



AUGUST THEME



Week Four

Monday ~ **READ**

READ Jeremiah 31:12-14 & 25, Psalm 90:14-17 and Psalm 107:9 in several translations and paraphrases. Pick one as your preference this week. *www.Biblegateway.com is a great place to view varied translations and paraphrases of Scripture

Tuesday ~ **COPY**

COPY Jeremiah 31:12-14 & 25, Psalm 90:14-17 and Psalm 107:9 in your preferred translation or paraphrase.

Wednesday ~ **PONDER**

PONDER Jeremiah 31:12-14 & 25, Psalm 90:14-17 and Psalm 107:9 using the following prompts:

*Note... the verses in Jeremiah are speaking of how God's redemptive goodness will satisfy after a challenging season of judgement, affliction, trial and lack. Keep this in mind as you ponder. And, keep in mind all that we have seen so far this month...that our satisfaction comes through Christ... **we are satisfied in Him and because of Him!**

- **Jeremiah 31:12-14 & 25** – These verses describe the challenging season as being filled with *languishing, mourning, sorrow, and weariness*. Define each of these words and consider if any of them presently describe you. If so, why? Journal your thoughts.
- **Jeremiah 31:12-14 & 25** – these verses promise that the season of God's redemptive satisfaction will be *joyful, radiant, refreshing and abundant*. Define each of these words and consider if any of them presently describe you. If so, why? Journal your thoughts.
- **Jeremiah 31:12-14 & 25** – Consider the chasm between the words: *languishing, mourning, sorrow, and weariness* ----- *joyful, radiant, refreshing and abundant*. Perhaps you feel stuck in the hopelessness of that chasm today, or you can recall it from prior seasons of judgement, affliction, trial and lack. Thankfully, the promises of this passage can bridge that chasm. What are the specific phrases used here to describe the various ways God will satisfy? List them and consider their metaphorical meaning that brings hope filled encouragement. Journal your thoughts.
- **Psalm 90:14-17** – Copy these verses again, only this time as a prayer in response to what you have meditated upon in Jeremiah 31. Once you have copied, pray this prayer out loud.
- **Psalm 107:9** – Having meditated on this verse all month, write it down from memory and speak it aloud in faith, believing what God's Word has ministered to you through your meditation on all of these verses.

Thursday ~ **PRAY**

PRAY Use the prompts below to pray into the promises of God we have meditated upon this week.

- **PRAISE** God for His hope-filled promises of satisfaction that speak into your challenging seasons.
- **EXPRESS** your *languish, mourning, sorrow and weariness* to God. Know that He hears you and sees you.
- **CONFESS** any sin that may have brought about some of the challenges you are experiencing.
- **DECLARE** God's redemptive, satisfying, provision over your life by reading all of our passages this week, Jeremiah 31:12-14 & 25, Psalm 90:14-17 and Psalm 107:9, out loud before Him.
- **PRAISE** God for Jesus, who makes *joyful, radiant, refreshing and abundant* satisfaction available to you.

Friday ~ **LISTEN**

LISTEN to a message on Jeremiah 31:12-14 & 25, Psalm 90:14-17 and Psalm 107:9 on our YouTube Channel, *Established Footsteps Ministry*. *The video will be posted by Friday and the link will be sent to you via email.

Saturday ~ **SHARE**

SHARE the encouragement of Jeremiah 31:12-14 & 25, Psalm 90:14-17 and Psalm 107:9 on one of your social media platforms. If you don't use social media, share with a friend.