; voiced the essence of the problem
 2. Humble—taking a meek approach to One greater than herself
 3. Fervent—full of passion and intense feeling
 4. Faith-filled—confident in His ability to act powerfully in her behalf
 5. Modest—unassuming; having a proper estimate of her own merits
 6. Respectful—reverent; deferring to Jesus' wisdom and justice
 7. Rational—enlightened, judicious, exercising sound judgment
 8. Reliant—trusting; she depended on, counted on, and banked on His mercy
 9. Persevering—persistent, not easily dissuaded; steadfast despite obstacles
 10. Specific—definite, precise, explicitly stated her request
- Choose an issue to bring to prayer. Look over the list above and incorporate as many of these properties as possible as you journal to God about your need:
- CHOOSE ONE ISSUE to bring to prayer. Look over the list above and incorporate as many of these properties as possible as you journal to God about your need:

E. PROVISION

- Commentators believe that the Canaanite woman had heard many stories of the miracles Jesus had been performing in the surrounding area.
 - Instead of wondering why she did not have a divine appointment that resulted in healing her daughter, she decided to go to Jesus and ask for one.
 - She chose hope instead of disappointment and hopelessness.
 - Though she was not in Jesus' primary target audience (the Jews), she was the only person in Tyre who received a miracle from the Lord! Mk 15:28 NLT—"Dear woman," Jesus said, "your faith is great. Your request is granted." And her daughter was instantly healed.
 - Her daughter was healed instantly and from a distance. But go back over the text, starting in verse 23. See how Jesus' answer did not come on her first attempt at "prayer." Notice how each step forward in this conversation challenged and emboldened her faith.
 - Think about what you're bringing to prayer. Ask the Holy Spirit to reveal some of the things God has been doing as you've been in process. Which of these apply to you?
 - Finding Your Voice
 - Developing Your Gifts
 - Gaining Maturity
 - Cementing Obedience
 - Confess to God the ways you've not responded as above. Ask for His forgiveness.
-
- Ask Him to open your eyes to the opportunities He has for you as you hope against hope for your dreams and His promises. Record all that the HS reveals:
-
- Thank Him for desiring to use your disappointments for good and not waste your pain. Commit your issue afresh to Him today and ask for help as you continue to partner with Him in this issue.

D. GROW IN LIVING HOPE by applying the principles we have previously learned:

- Wonder in God's presence about 1) Your individuality and uniqueness, 2) Which gifts and callings He's imparted to you (individually and collectively), and 3) How, specifically, you might stir up or ignite them to experience more HS firepower.
- Be alert for the lack of grace, power, and joy in following the Lord. This may be an indicator that the season for that dream/vision is past or it isn't from God at all.
- Continue seeking the Lord about your own God-given dreams. Dream = a personal & specific God-given idea, plan, agenda, or goal that leads to God honoring results.
- Use the Promise Pages provided to make a list of your God-given dreams. Add the verses that apply to each one. Pray them back to God to keep your hope strong.
- Mediate on these verses that illustrate how we can choose to be Prisoners of Hope:
 - Rev 3:20 TPT-- Behold, I'm standing at the door, knocking. If your heart is open to hear my voice and you open the door *within*, I will come in to you and feast with you, and you will feast with me.
 - Ps 37:3-7 TV-- Live in the land *He provides*; *roam*, and rest in God's faithfulness.⁴ Take great joy in the (Lord)! His gifts are coming, and they are all your heart desires! ⁵ Commit your path to the (Lord); *let Him direct you*. Put your confidence in Him, and He will follow through *with you*. ⁶ He will spread out righteousness for you as a sunrise *spreads radiance over the land*; He will deliver justice for you into the light of the high sun. ⁷ Be still. Be patient. Expect the (Lord) to arrive *and set things right*.
- Use your emotions as an indicator of where God can offer Living Hope. Bring your feelings to God in prayer in your over-reactions, numbness, or hardness of heart.
- Embrace the Limp when you are dealing with an area of weakness or wounding. Call on the Father as a beloved child. Allow trustworthy, like-minded friends to support and speak into these areas. Offer your strength to them where you are mature.
- If you have not done so, take the assessment on Emotionally Healthy Spirituality. Use the results to pinpoint areas of growth in your relationship with God and others.
- Be alert for any Negativity Bias (focus problem) or Confirmation Bias (belief problem). Ask for hope (an expectation of good) where you're struggling.
- Keep asking: *What am I pursuing and prizing that indicate that my worship is off?*
- "Remember the Deeds of the Lord" and be encouraged by His faithfulness.
- Bring glory to God and grow in hope and faith by giving more weight to what He says than to your emotions, evidence, and errors. The resistance will make you stronger!
- Review regularly the benefits of being "In Christ" and having Christ is in you:
 - Surety—We can have confidence in God's unchanging character.
 - Purity—Our salvation is sure and our record is spotless because of Jesus.
 - Security—The Lord's acceptance, love, and worth for us is unconditional.
 - Maturity—We grow in Christ as we abide, repent, wait and watch for His word to be fulfilled.
 - Authority—In Christ we have authority to overcome the flesh, the world, and the enemy.
- The Scripture verses on the handout "Tools & Techniques: God Makes Things Right" offer comfort and hope when you have been wronged.
- Invite the Spirit to speak through His word and breathe His life-giving power where you have been lifeless and dry. Believe that those Dry Bones can dance again!
- For helpful hints about hearing God's word and allowing the Spirit to apply it to your life, refer to the handout "Tools & Techniques: Listening to God."

- Keep short accounts with the help of “Tools & Techniques: Understanding Forgiveness.”
- Discover gaps in your belief system that may be responsible for some of your Dry Bones areas. Use the handout “Tools & Techniques: Hope of Glory Applications” to help you renew your mind and begin the transformation process.
- Be sure to journal your prayers and God’s answers. Come back ready to share!