

Hope City Church

Going Deeper Notes | 2.04.23

Isaiah 42:1-9 | Isaiah 49:1-13 | Isaiah 50:4-11 | Isaiah 52:13-15; 53:1-12

A New Beginning, Pt 5

Icebreaker: The four passages from Isaiah mentioned above have been referred to by some who study the Old Testament as the 'Servant Songs'. The entire first five books of the Bible, at a minimum, were memorized by those living in Jewish households. It was the art of pairing scripture with the rhythm of a song that made this practice of memorization doable. The memorization of scripture is an art that has been lost in Western culture. Nonetheless, memorization is an important tool to put into practice. **Why is memorizing scripture important?** How have you seen this discipline of memorizing scripture, in your own life, become something that has blessed you? Or the people around you?

Going Deeper:

- (1) Isaiah 42:1-9 (p. 549, Life Transformation Bible, LTB) is a passage that has been mentioned these past few weeks. Verse 7 of this passage mentions a freedom that will come (implied here--through a relationship with Jesus). How have you seen God bring you freedom from something specific? **Where could you use freedom in your life now?** What hurts, habits, or hang-ups are holding you back in this moment? **Take time to write these down and ask for God's help with each of them.**
- (2) Check out Isaiah 49:1-13 (p. 555, LTB). Starting in verse 8, there is a prophecy fulfilled following the United Nations decisions to provide land for the State of Israel in 1948. This truly was nothing short of a miracle. Nowhere else in history have a people been re-established as a country on their own land. Imagine all that had occurred between the writings of Isaiah and 1948. In verse 13 what does this passage say that the Lord will do for his people? Check out the 22 Areas of Compassion Fatigue on the back of this sheet. **On a scale of 1-10, with a 1 being rested and 10 being burned out, how would you rate yourself in compassion fatigue right now?**
- (3) Isaiah 50:4-11 (p. 557, LTB) reads: "The Sovereign Lord has given me his words of wisdom, so that I know how to comfort the weary..." **Who do you know that could use God's comfort right now?**
- (4) Isaiah 52:13-15; 53:1-12 (p. 558, LTB) reveals what Jesus endured in our place so that we could have the opportunity to be in relationship with God, no longer separated by our sins, and free from those things that would keep us from experiencing rest. Notice verse 6. **Have you, personally, made the decision to commit your life to following Jesus and asking him to forgive you?** Who is **ONE** person in your life that you are also praying for to experience this same rest/ freedom in the Lord?

Action: The 'action step' this week is two-fold. Every week there is a key verse that is printed on the front of the program at Hope City Church. That key verse for the week is Isaiah 50:10: **Who among you fears the Lord and obeys his servant? If you are walking in darkness, trust in the Lord and rely on your God.** Would you commit to memorizing Isaiah 50:10 this week? What will help you do that? The second action step is to take the **Rest Test** and share which of the 7 areas you are strong in and which area you need to pay attention to in your life. Note: the link to the Rest Test is on the back of this sheet. The link may also be retrieved from these same notes on our web page or just send a request to info@hopecitychurchtucson.com

Prayer: Lord, your Word tells me where I can find rest (Matthew 11:28-30). Help me to do that this week!

22 Areas of Compassion Fatigue

- 1) Diminished ability or interest in caring for others
- 2) Over fixation on people you are helping and trying to resolve their problems
- 3) Mental and physical exhaustion
- 4) Anger and irritability
- 5) Anxiety and Depression

- 6) Intrusive thoughts
- 7) Sleep problems
- 8) Easily startled or jumpy/ on edge
- 9) Hopelessness about your ability to help others
- 10) Mental flashbacks

- 11) Hyper-vigilance
- 12) Avoidance of certain activities, situations or people you help
- 13) Feeling like a failure in your ability to help others
- 14) Drop in productivity
- 15) Emotional numbness

- 16) Trouble separating personal and professional life
- 17) Decreased ability to experience either sympathy or empathy for others
- 18) Addictive behaviors (misusing alcohol or drugs, etc.)
- 19) Taking a lot of time off from work, needing more rest
- 20) Feeling disconnected from most things around you

- 21) Reduced decision-making ability
- 22) Decreased satisfaction or enjoyment in work or other activities in life

7 Areas for Personal Rest

Physical Rest is the chance to use the body in restorative ways to decrease muscle tension, reduce headaches, and promote higher quality sleep

Mental Rest is the ability to quiet cerebral chatter and focus on things that matter

Emotional Rest is the freedom to authentically express feelings and eliminate people-pleasing behaviors

Spiritual Rest is the capacity to experience God in all things and recline in the knowledge of the Holy

Social Rest is the wisdom to recognize relationships that revive from ones that exhaust and how to limit exposure to toxic people

Sensory Rest is the opportunity to downgrade the endless onslaught of sensory input received from electronics, fragrances, and background noise

Creative Rest are the experiences of allowing beauty to inspire awe and liberate wonder

Check out this resource on Amazon for more info: [Sacred Rest](#) by Dr. Saundra Dalton-Smith

Or take the Rest Test online: <https://www.restquiz.com/quiz/rest-quiz-test/>

Note: If you need access to a computer, you may set a time to use one here during the week