

- 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.

- C. Sing about what you're learning. It's helpful in connecting emotionally to the truth.

- III. 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 our "In the Vault" series can be found on our Divine Design Discipleship YouTube channel. (Be sure to subscribe to our channel!) Our 2021 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 explore what God says in His Word about living a victorious life in Him. Let's use them to know God more deeply and enrich our Vaults with His truth:

A. ENEMIES OF OUR SOUL

- David wrote one of the most well-known and well-loved portions of Scripture in Psalm 23 based on his years tending sheep. (1 Samuel 16:11, 19; 17:15, 20)
- He knew the terrain where the sheep spend most of their time. The land that was favorable for growing vegetation was reserved for farming.
- In David's homeland of Judea, sheep grazed in The Wilderness, a hostile place with a sparse supply of food and water, but plentiful with predators.
- These conditions made the role of the shepherd crucial for the wellbeing of the sheep. They also provided a perfect setting for learning the heart of the Shepherd.
- As he kept watch over the sheep David mediated on the Lord and how He made a difference in his life. This practice yielded deep knowledge of God in his Vault: Psalm 23--- The Lord *is* my shepherd; I shall not want. ² He makes me to lie down in green pastures; He leads me beside the still waters. ³ He restores my soul; He leads me in the paths of righteousness for His name's sake. ⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You *are* with me; Your rod and Your staff, they comfort me. ⁵ You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. ⁶ Surely goodness and mercy shall follow me All the days of my life; and I will dwell in the house of the Lord forever.
- David discovered the truth seen throughout Scripture -- God's desire for close communion with us: Rev 3:20 NLT-- "Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends.
- He was also very aware of the tension that arises when the enemies of our soul seek to distract and disconnect us from the presence and truth of God.
- "Enemies" Is an interesting Hebrew word that literally means to bind up something and can refer to anything that is narrow or confining. It pictures one who is in dire straits or distress. It pictures a strong emotional response experienced when pressed externally by enemies or internally by wrong decisions or passions." (David Guzik)
- Antonyms for enemies = friend, fellows, mates, pals, allies, collaborators, partners, colleagues, benefactors, supporters, sympathizers (Merriam-Webster.com)
- Our enemies come in a variety of forms. We want to learn to recognize who is and who isn't our enemy in order to live in God's victory.
- Insights:

B. OURSELVES

- There is a battle happening within us. Our old and new natures are in conflict: Gal 5:17 NLT-- The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other

- David knew sheep and their propensity to self-sabotage. They put themselves in danger by not recognizing their own limitations and by following their own paths.
- Psalm 23 was written during David's days in Saul's courts, according to scholars.
- There he served a man that was at war within himself. Saul wanted to be God's man but his heart was not focused on the Lord: 1 Sam 13:12-14 NLT-- So I (Saul) said, 'The Philistines are ready to march against us at Gilgal, and I haven't even asked for the Lord's help!' So I felt compelled to offer the burnt offering myself before you came." "How foolish!" Samuel exclaimed. "You have not kept the command the Lord your God gave you. Had you kept it, the Lord would have established your kingdom over Israel forever.¹⁴ But now your kingdom must end, for the Lord has sought out a man after his own heart.
- As Israel's 1st king, Saul had rejected God's word over and over again. When he was confronted, he wasn't willing to take personal responsibility. (1 Sam 15:15, 21)
- Saul did not love himself (or others) well. He had grieved the Holy Spirit by his disobedience and rebellion and had become his own worst enemy:
 - Pr 14:12 NLT-- There is a path before each person that seems right, but it ends in death.
 - Pr 28:26 AMP-- He who leans on, trusts in, *and* is confident of his own mind *and* heart is a [self-confident] fool, but he who walks in skillful *and* godly Wisdom shall be delivered.
- Sometimes we get stuck due to an internal fight. Victory and inner peace come only when we surrender our fleshly agenda to Jesus: Eph 2:14 TV-- He is the embodiment of our peace, *sent once and for all* to take down the great barrier of hatred and hostility that has divided us so that we can be one.
- Meditating on the love and power of our great Shepherd will enable us to give Him our attention, commitment, and trust.
- Insights:

C. Other People

- Seeing other people as our enemies can be a distraction from the real battle. This tempts us put our focus on what others are doing vs. what God can do and is doing.
- Though real opposition may exist, Satan uses our relational struggles to accomplish his purpose to kill, steal, and destroy us.
- Here are 3 examples in one chapter of David's life story:
 1. Eliab, the eldest brother of David, judged and accused him wrongly: 1 Sam 17:28 AMP-- Now Eliab his oldest brother heard what he said to the men; and Eliab's anger burned against David and he said, "Why have you come down here? With whom did you leave those few sheep in the wilderness? I know your presumption (overconfidence) and the evil of your heart; for you have come down in order to see the battle."
 2. Saul, the reigning king, underestimated David and his God: 1 Sam 17:32-33, 37 NLT-- "Don't worry about this Philistine," David told Saul. "I'll go fight him!" ³³ "Don't be ridiculous!" Saul replied. "There's no way you can fight this Philistine and possibly win! You're only a boy, and he's been a man of war since his youth."...³⁷ The Lord who rescued me from the claws of the lion and the bear will rescue me from this Philistine!"

3. Goliath seemed like an impossible opponent for young David: 1 Sam 17:4-8 NLT-- Goliath, a Philistine champion from Gath, came out of the Philistine ranks to face the forces of Israel. He was over nine feet* tall! He wore a bronze helmet, and his bronze coat of mail weighed 125 pounds. He also wore bronze leg armor, and he carried a bronze javelin on his shoulder. The shaft of his spear was as heavy and thick as a weaver's beam, tipped with an iron spearhead that weighed 15 pounds. His armor bearer walked ahead of him carrying a shield. Goliath stood and shouted a taunt across to the Israelites.

- As David looked to God to secure the victory, we was delivered again and again.
- Meditating on the Lord's faithfulness to protect him enriched David's Vault. He became skilled at partnering with God against those who opposed him.
- Insights:

D. Spiritual Forces

- At the root of every battle in our lives, the true enemy of our souls is a spiritual one: Eph 6:12 NLT--We are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.
- When Saul chose his own way over God's way, he opened the door to spiritual enemies like torment, fear, and depression.
- David witnessed the effect of the enemy on Saul and was God's agent in ushering in the Holy Spirit: 1 Sam 16:14,18,19, 23 NLT-- Now the Spirit of the Lord had left Saul, and the Lord sent a tormenting spirit that filled him with depression and fear...One of the servants said to Saul, "One of Jesse's sons from Bethlehem is a talented harp player. Not only that—he is a brave warrior, a man of war, and has good judgment. He is also a fine-looking young man, and the Lord is with him." ¹⁹ So Saul sent messengers to Jesse to say, "Send me your son David, the shepherd" ...Whenever the tormenting spirit from God troubled Saul, David would play the harp. Then Saul would feel better, and the tormenting spirit would go away.
- As believers redeemed by the blood of the Lamb, we can appropriate victory over the enemies that surround us:
 - Jm 4:7 AMP-- So submit to [the authority of] God. Resist the devil [stand firm against him] and he will flee from you.
 - 2 Cor 2:14-- Now thanks *be* to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place.
- Insights:

E. OUR SHEPHERD

- Use David's intimate knowledge of our Shepherd to help you wage war, connecting and partnering with God to find victory over your adversaries.

- Take one of these 7 truths about the Lord and focus on it in your devotional time each day this week. Fix your attention on that one verse and what is saying to you. Record anything that is revealed about your heart or His:
 1. Source:
 - “The Lord is my Shepherd, I shall not want.” (v. 1)
 - David learned early in his life to look to God for security and provision: Ps 34:10 EXB-- Even lions [the most noble wild beast] may get weak and hungry, but those who look to [seek] the Lord will have every [do not lack any] good thing.
 - *Is there a place in your life where you are experiencing a consistent sense of lack? Is there someone or something else you are depending upon? Take it to the Lord, asking for His comfort and His perspective:*
 2. Restoration:
 - “He makes me to lie down in green pastures; He leads me beside the still waters. ³ He restores my soul” (vv. 2-3a)
 - When battle-weary or weak in times of temptation, the Lord freely restores us by pouring out His Spirit afresh: Ps 51:9-12 NLT-- Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me. Do not banish me from your presence, and don’t take your Holy Spirit from me. Restore to me the joy of your salvation, and make me willing to obey you
 - *Is there any area of your life where your faith is waning or you have wandered away from God’s Spirit? Pray as David did in Psalm 51 and allow the Spirit to bring you to repentance and the truth. You will find your joy restored!*
 3. Guidance:
 - “He leads me in the paths of righteousness for His name’s sake.” (v. 3b)
 - Even as a young man, David depended upon God’s promise to lead and counsel him: Ps 32:8 NLT--The Lord says, “I will guide you along the best pathway for your life. I will advise you and watch over you.”
 - *Where do you need help with direction or a decision? Do you hear God’s promise to lead you? Will you trust Him to show you the way?*
 4. Companionship:
 - “Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me” (v. 4a)
 - Being no stranger to doubtful situations and shaky emotions, David staked his security upon God’s nearness: Ps 16:8 NLT-- I know the Lord is always with me. I will not be shaken, for he is right beside me.
 - *What situations provoke a sense of loneliness within you? Next time, a) thank God that He’s with you and b) personalize and declare the 2 verses above.*
 5. Protection (v. 4b)
 - “Your rod and Your staff, they comfort me.” (v. 4b)
 - David defended his sheep from predators with the rod (a weapon used against the enemy). The rod of protection and staff of guidance are sources of comfort: Ps 110:2 MSG-- The word of God to my Lord: “Sit alongside me here on my throne until I make your enemies a stool for your feet.” You were forged a strong scepter by God of Zion; now rule, though surrounded by enemies!
 - *Do you ever feel “in trouble” with the Lord when you are weak or have failed? Instead, see yourself in need of protection and run to your Hiding Place!*

6. Satisfaction (v. 5)

- “You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over.” (v. 5)
- “Anoint” in the Hebrew can be literally translated, “to satisfy.” (Strong’s H1878) The overflowing cup promises God’s abundance. (H7310)
- Ps 78:18-20-- They tested God in their heart by asking for the food of their fancy. Yes, they spoke against God: They said, “Can God prepare a table in the wilderness? Behold, He struck the rock, so that the waters gushed out, and the streams overflowed.
- *Will you dare to believe that God can prepare a table for you in your Wilderness? Pray for His anointing oil to bring you satisfaction and abundance even there.*

7. Certainty (v. 6)

- Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever. (v. 6)
- David had conviction deep within his Vault about the goodness of the Lord: Psalm 109:26-31 NLT-- Help me, O Lord my God! Save me because of your unfailing love.²⁷ Let them see that this is your doing, that you yourself have done it, Lord.²⁸ Then let them curse me if they like, but you will bless me! When they attack me, they will be disgraced! But I, your servant, will go right on rejoicing!²⁹ May my accusers be clothed with disgrace; may their humiliation cover them like a cloak.³⁰ But I will give repeated thanks to the Lord, praising him to everyone.³¹ For he stands beside the needy, ready to save them from those who condemn them.
- *David’s prayers for help against his enemies are bold. They reflect the many things he knew to be true about His Shepherd. Try crafting a bold prayer to God about your situation, exercising faith in His goodness and mercy!*
- Meditation is one of the most effective ways to fight distraction from the enemy and enrich your Vault with truth. *Are you ready to give it a try?*

II. CONTINUE TO PRACTICE

- Discover secret riches as you meditate and appropriate God’s many promises.
- Refer to the handout “Tools & Techniques: Spiritual Blessings.” The truths and biblical references there are part of your inheritance. Target them for your Vault!
- Continue to grow in your personal knowledge of God by calling on His names. The handout “Tools & Techniques: Names of God” can serve as a resource for you.
- *Where in your life are you withholding from God your first fruits? Will you give to Him whatever it may be for the sake of greater depth of relationship with Him?*
- Pray for greater awareness of God’s presence with you throughout your days. Ask the Lord to keep you focused on knowing Him in a relational way.
- Use “Tools & Techniques: I Feel But God Says” to process your feelings, fears or unbelief. Ask God to address them and begin to replace them with His truth.
- Study “Tools & Techniques: Listening to God” for practical help and Scriptural support in your pursuit of making God’s truth your own.
- Keep a record of what you discover in your notebook or spiritual journal. Come back next week ready to share what you experienced!