

TALK IT OVER

Read Isaiah 61 (Passage is on 2nd page. This is from NLT. Feel free to use or read from your own Bible/app. This chapter is a messianic chapter. It's a prophecy of the coming Messiah. In Luke 4:17 Jesus was handed a scroll of Isaiah to teach out of and he chose this passage to declare that he was the Christ. It tells of Jerusalem's future prosperity. Chapters 60, 61 & 62 are referred to as the "Three Magnificent Chapters"). Once you've read the passage ask these questions:

- What new thing did you discover in the story that you did not know before?
- What did you learn about people? (Did it surprise you to learn about the amount of people struggling with low-grade depression? Why do so many struggle with this today? Pastor Brad said, "We aren't a body with a soul. We are a soul with a body." What do you think about that? He also said there are 3 reason for a heavy soul: Hurts from the Past, Trouble in the Present, & Anxiety about the Future. Which do you struggle with? Why is that? How do you think this affects your life in the day to day? In your spiritual walk?)
- What did you learn about God? (Look at Isaiah 61 again. What are some things you see about God that relates to our heaviness? This is called a messianic prophecy which means it was written about Jesus long before he came to earth. Even though this is written to Israel in 701 BCE what do you think still applies today? God says that he loves justice and hate wrongdoing. What does that mean for you? If God loved justice then does he still? How does that help you? What does it mean that he will give joyous blessing instead of mourning? Read v. 10-11. Talk about God's character relating to our baggage.)
- What will you take away from this discussion? (Pastor Brad gave us 3 things to do in response to our heaviness: Remember God's faithfulness in the Past, Cry out to God in the Present & Trust in God's Power for your Future. How do we actually do those? How do they help us deal with our heavy souls? Which of these are easiest/hardest for you? Why do you think that?)
- What will you do with what you have learned? (Like last week we all deal with heaviness of our souls. Whether it's past traumas, current events or future worries we can all relate to those. What do you need to do with your soul heaviness? How can we support each other in dealing with this? What next steps do you need to take? If anyone needs professional help here are the two counselors, we recommend:
David Reed- 352-284-7718, dreed@wedrdave.com
Carrie Gratto- 352-281-4800 auburngratto@gmail.com
- Is there anything else you wanted to share that we didn't hit in this discussion? (Remind them to sign up for the next What's Next class.)

Baggage week 4
Baggage of a Heavy Soul

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- Next week make sure to read John 15:1-17. Think through the questions we ask weekly as you read.

Make sure to check in with your SG this week. How can you pray for them? This is where the discipleship aspect comes in. Work towards identifying your 3 (that you can really pour into) and then your 1 (that person that will replicate what you're doing now). Take a few minutes each day and make a text or phone call to everyone in the group.

Make sure to read ahead of time and either retell the story or have someone (multiple people) help you retelling the story. Make sure to use your update with points from Brad's sermon.

Isaiah 61

The Spirit of the Sovereign

LORD is upon me,
for the LORD has anointed me
to bring good news to the
poor.

He has sent me to comfort the
brokenhearted
and to proclaim that captives
will be released
and prisoners will be freed.^[a]

² He has sent me to tell those
who mourn
that the time of the LORD's
favor has come,^[b]
and with it, the day of God's
anger against their enemies.

³ To all who mourn in Israel,^[c]
he will give a crown of beauty
for ashes,
a joyous blessing instead of
mourning,
festive praise instead of
despair.

In their righteousness, they will
be like great oaks
that the LORD has planted for
his own glory.

⁴ They will rebuild the ancient ruins,
repairing cities destroyed long ago.

They will revive them,
though they have been deserted for many generations.

⁵ Foreigners will be your servants.

They will feed your flocks
and plow your fields
and tend your vineyards.

⁶ You will be called priests of the LORD,
ministers of our God.

You will feed on the treasures of the nations
and boast in their riches.

⁷ Instead of shame and dishonor,
you will enjoy a double share of honor.

You will possess a double portion of prosperity in your land,
and everlasting joy will be yours.

⁸ "For I, the LORD, love justice.

I hate robbery and wrongdoing.
I will faithfully reward my people for their suffering
and make an everlasting covenant with them.

⁹ Their descendants will be recognized
and honored among the nations.

Everyone will realize that they are a people
the LORD has blessed."

¹⁰ I am overwhelmed with joy in the LORD my God!
For he has dressed me with the clothing of salvation
and draped me in a robe of righteousness.

I am like a bridegroom dressed for his wedding
or a bride with her jewels.

¹¹ The Sovereign LORD will show his justice to the nations of
the world.

Everyone will praise him!

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His righteousness will be like a
garden in early spring,
with plants springing up
everywhere.