



SEASON 11 EP. 2

# A Year of Favor Part 2

## GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. Where does God want to bestow a beautiful exchange in your life (a crown of beauty instead of ashes, the oil of joy instead of mourning, a garment of praise instead of the spirit of despair)?
3. How can you cultivate the spiritual practices of repentance and renouncing? How can you cultivate the spiritual practices of claiming blessing and calling forth goodness?

## LECTIO DIVINA

"...To proclaim the year of the Lord's favor..." - Isaiah 61:2

## JOURNAL QUESTIONS

1. What part of Isaiah 61 is God inviting you to be rooted in, in this new year?
2. Michelle shared a quote from Andy Couch, "Idols promise everything and deliver nothing." What areas of idolatry is God asking you to repent as you move into a new year?
3. Are there areas of dysfunction, sin, or idolatry you would like to renounce especially for the sake of restoration in your family and future generations?

## QUOTE TO PONDER

"...In this new year that God is giving us to sanctify us and unite us more closely to Himself, let us make Him grow in our souls, let us keep alone and set apart; may He be truly King."  
- St. Elizabeth of the Trinity

