



## ISAIAH 61 WEEK 4

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 10-11... Our Praise and Righteousness

### 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 52:10 to the end..** 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 out loud & Copy Isaiah 61:10-11 in your journal.

### 3. Memorize Isaiah 61:10 / Extra challenge... do both verses, 10-11

\*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

**Note:** At the end of a Physical Pilates workout it is always good to settle into a stretch and hold it for a while, letting it reach in deep. And the same is true as we exercise in God's Word. All month we have been working out our souls in Isaiah 61 and as we finish it out, we are going to settle into some stretches and hold them for a while, hopefully letting them reach deep into our spiritual muscles.

### 4. Deep Stretch – Worship... verse 10

Set aside at least 30 minutes, turn on worship music. Settle into the following worship stretches, journaling your thoughts.

- Verse 10 begins with the writer declaring his worship posture before the Lord, and he basically says the same thing 2 times for emphasis. As you think back over the richness of Isaiah 61:1-9, begin your time before the Lord with this kind of joyful emphasis... greatly and exuberantly worshipping Him!

\*Verse 10 ends with the writer describing how the Lord has worked in his life, specifically describing it like the beautiful attire of a bride and groom. So, as you move on into the next two worship stretches, continue your worship before the Lord in wonder of how beautifully He has worked. Take the time to describe things specifically, just as if you were describing a beautiful bridal gown, talking of its details.

- Worship the Lord for the **"garments of salvation"** that He has put upon you. Perhaps **"garments"** is plural because He has given a unique garment for each part of who we are... our spirit, our soul(mind, will and emotions), and our body. As you worship, think about what these garments look like and how they have beautifully clothed you.
- Worship the Lord for the **"robe of righteousness"** that He has wrapped you in. Think of this as a robe that would have jewel after jewel added to it over time. As you worship, bless the Lord for the jewels (specific acts of righteousness) that are now a part of your life because Christ has been accomplishing His mission in you. These jewels would be behaviors and mindsets that please God. \*Note: this is not boasting or pride, this is worship. God changes our lives, giving us grace to build righteousness into our lives and we should thank Him in joy filled worship!

### 5. Deep Stretch – Faith... verse 11

This stretch reaches toward the future. It is a stretch of faith, believing the Truths of Christ's mission in Isaiah 61 will grow up in our lives, even if they are still unseen. So, stretch! Go back and review Isaiah 61 to review the seeds of Truth the Lord has planted in your life. What things are still in the ground? Are you eagerly expecting them to grow up? Are you watering them with faith and worship? Journal about these things.

### 6. Pray the Scripture

Use this week's Scripture Prayer Image to lead you into a conversation with God about His planting in your life...

