

A 5-DAY DEVOTIONAL COMPANION

Good News

The Year of the Lord

“...to preach the acceptable year of the Lord.”

Luke 4:19

Written reflections, Scripture, journaling space, and prayers to accompany the audio devotional series

New Life Tabernacle Carrollwood

Welcome

In ancient Israel, the Year of Jubilee began with the blast of a trumpet. Debts were canceled, servants were released, land was restored, and families received back what had been lost. When Jesus stood in the synagogue and announced “the acceptable year of the Lord,” He was sounding that trumpet—and this time, Jubilee was standing in the room.

This written guide is designed to walk alongside the audio devotional. Each day follows the same simple rhythm, so you can listen, read, reflect, and respond at your own pace.

HOW TO USE THIS GUIDE

- 1. Listen.** Begin with the day’s audio devotional. Let the message settle before you pick up your pen.
- 2. Read.** Open your Bible to the day’s passage and read it in full. The key verse is printed for you.
- 3. Reflect.** Read the written devotional, then answer the reflection questions honestly in the space provided.
- 4. Respond.** Complete the practical step. Healing grows through small, intentional acts of faith.
- 5. Pray.** Pray the written prayer aloud, then add your own words.
- 6. Remember.** Carry the day’s closing truth with you. Write it somewhere you will see it.

A note before you begin: this devotional is a tool for reflection, not a substitute for pastoral care or professional counseling. If what surfaces feels too heavy to carry alone, please reach out to a pastor or a trusted, qualified counselor.

THE JOURNEY AT A GLANCE

Day	Theme	Scripture
Day 1	The Trumpet Has Already Sounded	Luke 4:18–19
Day 2	The Reset Button Is Real	2 Cor. 5:17; Col. 2:14
Day 3	The Box Must Be Sealed and Sent	Isaiah 61:1–3; Rom. 8:1
Day 4	Walking in an Identity That Fits	1 Pet. 2:9; Eph. 2:10
Day 5	Jubilee Is Not Just for You	Gal. 6:2; Lev. 25:10

DAY 3

The Box Must Be Sealed and Sent

Today’s Reading: Isaiah 61:1–3; Romans 8:1 | Audio: Day 3

“...to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness.”

— Isaiah 61:3 (KJV)

“There is therefore now no condemnation to them which are in Christ Jesus.”

— Romans 8:1 (KJV)

DEVOTIONAL

God is a God of holy exchange. He does not simply take something away and leave us empty: He takes ashes and gives beauty, He takes mourning and gives joy, He takes heaviness and gives praise.

But the exchange requires surrender. If I want beauty, I have to bring Him my ashes. If I want joy, I have to stop protecting my mourning. If I want praise, I have to release the heaviness I have learned to carry.

YOU BRING HIM	HE GIVES YOU
<i>Ashes</i>	<i>Beauty</i>
<i>Mourning</i>	<i>The oil of joy</i>
<i>The spirit of heaviness</i>	<i>The garment of praise</i>

Many of us have not surrendered our burdens—we have managed them. We have learned to function with fear, shame, guilt, and old wounds, and we may even call it wisdom. But sometimes what we call management, God calls bondage. Romans 8:1 says there is now no condemnation for those who are in Christ Jesus: shame has no legal right to remain, fear has no valid claim, guilt has been evicted. Condemnation may knock, but it does not own the house.

Think of it like packing a box. You take what did not come from God—shame, fear, guilt, old labels—and you place it in the box. Then you seal it. Not loosely. Not halfway. You seal it with intention, and you send it back where it came from.

The problem is that sometimes we keep the box in the corner, just in case we want to reopen it. Today the invitation is clear: seal it and send it. You are not called to babysit what Jesus came to break.

DAY 3 • JOURNAL & RESPONSE

REFLECT

1. *What shame, fear, or guilt keeps returning to your door, even after you have tried to let it go?*

2. *What burden have you been managing instead of surrendering?*

RESPOND: TODAY'S PRACTICAL STEP

- Identify one spiritual or emotional burden you have been carrying.
- Name it before God—out loud or on paper.
- Ask Him for the exchange promised in Isaiah 61: beauty for your ashes, the oil of joy for your mourning, the garment of praise for your heaviness.

Into the box today I am placing:

DAY 3 • PRAYER

PRAY

Lord, today we bring You what we can no longer carry. We bring You our shame, our fear, our guilt, and our heaviness. We confess that we have often managed what You wanted to heal. Help us surrender fully. Give us beauty for ashes, joy for mourning, and praise for heaviness. Thank You that there is no condemnation in Christ Jesus. We seal the box today and send it away. Amen.

My own prayer:

REMEMBER THIS

Do not reopen what God has told you to release.

Going Deeper: Psalm 55:22 • 1 Peter 5:6–7 • Hebrews 12:1–2