

- 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:

<https://www.youtube.com/playlist?list=PLBL8waErHIN6jEERE7OXpaiDRBIkA5bfl>

Enjoy this year's songs on Spotify or on our DDD You Tube channel (see handout):

<https://www.youtube.com/playlist?list=PLBL8waErHIN6ncxj-5uV0AXyVObmZeALl>

IV. PRINCIPLES

These principles will help you to find life in all your Wilderness areas:

A. WILDERNESS MINDSET REVIEW

- Our God-appointed Wilderness experiences are intended to be for our benefit. Let us remember those intentions as we journey toward the Promised Land.
- One skill that is critical for thriving in The Wilderness is learning to recognize the mindsets that are contrary to God's truth. We must renew our minds.
- Wilderness Mindsets we've covered in this series include:
 - Identity/Insecurity
 - Self-focus
 - Works
 - Fear of Man
 - Questioning God
 - Compromise
 - Comfort
 - Concession
 - Unbelief
 - Rebellion
 - Grumbling
- Our words and our emotions can help us understand our negative thinking patterns:
DESIRE → EXPECTATION → RIGHTS/ ENTITLEMENT → DISAPPOINTMENT → DISCONTENT → GRUMBLE
- Our discontent is a symptom of an unbelieving mindset. We don't wholeheartedly believe that God is good, caring, with us, or for us, etc.
- The heat and pressure of Wilderness circumstances exposes areas where we haven't fully embraced the truth. This is helpful information!
- Transformation happens as we cooperate with God's process of growth and healing.
Insights:

B. THAT FRUSTRATED FEELING

- We can all identify with the emotion of frustration! It fits easily on our continuum:

DESIRE → EXPECTATION → RIGHTS/ ENTITLEMENT → FRUSTATION → DISCONTENT → GRUMBLE and/or DISOBEY

- Frustration is "a feeling of dissatisfaction, often accompanied by anxiety or depression, resulting from unfulfilled needs or unresolved problems." (dictionary.com)
- We are especially prone to feelings of frustration whenever we've made a significant investment: Mt 6:21-- For where your treasure is, there your heart will be also.
- Moses had invested at least 40 years in his call to deliver God's people from Egypt to the Promised Land. Along the way, many complicated issues came his way.
- Though faithful to pray for the Israelites, we don't see Moses taking time to deal with his own thoughts and feelings.

- Scripture records Moses erupting in frustration and anger at the Egyptian (Ex 2:11), at Pharaoh (Ex 11:8), and at the making of the golden calf (Ex 32:18).
- The Wilderness offers ample opportunity for unresolved issues and frustration:
 - Moses may not have fully bonded with the people due to time away and cultural differences. He spent his youth in the palace. (Ex 2:10)
 - The misguided attempt to defend his people against Egypt cost Moses 40 years on the far side of the desert. (Ex 2:15)
 - God's call on his life exposed his insecurities and weaknesses. (Ex 3)
 - Moses encountered criticism from the ones he was serving on many, many occasions. (Leaders are held to a higher standard: James 3:1)
 - It's possible Moses had the expectation of crossing over into Canaan though only Joshua and Caleb were explicitly given this promise from the 1st generation.
 - As the 40 years drew to a close, he lost many of his traveling companions. The first generation was dying off, including Moses' sister Miriam. (Num 20:1)
- The Bible does not give an account of Moses resolving any of these issues emotionally or spiritually. It's likely that at least some of them festered inside him.
- His prayers focused primarily on the goal that God's name would be honored and glorified. Secondary was his concern for the people, but rarely for himself.
- On the final stretch of The Wilderness journey, we see an example of how unbelief can manifest itself as frustration: Num 20:1-13 NLT-- In the first month of the year, the whole community of Israel arrived in the wilderness of Zin and camped at Kadesh. While they were there, Miriam died and was buried.² There was no water for the people to drink at that place, so they rebelled against Moses and Aaron.³ The people blamed Moses and said, "If only we had died in the Lord's presence with our brothers!"⁴ Why have you brought the congregation of the Lord's people into this wilderness to die, along with all our livestock?⁵ Why did you make us leave Egypt and bring us here to this terrible place? This land has no grain, no figs, no grapes, no pomegranates, and no water to drink!"⁶ Moses and Aaron turned away from the people and went to the entrance of the Tabernacle, where they fell face down on the ground. Then the glorious presence of the Lord appeared to them,⁷ and the Lord said to Moses,⁸ "You and Aaron must take the staff and assemble the entire community. As the people watch, speak to the rock over there, and it will pour out its water. You will provide enough water from the rock to satisfy the whole community and their livestock."⁹ So Moses did as he was told. He took the staff from the place where it was kept before the Lord.¹⁰ Then he and Aaron summoned the people to come and gather at the rock. "Listen, you rebels!" he shouted. "Must we bring you water from this rock?"¹¹ Then Moses raised his hand and struck the rock twice with the staff, and water gushed out. So the entire community and their livestock drank their fill.¹² But the Lord said to Moses and Aaron, "Because you did not trust me enough to demonstrate my holiness to the people of Israel, you will not lead them into the land I am giving them!"¹³ This place was known as the waters of Meribah (which means "arguing") because there the people of Israel argued with the Lord, and there he demonstrated his holiness among them.
- The people who were rebelling were the 2nd generation of Wilderness wanderers: Jer 31:29--The fathers have eaten sour grapes, and the children's teeth are set on edge.'
- They were frustrated with Moses and Moses was frustrated with them!
- Moses' frustration was so intense that it diverted him from the best practices that had served him so well in The Wilderness.

- On many occasions, Moses had wisely chosen to speak to The Rock before speaking to the people: 1 Cor 10:4 NLT--They drank from the spiritual rock that traveled with them, and that rock was Christ.
- Moses made a costly mistake when he made the choice to listen to his emotions instead of taking them to God and listening to Him.
- The Lord prohibits Moses from entering the Promised Land for his reaction. The consequence was serious because:
 - God expressed His desire to show His holiness by means of mercy. Moses appears to prefer judgment.
 - Moses acted as accuser. Maybe he was tired of the repeated accusations of the people.
 - There was a hint of pride in Moses' words about bringing water from the rock. He may have trusted the rod or himself instead of trusting in the Lord.
 - Striking the rock could have been an expression of frustration toward God (our Rock).
 - God points to Moses' lack of trust as the underlying problem. His unbelief led to disobedience and dishonoring the Lord in the eyes of the people.
 - Though Moses couldn't have known, this 2nd instance of striking the rock ruined a beautiful picture of salvation through Christ by His one sacrifice for all sin. (Rom 6:10)
- We must admit and confront frustration and other negative emotions. If we don't, we may find that our emotions take control of us instead!

Insights:

LISTENING EXERCISE

Lord, please point out the areas of my life where frustration is keeping me from the fruitfulness I could otherwise be enjoying:

C. JOURNEY TO JOY

- Moses had a long history of seeking God's face for guidance when difficulty came. Yet he stumbled, probably due to some unresolved issues he didn't recognize.
- All the years of hardship must've been wearying. Yet God had promised Moses His presence and rest: Ex 33:14—My presence will go with you and I will give you rest.
- This promise was made to Moses early in the journey to the Promised Land. He took advantage of that promise and overcame negative mindsets and issues many times.

- We, like Moses, must choose to believe what God says whenever conditions in The Wilderness heat up and threaten to draw us off course. That way we finish strong!
- God shows us how to walk to experience light and life on His path: Pr 4:18-27 NIV-- The path of the righteous is like the morning sun, shining ever brighter till the full light of day. ¹⁹ But the way of the wicked is like deep darkness; they do not know what makes them stumble. ²⁰ My son, pay attention to what I say; turn your ear to my words. ²¹ Do not let them out of your sight, keep them within your heart; ²² for they are life to those who find them and health to one's whole body. ²³ Above all else, guard your heart, for everything you do flows from it. ²⁴ Keep your mouth free of perversity; keep corrupt talk far from your lips. ²⁵ Let your eyes look straight ahead; fix your gaze directly before you. ²⁶ Give careful thought to the paths for your feet and be steadfast in all your ways. ²⁷ Do not turn to the right or the left; keep your foot from evil.
- Address and move past frustration (and other Wilderness Mindsets) by letting these principles and promises become your new normal:
 - Focus on each step along the way instead of obsessing over your destination. (v. 18)
 - Delve into what distracts and trips you up when you get away from God's path. (v.19)
 - Pay attention to your emotions but don't let them lead. Pay attention to God! (vv. 20-21)
 - Allow God's word to penetrate your heart to positively impact every area of life. (v. 22)
 - Get in touch with what's going on in your heart. Do this "above all else"! (v. 23a)
 - Guard your heart – be vigilant about what you take in. Be alert for toxic thoughts, half-truths, vain imaginations, speculations, expectations, and other people's stuff. (v. 23)
 - Take ownership of your feelings instead of giving people or circumstances power over your wellbeing (e.g. "they are frustrating" or "she spoiled my day"). (v.23)
 - Watch your mouth. Take thoughts captive before they do so much damage. (v. 24)
 - Try not to fixate on the past or future. Practice being fully present in this moment. (v. 25)
 - Be intentional with God to avoid detours. He gives daily light for your path. (vv. 18,26,27)
- Paying attention to the state of our hearts will make an incredible difference in the way The Wilderness impacts us: Ps 42:11 TV-- Why am I so overwrought, why am I so disturbed? Why can't I just hope in God? *Despite all my emotions, I will believe and praise the One who saves me, my God.*
- The Lord offers us the promise of fruitfulness and joy in the journey: Jn 15:7-11 JBP-- It is the man who shares my life and whose life I share who proves fruitful. For the plain fact is that apart from me you can do nothing at all. The man who does not share my life is like a branch that is broken off and withers away. He becomes just like the dry sticks that men pick up and use for the firewood. But if you live your life in me, and my words live in your hearts, you can ask for whatever you like and it will come true for you. This is how my Father will be glorified—in your becoming fruitful and being my disciples. ⁹⁻¹⁵ "I have loved you just as the Father has loved me. You must go on living in my love. If you keep my commandments you will live in my love just as I have kept my Father's commandments and live in his love. I have told you this so that you can share my joy, and that your happiness may be complete.

Insights:

II. CONTINUE TO PRACTICE

- Think about the Wilderness Mindsets we have covered so far -- Identity/Insecurity, Self-Focus, Works, Fear of Man, Questioning God, Compromise, Comfort, Concession, Unbelief, Rebellion, and Grumbling: 1) Which is your biggest battleground? 2) Ask the Lord which “weapons of warfare” He would have you pick up and use in this battle. 3) Enlist the help of your group or a prayer partner!
- Use your “Tools & Techniques” pages (blue) to supplement the teaching in areas where you need strengthening:
 - Listening to God – examines the Scriptures about our communion with the Lord
 - Elevation and Articulation (I Feel But God Says) -- helps you hold the truth of what God has said higher than your thoughts and emotions
 - Liberation – gives you ammunition to overcome a works mindset
 - Who I Am – assists you in anchoring your identity in the truth of who God is for you
 - Call Upon the Name of the Lord – uses the names of God to help you know Him better
- Set aside some time for listening to God. He will feed and fuel you with His Word. Use these suggested steps to help you get started:
 1. Pray for God to open the eyes of your heart to see and know Him.
 2. Pour out your heart to Him verbally or in your journal.
 3. Go to Scriptures that are relevant to your issue (use a concordance or Bible website).
 4. Write down the verses that speak to you most. Pray them back to God.
 5. Listen for His response, as you are silent before Him.
 6. Keep a written record of your dialogue and be sure to review it often.
 7. Use the handout “Tools & Techniques: Listening to God” for practical help and Scriptural support. Contact your leader if you have questions.
- Listening Prayer helps us find out where our Wilderness Mindsets got started:
 - Get in touch with your predominant emotions. Write them down and feel the feelings.
 - Ask the Lord to show you an event or environment where these feelings got started. It could be something in your recent or distant past. Write it down.
 - What is the message you came to believe? Usually the first thing that springs to mind is your “truth” even though you may know better. Record that thought.
 - Ask the Lord: What’s the truth about this? Write down the thoughts that come to mind.
 - Be sure to check that this truth is consistent with the character of God and His Word. If you need help with this, reach out to your leader or other trusted spiritual advisor.
- Learn to recognize your Wilderness and its beneficial purposes. Be on the alert for any seeds of pride that begin to spring up:

○ Testing	○ Hunger and Thirst for God and His Word
○ Time Out	○ Humility
○ Therapeutic	○ Shaping Character
○ Transformation	○ Waiting/Perseverance
○ Preparation	○ Purification
○ Power	
○ Worship	
- Practice Wilderness Worship to grow in intimacy with God during this season using Supplication, Silence, Song, and Surrender.
- Our challenge on this journey through The Wilderness is keep our eyes off of our circumstances and to stay focused on our Rock, Jesus.
- As we put aside leaning on our own understanding, we will be transformed by God: Song 8:5-- Who is this coming up from the wilderness, leaning upon her beloved