

EXCHANGE IN THE DARKNESS: TAKING OFF THE SPIRIT OF HEAVINESS

Scriptures to read before starting:

Psalm 139 ; Isaiah 61st & 63rd Chapters; Jeremiah 45th Chapter; Luke 4th Chapters; Romans 12th Chapters

Gods' divine design for sadness/depression/darkness/mourning/rage/spiritual lowness reveals itself to us in the scriptures, time and time again. Find the purpose of darkness and the feeling & routine of sadness.

Name a situation or time where you felt deep sadness, mourning, or depression?

Luke 4:16-22

In verse 18-19, who did The Lord Jesus say that He was sent to preach to, heal, proclaim freedom, set free, & recover?

In verse 22, the people were amazed at what The Lord Jesus said; why do you think that they thought of these words as 'gracious'?

Why would God be concerned about delivering people who are poor, brokenhearted, in bondage, disabled, oppressed, have no hope and have run out of time?

Isaiah 61:3

In this verse the word 'Heaviness' is the Hebrew word 'Keheh'

Three English words capture what the totality of the Hebrew word 'Keheh' means.

- **Gray** – visual aspect of what we are feeling on the inside and seeing on the outside.
- **Heaviness** – the physical aspect that effects our bodies and duties.
- **Despondency** – the mental aspect that effects how we perceive things that are happening.

Think about a time when you have had the “Spirit of Heaviness” and share your personal experience related to each aspect:

Gray: _____

Heaviness: _____

Despondency: _____

We also see in Isaiah 61:3 that The LORD wants to comfort, console and perform a real exchange for the “spirit of heaviness” that we feel.

Beauty exchanged for the ashes of those that have made bad or ugly decisions.

The blessed anointing of Joy that will give us strength exchanged for mourning of a lost loved one.

The Clothes of Praise that will rejuvenate our hearts in exchanged for the Spirit of heaviness

The Lord Jesus Christ loves to EXCHANGE things, like virtue for issue; His life for our lives. But there will be no exchange if we bring nothing to Him. In order to take advantage of a FULL relationship with Our Lord, then we MUST be willing to bring everything to the table to make an exchange. What are some things that you have not brought to the Lord?

What does The Lord Jesus Christ want to Exchange with us?

In the verses below, draw a line to each phrase that correlates to the correct verses:

Romans 12:15	Hypocrisy for Love
Romans 12:9	Trials & Tribulation for patience
Romans 12:14	Cursing for Blessings
Romans 12:18-19	Crying for Joy
Romans 12:16	Pride for humility
Romans 12:21	Anger for Peace
Romans 12:12	Evil acts for Good acts

Isaiah 63:4

In Isaiah chapter 63, The Lord Jesus Christ is speaking of His 'Day of Vengeance', but in verse 4, He mentions that "the year of His Redeemed has come". What does 'vengeance' have to do with 'redemption', and what kind of exchange can we make with the Lord in reference to 'vengeance'?

Jeremiah 45:4-5

In these verses God is speaking through Baruch to the prophet Jeremiah. Calamity and chaos will be all around Jeremiah, but The Lord promised to preserve his life. How important is it to make the appropriate exchanges with The Lord?

Psalm 139:11-12

In these verses God allows David to sit in darkness and does NOT bring him out of it. But God is with David in the darkness. What do these verses tell you about how God wants us to deal with dark periods in our lives?

Summary

Now read Psalm 139:1-24 (the whole chapter), and give a summary of how God wants us to feel, think, and act during sad, dark, or depressing times in our lives?

Creative Focus

Below is a picture of a box rail car at the Holocaust Museum in Richmond, Virginia; this box car carried men, women, & children to Nazi death camps in the 1940's. Create a Title and Caption for the picture that captures what you have learned in this study.



TITLE: _____

Caption: _____

Living in Obedience

Psalm 23:5 references a table that God sets up for us; this table is where we make our exchange with The Good Shepherd-The Lord Jesus Christ. Using the 23rd Psalm as a reference, write how you will allow God to help you in those dark times:

Pray and Meditation

In Isaiah 61:3 God mentions a “garment of praise”, the word for ‘praise’ in the Hebrew is Tehillah. Tehillah means a “praise that belongs to God” or “the title of a praise song”. God wants to give us HIS song and He wants us to be the TITLE of that song! Mediate on the goodness and mercy of the Lord and Thank Him for exchanging our sins for the righteousness of our Lord and Savior Jesus Christ!