



ISAIAH 61 WEEK 3

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 8-9... God's Faithfulness

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 3, **listen from 46:25 to 52:09**. 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 in at least 3 different versions & Copy Isaiah 61:8-9 in your favorite one

3. Memorize Isaiah 61:8/ Extra challenge... do both verses, 8-9

*Make sure to review what you've already memorized in Isaiah 61. Additional tips for memorizing Scripture are available on our website under Women's Ministry/Resources/Memorization Projects

4. Look Through the Window

*Make sure you have listened to the Warmup Message before you begin this exercise. Also, don't rush these exercises.

Using the window of Scripture to view into God's heart and character, take a look at the 4 declarations that God makes about Himself in verse 8, and then do the following exercises. As you do so, record your thoughts in your journal.

- List each declaration.
- Look at the first declaration. Is this a new view of God for you? Are there places in your soul that question this declaration? Why?
 - Look at the second declaration. Describe the meaning of this declaration in your own words. Where has Satan specifically robbed you? What does this tell you God will do about that robbery?
 - Look at the third declaration. In what parts of your life have you already experienced this. In what parts of your life right now do you need to claim this view of your God?
 - Look at the last declaration. In this view we see God making an everlasting covenant to His faithfulness on our behalf. How does this view of God give you hope?

5. Dreaming with God

Verse 9 describes us as **"those whom the Lord has blessed."** Through our study, we are aware that this chapter is a prophetic word of Jesus' mission in our lives, our response to Him and God's faithfulness to His covenant. Obviously, God desires to bless us. So, dream with Him! Journal about the blessings of God that you would like to experience personally and to experience in your family.

6. Pray the Scripture

Use this week's Scripture Prayer Image to converse with God about receiving His covenant blessings...

