



ISAIAH 61 WEEK

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)
IN THE FOLLOWING EXERCISES THIS WEEK

As we work out this month, we will divide Isaiah 61 into four sections.
This week our focus section and theme will be verses 1-3... The Reasons God Sent Jesus.

1. Warmups... Prepping to work out in Isaiah 61

- As we start in Isaiah 61, make sure to watch the brief video **Intro to Isaiah 61** on our YouTube Channel, Established Footsteps Ministry. Also, make sure to subscribe to our YouTube channel. Simply hit “Subscribe” below the video.
- Each week for warmup, listen to a portion of a message from our ministry titled **Isaiah 61**. The message will help you see the imagery of these verses more clearly. **This week listen through 31:05**. You can find the message in two places:
 - On Itunes Podcast – search Established Footsteps Ministry on the Itunes Podcast app. Then scroll to message called **Isaiah 61**.
 - On Sound Cloud - <https://soundcloud.com/established-footsteps/isaiah-61>

2. Read Isaiah 61 & Copy Isaiah 61:1-3

3. Memorize Isaiah 61:1 / Extra challenge... add verses 2-3 too

*Remember that memorization takes daily attention. Additional tips for memorizing Scripture are available on our website under Women’s Ministry/Resources/Memorization Projects

4. Identify (this might take a couple of days, don’t rush)

- Work your way through verses 1-3 and identify all the reasons God sent Jesus. Write the list in your journal and any clarifying notes from the warm up message that help you define them.
- Read verses 1-3 in at least 2 other versions of the Bible. Identify any different expressions that bring clarity of understanding to Jesus’ work. Make sure to write down these different expressions alongside your first list.
- Look at the list again, and identify which of these things you have personally experienced in your relationship with Jesus. Make a brief note to identify the scenario(s) of how that took place in your life.
- Look at the list again, and identify something you would still like to experience in your relationship with Jesus. Make a brief note to identify the scenario(s) in which you would love to see that take place.
- Look at the list again, and identify any you need to better understand. Listen to Isaiah 61 warmup again for clarity.
- Look at the list once more, and identify reasons God sent Jesus that would specifically bring encouragement to someone you know. Make sure to reach out to that person and use this Word to encourage them.

5. Testimony Time

Pick one of the ways that you have experienced the work of Christ as listed in these verses. Write out a detailed testimony of how you have experienced it. Plan to share that testimony with a friend or family member. Your sharing doesn’t have to be anything formal... at the dinner table, in an email, over coffee etc. Just share naturally what God has done in your life, giving credibility to the Truth from Isaiah 61 that:

- Jesus was sent to do exactly what He has done in your life (v. 1 or 2 or both, depending on what you picked)
- Jesus’ work in your life has made you stronger (v. 3 **an oak of righteousness**)
- Jesus’ work in your life has glorified Him (v. 3 **that He may be glorified**)

6. Pray the Scripture

Use this week’s Scripture Prayer Image to talk with God about those amazing “**instead of**” blessings...

