

- 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.

- Listen to the songs from this week's playlist:

<https://www.youtube.com/playlist?list=PLBL8waErHIN7IsXnkm94YwleUXgbQFtdN>

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

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

III. PRINCIPLES

These principles will help you understand God's purposes for your Wilderness areas:

A. WILDERNESS PURPOSES

- The Wilderness involves lots of waiting. It's dry, isolated, fruitless, and frustrating.
- A Spirit-led Wilderness is temporary time, lasting 40 minutes, 40 days, or 40 years.
- Some of the purposes of a Spirit-led Wilderness we've explored so far include:
 - Testing
 - Time Out
 - Therapeutic
 - Transformation
 - Preparation
 - Power
 - Worship
- When we worship we offer our highest honor and value. Expressing that to God includes the following:
 1. Supplication--Our faith-based prayers
 2. Silence--Being still and silent in God's presence
 3. Song--Singing praises and thanksgiving to the Lord
 4. Surrender--Our wholehearted devotion to God in all the matters concerning us
- Another of God's purposes in The Wilderness is Hunger: Deut 8:2-3 NLT-- Remember how the Lord your God led you through the wilderness for these forty years...Yes, he humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord.

Insights:

B. WILDERNESS HUNGER

- The Wilderness offers very little in the way of water or edible vegetation. It's barren.
- Just 75 days after leaving Egypt with livestock and other provisions, the COI cried out that they were starving: Ex 16:3-- You have brought us out into this wilderness to kill this whole assembly with hunger.
- Hunger has significant psychological effects, based on a WWII study: "Hunger made the men obsessed with food. They would dream and fantasize about food, read and talk about food and savor the two meals a day they were given. They reported fatigue, irritability,

depression and apathy. Interestingly, the men also reported decreases in mental ability, although mental testing of the men did not support this belief.” (Apa.org)

- Temptation to provide for Himself came to Jesus when hungry in The Wilderness: Lk 4:1b-3 NLT-- He was led by the Spirit in the wilderness, where he was tempted by the devil for forty days. Jesus ate nothing all that time and became very hungry. Then the devil said to him, “If you are the Son of God, tell this stone to become a loaf of bread.”
- We are more vulnerable when we endure times of deprivation. The Wilderness is one of these times we are called by God to live on less for His good purposes.
- With seemingly endless days of manna, the people became unsatisfied with the food (and with many others aspects of life): Num 11:6 AMP-- But now our soul (our strength) is dried up; there is nothing at all [in the way of food] to be seen but this manna.
- The Wilderness is ideal for getting in touch with many types of hunger: unsatisfied longings for our provision, pursuits, relationships, and even the promises of God.
- This gives us the opportunity to taste and see that the things of earth are limited, temporal, and can never fully satisfy.
- In this empty time, God is waiting on us recognize our true, deeper hunger and thirst.
- Wilderness times give us the choice to either blunt our hunger with lesser things or develop new taste buds for God’s supernatural supply: Lk 4:4-- But Jesus answered him, saying, “It is written, ‘Man shall not live by bread alone, but by every word of God.’ ”
- Let’s determine to get out of The Wilderness what God wants to give us there instead of just wanting to get out of The Wilderness!

Insights:

C. WILDERNESS FUEL

- Here is a case of hunger in a Wilderness season met with supernatural provision: Lk 24:13-35--Now behold, two of them were traveling that same day to a village called Emmaus, which was seven miles from Jerusalem. ¹⁴ And they talked together of all these things which had happened. ¹⁵ So it was, while they conversed and reasoned, that Jesus

Himself drew near and went with them. ¹⁶ But their eyes were restrained, so that they did not know Him.

¹⁷ And He said to them, "What kind of conversation *is* this that you have with one another as you walk and are sad?"

⁸ Then the one whose name was Cleopas answered and said to Him, "Are You the only stranger in Jerusalem, and have You not known the things which happened there in these days?" ¹⁹ And He said to them, "What things?" So they said to Him, "The things concerning Jesus of Nazareth, who was a Prophet mighty in deed and word before God and all the people, ²⁰ and how the chief priests and our rulers delivered Him to be condemned to death, and crucified Him. ²¹ But we were hoping that it was He who was going to redeem Israel. Indeed, besides all this, today is the third day since these things happened. ²² Yes, and certain women of our company, who arrived at the tomb early, astonished us. ²³ When they did not find His body, they came saying that they had also seen a vision of angels who said He was alive. ²⁴ And certain of those *who were* with us went to the tomb and found *it* just as the women had said; but Him they did not see."

²⁵ Then He said to them, "O foolish ones, and slow of heart to believe in all that the prophets have spoken! ²⁶ Ought not the Christ to have suffered these things and to enter into His glory?" ²⁷ And beginning at Moses and all the Prophets, He expounded to them in all the Scriptures the things concerning Himself.

²⁸ Then they drew near to the village where they were going, and He indicated that He would have gone farther. ²⁹ But they constrained Him, saying, "Abide with us, for it is toward evening, and the day is far spent." And He went in to stay with them. ³⁰ Now it came to pass, as He sat at the table with them, that He took bread, blessed and broke *it*, and gave it to them. ³¹ Then their eyes were opened and they knew Him; and He vanished from their sight. ³² And they said to one another, "Did not our heart burn within us while He talked with us on the road, and while He opened the Scriptures to us?" ³³ So they rose up that very hour and returned to Jerusalem, and found the eleven and those *who were* with them gathered together, ³⁴ saying, "The Lord is risen indeed, and has appeared to Simon!" ³⁵ And they told about the things *that had happened* on the road, and how He was known to them in the breaking of bread.

- Emmaus means "hotness" and its root word *hamam* means "to be hot." (Aribim.com)
- The circumstances and emotions of the disciples certainly qualify as a Wilderness or Hot Spot! They expressed feelings of grief, emptiness, doubt, and hopelessness.
- For these disciples, the road to fullness began by pouring their hearts out to Jesus. Even though they didn't recognize Him, they made room for His Word to come.
- On the Road to Emmaus, Jesus illuminated the Scriptures about His life and death. He told them of God's purposes being fulfilled and His promises being kept.
- He gave them insight and revelation about the greater spiritual reality that was above and beyond their earthly view of the circumstances. He'll do that for us, too: Eph 1:17-19 NIV--I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.
- Jesus will apply His words of life to our hearts, making them burn with His truth by the power of His Spirit: Jn 16:13-14—When He, the Spirit of truth, has come, He will guide you into all truth...He will take of what is Mine and declare it to you.
- As the disciples listened to Jesus, their appetite for spiritual things was heightened. They longed for even more time with Him!

- As they sat with the true Bread of Life, their eyes were opened and they knew Jesus.
- Jesus promises true fullness when we hunger after Him: Mt 5:6 AMP--Blessed [joyful, nourished by God's goodness] are those who hunger and thirst for righteousness [those who actively seek right standing with God], for they will be [completely] satisfied.
- Let us be fed and be satisfied by God's Word as those on the Emmaus Road were:
 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, topical Bible, or a search engine such as Bible Gateway).
 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. Come back ready to share!
- May we all have our appetites transformed so that we may partake of the satisfying food and drink that God prepares for us in The Wilderness: Ps 34:8 NAS-- O taste and see that the Lord is good; How blessed is the man who takes refuge in Him!

Insights:

II. CONTINUE TO PRACTICE

- FALL BREAK is here! Class will resume 10/29/19. Your small group leader has plans for you to gather as a group. Reach out to her if you have questions.
- Use this time to practice recognizing your Wilderness Hot Spots. Ask God to help you see His beneficial purposes there.
- Set aside some time to let God feed and fuel you with His Word. Use the suggested steps at the end of today's lesson to help you.
- Practice Wilderness Worship to grow in intimacy with God during this season:
 - Supplication--Our faith-based prayers
 - Silence--Being still and silent in God's presence
 - Song--Singing praises and thanksgiving to the Lord
 - Surrender--Our wholehearted devotion to God in all the matters concerning us
- Our challenge on this journey through The Wilderness is to:
 - Stay focused on our Rock, Jesus and not on our circumstances
 - Remember His past faithfulness, knowing He'll show the next step
 - Rehearse His promises (Promised Land is ahead, He'll pour out rivers, etc.)
 - Practice His Presence to receive His rest.
- Imitate the mindset Jesus used to overcome temptation in The Wilderness:

LEAN ON BELOVED



Lean on my
own strength
and wisdom

or

Promises
fulfilled, heavenly
provision, and rest

- May we be so changed in God's presence in this season that this will be the testimony spoken about us: Song 8:5-- Who *is* this coming up from the wilderness, Leaning upon her beloved?