

- 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.

1. 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](http://www.DivineDesignDiscipleship.com)).
2. 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 the principles found in these Scriptures to help you understand and cultivate a new way of thinking. This process will transform you to become more and more like Christ:

#### A. First Stronghold

- God's people dealt with their first stronghold in the Promised Land: Josh 1:1-16, 20, 24--Now Jericho was securely shut up because of the children of Israel; none went out, and none came in. 2 And the Lord said to Joshua: "See! I have given Jericho into your hand, its king, *and* the mighty men of valor. 3 You shall march around the city, all *you* men of war; you shall go all around the city once. This you shall do six days. 4 And seven priests shall bear seven trumpets of rams' horns before the ark. But the seventh day you shall march around the city seven times, and the priests shall blow the trumpets. 5 It shall come to pass, when they make a long *blast* with the ram's horn, *and* when you hear the sound of the trumpet, that all the people shall shout with a great shout; then the wall of the city will fall down flat. And the people shall go up every man straight before him."6 Then Joshua the son of Nun called the priests and said to them, "Take up the Ark of the Covenant, and let seven priests bear seven trumpets of rams' horns before the ark of the Lord." 7 And he said to the people, "Proceed, and march around the city, and let him who is armed advance before the ark of the Lord." 8 So it was, when Joshua had spoken to the people, that the seven priests bearing the seven trumpets of rams' horns before the Lord advanced and blew the trumpets, and the ark of the covenant of the Lord followed them. 9 The armed men went before the priests who blew the trumpets, and the rear guard came after the ark, while *the priests* continued blowing the trumpets. 10 Now Joshua had commanded the people, saying, "You shall not shout or make any noise with your voice, nor shall a word proceed out of your mouth, until the day I say to you, 'Shout!' Then you shall shout." 11 So he had the ark of the Lord circle the city, going around *it* once. Then they came into the camp and lodged in the camp. 12 And Joshua rose early in the morning, and the priests took up the ark of the Lord. 13 Then seven priests bearing seven trumpets of rams' horns before the ark of the Lord went on continually and blew with the trumpets. And the armed men went before them. But the rear guard came after the ark of the Lord, while *the priests* continued blowing the trumpets. 14 And the second day they marched around the city once and returned to the camp. So they did six days. 15 But it came to pass on the seventh day that they rose early, about the dawning of the day, and marched around the city seven times in the same manner. On that day only they marched around the city seven times. 16 And the seventh time it happened, when the priests blew the trumpets, that Joshua said to the people: "Shout, for the Lord has given you the city!...20 The people shouted when *the priests* blew the trumpets. And it happened when the people heard the sound of the trumpet, and the people shouted with a great shout, that the wall fell down flat. Then the people went up into the city, every man straight before him, and they took the city...24 But they burned the city and all that *was* in it with fire. Only the silver and gold, and the vessels of bronze and iron, they put into the treasury of the house of the Lord.
- Insights:

## B. Faith

- Jesus was always emphasizing the importance of faith. It permeates the Mind of Christ:
  - Mt 17:20—“If you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.”
  - Mt 8:26--“Why are you fearful, O you of little faith?” Then He arose and rebuked the winds and the sea, and there was a great calm.
  - Mt 14:31--Jesus stretched out *His* hand and caught him, and said to him, “O you of little faith, why did you doubt?”
- Faith is huge in our battle with strongholds: Eph 6:16 ESV-- In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one
- It takes faith to go after a stronghold (SH): Josh 6:1a AMP-- Now Jericho [a fortified city with high walls] was tightly closed
- Notice that the promise is a “done deal” in God’s mind even though the walls of the SH were still intact at the time: Josh 6:2--“See! I have given Jericho into your hand.”
- Sometimes faith is strong and God’s word is a “done deal” in our minds. Other times faith means making a cold-blooded decision to trust and obey despite feelings to the contrary.
- The obedience of the Israelites demonstrates their faith in God and His promise. (Vv. 8-9)
- When God asks us to face problems (walls) that stand between us and His promise, it develops faith: Heb 11:30-- By faith the walls of Jericho fell down after they were encircled for seven days.
- It takes faith to walk a path that doesn’t make sense to us, especially when our progress isn’t noticeable: 2 Cor 5:7-- For we walk by faith, not by sight.
- Faith pleases God and He rewards it: Heb 11:6-- Without faith *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him.
- As the children of God circled the stronghold of Jericho by faith, God redeemed a painful memory from their past: Exodus 2:3-- You have circled this mountain long enough.
- Our God reverses the curses against us by His overwhelming love and overruling power:
  - Deut 23:5 ESV-- The Lord your God turned the curse into a blessing for you, because the Lord your God loved you.
  - Gal 3:13 MSG-- When Jesus was nailed to the cross: He became a curse, and at the same time dissolved the curse.
- With this breakthrough, God’s people exchanged their fleshly heritage for their true inheritance from God. See the handout “Tools & Techniques: Spiritual Blessings” to help you replace wrong thinking (your SH) with what God has promised you instead.
- Insights:

### C. Focus

- In this biblical account of demolishing a SH the people had the choice to focus on the problem (walls) or to focus on the presence of God: Josh 6:3-4 TV-- You will march around the city *walls* with all your fighting force. Seven priests will go in front of the covenant chest
- David Guzik quote: The ark would be prominent in this victory, even as it was in the crossing of the Jordan River. Israel had to keep their hearts and minds on the LORD who was present with them, instead of putting their hearts and minds on the difficulty of the task in front of them.
- Prayer is one fantastic way to stay properly focused. It is also an act of faith and worship!
- God instructed the people to go around the walls of the stronghold with the ark. It contained the golden incense altar which is the altar of prayer: Jm 5:16 NIV-- Therefore 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.
- Jericho literally means “fragrant place.” Scriptures picture our prayers as fragrant incense to the Lord: Rev 5:8-- The twenty-four elders fell down before the Lamb. Each one had a harp and they were holding golden bowls full of incense, which are the prayers of God’s people.
- To maintain a focus that’s compatible with the MOC, watch what you do and don’t say:
  - Josh 6:10 TV-- Don’t let your voice be heard until the day I tell you. And then I want you to shout *with all your might*.
  - Pr 18:21-- Death and life *are* in the power of the tongue
- Instead of talking about the wall or the battle, God gave instructions to gaze at His presence (ark), to listen to anointed music (horns), and to give a victory shout *before* the walls fell.
- Worship music lifts our focus and helps us persevere in the process: Ps 22:26 NIV-- Those who look to the LORD will praise him. May their hearts be filled with new hope!
- Insights:

#### D. Fullness

- God has fully freed us in Christ: Rom 6:5-7 NLT-- Since we have been united with him in his death, we will also be raised to life as he was. We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. For when we died with Christ we were set free from the power of sin.
  - We have the Mind of Christ and yet we are being transformed as we renew our minds:
    - Integrity is a heart issue (unity, wholeness): Mk 12:30--You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.
    - Becoming integrated involves our thoughts and emotions (to meld with and become part of the dominant culture): 1 Cor 12:13 MSG--By means of his one Spirit, we all said good-bye to our partial and piecemeal lives. We each used to independently call our own shots, but then we entered into a large and integrated life in which he has the final say in everything.
  - If God says, "You are free" or "I will give you the city," we must align with the MOC and act in agreement, moving step by step to possess His promise until it is completely ours.
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- Scholars believe the walls of Jericho were tall, composed of stone, and about one mile in circumference. In addition, Joshua did not disclose the 7-day endpoint!
  - It's hard to keep marching when our progress is slow. Emotions simmer to the surface! We are wise to examine more closely what we perceive as feelings:
    - Some of our emotions are the by-product of the wrong thinking that composes our SH: Pr 23:7--For as he thinks in his heart, so is he.
    - Sometimes what we feel is spiritual in nature: 1 Sam 16:23 TV-- Whenever God allowed the evil spirit to afflict Saul, David would play the harp, Saul would be relieved of his torment, and the evil spirit would depart. \*(Some translations render it as depression)
    - Our feelings are a tipoff when we've judged the process (too long, too painful, being vulnerable is not okay, or it won't work for me). The Israelites had a long history of this: Deut 1:28 NLT-- Our brothers have demoralized us with their report. They tell us, "The people of the land are taller and more powerful than we are, and their towns are large, with walls rising high into the sky!"
  - God's gave His people their inheritance in increments to allow them to grow in the process: Exodus 23:30 TV-- I will drive them out a little at a time—a few here, a few there—until your numbers grow and you are strong enough to take over the land *and its care*
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- Maturity involves understanding that we cannot walk in full freedom by fleshly effort:
    - Rom 8:6 MSG-- Those who trust God's action in them find that God's Spirit is in them—living and breathing God! Obsession with self in these matters is a dead end; attention to God leads us out into the open, into a spacious, free life.
    - Jn 6:63-- It is the Spirit who gives life; the flesh profits nothing.

- Is 48:17-18-- Thus says the Lord, your Redeemer, the Holy One of Israel: “I *am* the Lord your God, Who teaches you to profit, Who leads you by the way you should go. Oh, that you had heeded My commandments! Then your peace would have been like a river, and your righteousness like the waves of the sea.
- Instead, we can and must count on God to keep His covenant promises to us just as He did for the children of Israel: Deut 32:39ff MSG-- “Do you see it now? Do you see that I’m the one? Do you see that there’s no other god beside me? I bring death and I give life, I wound and I heal— there is no getting away from or around me! I raise my hand in solemn oath; I say, ‘I’m always around. By that very life I promise: When I sharpen my lightning sword and execute judgment, I take vengeance on my enemies and pay back those who hate me. I’ll make my arrows drunk with blood, my sword will gorge itself on flesh, feasting on slain and captive alike, the proud and vain enemy corpses.’” Celebrate, nations, join the praise of his people. He avenges the deaths of his servants, pays back his enemies with vengeance, and cleanses his land for his people. Moses came and recited all the words of this song in the hearing of the people, he and Joshua son of Nun. When Moses had finished saying all these words to all Israel, he said, “Take to heart all these words to which I give witness today and urgently command your children to put them into practice, every single word of this Revelation. Yes. This is no small matter for you; it’s your life. In keeping this word you’ll have a good and long life in this land that you’re crossing the Jordan to possess.”
- Insights:

B. Continue to apply the principles from our previous teaching on the Mind of Christ:

- Make it a priority to get to know God more intimately. Spend time with Him in pursuit of true, biblical, “yada” knowing through His Word and His Spirit.
- Meditate on the Scripture using these verbs: chew, speak, sing, moan, mourn, roar, and imagine.
- Pursue growth in your communication with God. Use the handout “Tools & Techniques: Listening to God” to help you gain confidence and spot obstacles.
- Discover your deeper desires using these questions:
  1. Where are my thoughts obsessing or my emotions expressing themselves intensely?
  2. How am I reacting to the circumstances (fight, flight, avoiding, acting out, etc.)?
  3. What are those actions accomplishing in terms of my wants or desires?
  4. Is there something deeper that I want even more?
- Prayerfully consider areas of your life where there’s no bumper crop. What is keeping you from hearing God’s Word and putting it into practice? Journal with the Lord about the specifics.
- Invite God to reveal misinformation, lies, or deceit that has been sown in your life. In this season of Thinking Again, trust that He will reveal His truth that will bring new freedom!
- Use the handout “Tools & Technique: I Feel But God Says” to help you cultivate the mind of Christ in light of your current circumstances. It is a practical way to “take every thought captive.”
- Reuse the questions on “Tools & Techniques: Personal Inventory” to tackle another stronghold or any issue where you need more revelation on your thinking or feelings.
- Forgiveness is an essential element of the MOC. Ask yourself often, “Who do I need to forgive?”
- Tackle any works or performance thinking by rehearsing the truths from “Tools & Techniques: Liberation.”
- Keep a written record of how God ministers to you this week. If you don’t have one, start a spiritual journal. Come back ready to share what you’ve experienced.