

“Life Can Be Good Again” Message Series

The Amazing Exchange

Isaiah 61:3a (page 607)

Pastor Mical Pugh

1. _____ (or replay)

What are some examples of those who rehearse their hurts?

2. _____

What are the dangers of repressing your pain?

3. _____ to God.

“You have kept count of my tossings; put my tears in your bottle.
Are they not in your book?” Psalm 56:8 ESV

*“...and provide for those who grieve in Zion—
to bestow on them a crown of beauty instead of ashes,
the oil of joy instead of mourning, and a garment of
praise instead of a spirit of despair.”*

Isaiah 61:3a

4. _____ from God

*“...and provide for those who grieve in Zion—
to bestow on them a crown of beauty instead of ashes,
the oil of joy instead of mourning, and a garment of
praise instead of a spirit of despair.”*

Isaiah 61:3a

*“God made him who had no sin to be sin for us, so that in
him we might become the righteousness of God.”*

2 Corinthians 5:21

*“... who redeems your life from the pit
and crowns you with love and compassion....”*

Psalms 103:4

Response:

Please write your “ashes” on a black piece of paper.