



ISAIAH 61 WEEK 2

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)

IN THE FOLLOWING EXERCISES THIS WEEK

As we work out this month, we are dividing Isaiah 61 into four sections.
This week our focus section and theme will be verses 4-7... Our Response/ Our Blessings

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

Each week for our 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. For week 2, **listen from 31:05 to 46:24**. You can find the message in two places:

- On iTunes Podcast – search Established Footsteps Ministry on iTunes Podcast app. Scroll to message called **Isaiah 61**.
- On Sound Cloud - <https://soundcloud.com/established-footsteps/isaiah-61>

2. Read Isaiah 61 & Copy Isaiah 61:4-7

3. Memorize Isaiah 61:4 / Extra challenge... add another verse or all the verses from this section

*Make sure to review what you memorized last week. And remember that memorization takes daily attention. Additional tips for memorizing Scripture are available on our website under Women's Ministry/Resources/Memorization Projects

4. Our Response / Our Blessings

Isaiah 61 is a profound expression of Jesus Divine mission in our lives, then our response, and then the blessings that flow as these mingle together. Without Jesus' work first, we have no power to respond, so His work comes first. But our response must follow if we want to live in the blessings of His salvation. Answer these questions about verses 4-7 in your journal.

- Identify who is doing the work in verse 4?
- Identify what the work in verse 4 is? (hint, 3 things)
- Identify how long these desolations have been a problem?
- Describe the blessings of verse 5 in your own words? (Need clarity, go back and listen to the Warm up message)
- Describe the blessings of verse 6 in your own words? (Need clarity, go back and listen to the Warm up message)
- Describe the blessings of verse 7 in your own words? (Need clarity, go back and listen to the Warm up message)

5. Verse by Verse Mirror Moments

The Bible describes itself as a mirror (James 1). **Look in the mirror of Isaiah 61:4-7 and ponder the following in your journal.**

Verse 4

- What things in your life have been ruined and devastated by sin? Perhaps the devastation reaches far back into generations before you even were born.
- How can Jesus' mission in your life propel you to REBUILD, RAISE UP and REPAIR? (make sure to watch the video I will be sharing this week about this)

Verse 5

- Who or what has God brought into your life to help you, so that you don't have to strive?

Verse 6

- Do you identify yourself as this verse does? Does anyone else identify you in this way?
- As you've rebuilt, raised up and repaired in response to Christ's mission, how has your life become rich and full?

Verse 7

- Are you living with the double portion of forgiveness and freedom?

6. Pray the Scripture

Use this week's Scripture Prayer Image to start a conversation with God about your role in His mission in your life.

