



Week 2: Lesson One -- Broken (Video)

Day 1:

Scripture Passage: Psalm 51:17 (NLT)

The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.

- What does the Lord requires of us?
- Why is this so difficult?
- How does our brokenness benefit or strengthen our relationship with God?

Challenge:

- Spend some time today processing what it will take to have this kind of heart. Spend some time journaling about the brokenness in your life. Ask God to help you embrace your brokenness.

Day 2:

Scripture Passage: Psalm 34:18

The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.

- How does this verse bring comfort to you today?
- What do you need to receive from God today? Invite Him to show you.

Challenge:

- Pray for one person who needs this encouragement today. Make a plan to share this truth with them.

Day 3:

Scripture Passage: Psalm 51:8

Oh, give me back my joy again; you have broken me— now let me rejoice.

- When have you felt the reality of this verse in your life? How did you see God in that moment?

- How can we cooperate with the Lord when He is working in our lives, especially when we are experiencing brokenness? How can we focus on His goodness during hard times?

Challenge:

- Take some time today to allow God to examine your heart. Hand over the brokenness and pick up His goodness.

Day 4:

Scripture Passage: Isaiah 66:2

My hands have made both heaven and earth; they and everything in them are mine. I, the Lord, have spoken. "I will bless those who have humble and contrite hearts, who tremble at my word.

- What grabs your attention when you hear the words in this passage of Scripture: "My hands have made both heaven and earth"? How does that make you feel?
- How have you seen the Lord's blessing come in your life as a result of having a humble heart? How would you like to see that transform your life?

Challenge:

- Reflect that you are HIS. First and foremost. How will that truth affect your day today?

Day 5:

Scripture Passage: Psalm 147:3

He heals the brokenhearted and bandages their wounds.

- What are some ways you have experienced God's healing work in your life? What are some unresolved areas that you could surrender to Him?
- How can you entrust more of your heart to Him today? What would that require of you?

Challenge:

- Invite someone - perhaps a person from your group or another trusted friend - to share in your journey with you today.