

## **Broken: How God Can Redeem My Grief**

### **Reflect**

1. Do you tend to experience emotions strongly? Do you show your emotions or keep them private?
2. Grief is one of the harder things we face in life. If you have experienced grief, how would you describe it to someone who hasn't?

### **Read Your Bible**

- Isaiah 61:1-3
- John 11:17-44

### **Apply God's Word to Your Life**

1. The first thing both Martha and Mary said to Jesus was, "If you had been here, my brother would not have died." How have you responded to Jesus during times of grief in your life?
2. John 11:35 is one of the shortest verses in the Bible. Is this verse significant for us?
3. Why did Jesus come according to the words of Isaiah 61?
4. Do you believe Jesus wants to "anoint you" to do His work?
5. Consider prayerfully for a moment: Who in your life do you feel called to "proclaim freedom" to or help "bind up" a broken heart? It could be a specific person (a friend, a family member, a coworker) or a whole group of people (kids, elders, young men, single moms, people experiencing homelessness, refugees, visitation ministry, etc.).
6. If you are feeling courageous, pick one of the actions from Isaiah 61:1-2. Pray for the Spirit of the Lord to use you in this way.

## Conclusion

Jesus cares deeply. We see it in the purpose that He walked in (Isaiah 61). We see it in His interactions with the sisters Mary and Martha (John 11). His heart of care for us is etched across the pages of Scripture and is intended to define our lives as Christians. But grief can feel like a whole different ballgame. When our hearts break, it can feel like we break with them. How have you dealt with times of grief? The important thing to know is, Jesus understands it even deeper than you do. He was called “a man of sorrows and acquainted with grief.” (Isaiah 53:3). There have likely been times in your life when God has wept over you. But Jesus didn’t come to merely understand. He came to “proclaim” and restore. He came to “bind up the broken-hearted.” He came to “bestow” a crown of joy and a resurrection confidence. Grief still marks us in this world, but it no longer has the final word.

## Pray

Lord Jesus, I call You Savior and Master, but I also need You as a friend. I confess that I am discouraged some days. I let pain steal my praise. Forgive me. Renew me. Show me how to walk with You through grief, not away from You. Restore to me joy and hope, even when my heart is broken. Though I walk through the darkest valley, I will not be afraid. I will bless Your name, all my days, and dwell in Your House forever. Amen.