

LAUNCH

Am I too broken for God to fix?

Description

Whether you wrestle with an eating disorder, pornography addiction, recreational drug use, or a lifelong grudge, God wants to restore you fully. Spend time in confession, prayer, and Scripture to build faith in God's ability to rescue you from the difficult issues affecting you inside and out.

Goals

1. Help participants feel accepted, safe, and able to ask questions and grow spiritually.
2. Explore what Jesus shows us about God's character and how he meets people in their brokenness.
3. Help participants learn to listen to God as he shows them areas of brokenness he wants to heal, then how to ask Jesus to meet them in those areas.
4. Introduce tools for using Scripture for confession, prayer, fighting lies and condemnation, and finding strength in truth and worship.
5. Be sensitive to participants' needs and comfort levels for sharing.

Outline

Starter: "Brian 'Head' Welch - I am Second"

Story Part 1: Danny (alternate story: Marie)

Bible Encounter: John 8:2-11

Story Part 2: Danny (alternate story: Marie)

Experience: "Jesus I Come," Leader's Choice

Special Preparation

Your Own Healing Process: Your ability to lead participants through the healing process will often stem from your own healing process. As you prepare for this session, take time to reflect on your own healing process; you may want to complete the entire session on your own in preparation.

Think through your own issues: What has your healing process been like? Do you struggle with fear, anger, and rejection? How many things are hot issues for you? How far have you gone in your own journey with brokenness? In your experience, what helped you?

Prayer: Please devote at least half of your preparation time to praying for each person coming to the session by name. Pray for their openness to healing. Ask God to prepare their hearts.

Also, take time to ask the Lord if there are any specific Bible verses or encouraging words he might have for each person, or if there are any specific ways he may want to meet them during the session. Write down any verses or impressions you receive on separate pieces of paper to share with them. Be sensitive to anything you may need to share with them privately rather than during the session.

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Opening

Give a sincere and warm welcome to each person, letting them know you are glad they chose to come to the session. Share the vision for the group, then feel free to use the following language to open the session:

The question we're looking at today is "Am I too broken for God to fix?" We all struggle with different issues of brokenness, whether it's addiction, anger, unforgiveness, selfishness, greed, or broken relationships.

Only one person is without brokenness—that is Jesus. So to answer today's question, we'll explore what Jesus shows us about God's nature when it comes to our painful issues like abuse, fear, insecurity, sexual issues, and so on.

We'll also learn to recognize our own areas of brokenness that God wants to heal and how to ask Jesus to meet us in those areas whenever we need him. And we'll look at a few simple tools for using scripture in the healing process.

Starter: "Brian 'Head' Welch - I am Second"

What feelings came up as you watched this story? Do you relate to any parts of it?

If you feel your group would resonate more with a different video, consider showing a different "I Am Second" clip instead. The "IamSecondVIDEOS" YouTube channel has testimonies available from people of various ages, backgrounds, etc.

Story Part 1: Danny

Is there an area in your life that seems too impossible to fix, too broken, or too twisted?

Don't push participants to respond if they are not yet comfortable doing so.

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Bible Encounter: John 8:2-11

Context: This passage is about a woman who seemed to have no way out of her problems. She was accused of adultery and faced stoning as punishment. You might find it interesting to know that, in Hebrew, the word for “Satan” is “accuser.” Also, the purpose of stoning, according to Jewish law, was “to purge the evil from among you.” In Jewish law, the person to “cast the first stone” in such cases was the eyewitness of the sin. So, if the person who cast the first stone was also with sin, then the same Jewish law being used to condemn the accused also condemned the person throwing the stone.

1. What stood out to you about this story?

- The teachers of the law and Pharisees were concerned with the woman’s sins, but not with the man’s unfaithfulness. Is this a double standard? According to the Law (Leviticus 20:10), adultery required capital punishment of both parties.
- Your notes:

2. What do you notice about the way the teachers of the law and religious leaders treated the woman as opposed to how Jesus treated the woman?

- There is an important distinction between how the law/religion acted toward the woman and how Jesus did. The law/religion threw her into the middle of a crowd and made her feel shame, condemnation and accusation.
- The law/religion’s actions were not representative of God’s heart, since God is not an accuser.
- Your notes:

3. If you had been in the crowd, what would you have thought as Jesus knelt down to write in the sand?

- Your notes:

4. Why do you think Jesus did this?

- We don’t know what Jesus wrote, but in doing so, he drew all the attention and shame from the woman to himself. It was a gentle way of protecting her.
- Perhaps he wrote Leviticus 20:10 in the sand—a reminder that the man was equally guilty.
- Your notes:

5. What do you notice about the way Jesus responded to the accusers?

- He challenged the self-righteousness by suggesting they weren’t without sin.
- He recognized they were not concerned about the woman’s spiritual condition.
- He exposed their motives as impure according to the law of Moses—the very law by which they sought to condemn her.
- Your notes:

6. What do you notice about the way Jesus responded to the woman?

- Jesus did not shame, blame, or condemn her.
- Jesus spoke with truth and love to her, and treated her with respect.
- Jesus encouraged her to do the right thing, but gave her freedom to choose.
- Your notes:

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7. If you were the accused woman, how would you have felt about Jesus' response?
 - A possible sub-question to ask here is "Do you think it was fair?"
 - Huge relief.
 - Forgiven and cleansed, as if you were being given a fresh start on life.
 - Humbled and in awe of Jesus, filled with gratitude, appreciation, and love for Jesus.
 - Your notes:

8. What do we learn about the nature of God through Jesus' actions here?
 - In the Bible, when God met people in their areas of brokenness or sin, he revealed it to them in order to heal them.
 - Jesus' showed that his intention, and thus God's, was not to condemn or accuse, but to set free.
 - God does not condone the sin, nor does he condemn the sinner; instead, he forgives the sinner.
 - Your notes:

9. How does Jesus' response give you hope for your own situation?
 - Jesus' intention is not to accuse you, condemn you, or harm you.
 - Jesus wants to forgive you of anything and everything you've done that is evil or harmful.
 - He wants to heal you of your brokenness and addictions, not shame or blame you.
 - Jesus wants what's best for you—he wants you to stop your addiction or sin, and move on to living for something greater than your addiction—to follow him as he called others to do.
 - Your notes:

Story Part 2: Danny

Experience: "Jesus I Come," Leader's Choice

"Jesus I Come" Are there any areas of your life you feel God would like to start healing?

Leader's Choice

At this point in the session, it will be your choice as to how best to proceed. Please familiarize yourself with the seven exercise options provided below before the group meets. There is a lot of suggested wording shown in larger italicized print; note that this wording is not provided on screen in the session's Experience tab. You may use the suggested wording verbatim, or come up with your own.

To proceed, first choose *either Option 1 or Option 2*. Then, in the interest of time, and based on how your group has responded in the session thus far, *choose one to three more exercises from Options 3-7* to close.

Consider quietly playing instrumental/worship music throughout the exercises.

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Option 1: Psalm 51 Confession

Because group members may not yet be comfortable sharing their sin and struggle aloud, allow them to silently meditate on this passage.

Many of our areas of brokenness come from things we have done, or things others have done against us. Psalm 51 is the heart-cry of David grieving areas of sin in his life, and asking God's forgiveness. We'll take a few minutes to read Psalm 51 silently to ourselves. If you feel comfortable, use one or two of the following verses to silently ask forgiveness for harmful attitudes or actions in your own life. I will bring us back together in a little while with a prayer for the group.

To bring the group back together after a few minutes, bless the group by praying aloud parts of Psalm 51:

Thank you, Lord, that you have mercy and love to erase our sins from our record, wash away our guilt completely, and make us whole again. Thank you, Jesus, that though we have sinned and rebelled, you have forgiven us. I pray your truth and healing would change us from the inside out. Thank you for restoring us, giving us a fresh start, creating clean hearts in us. Help us move forward with joy, obedience, and perseverance—always giving the praise to you for healing us.

Option 2: The Lord's Prayer

You will talk the group through the Lord's Prayer model below, giving time for each person to pray out loud after each step. As the leader, be prepared to be the first to pray out loud each time; some suggested wording has been provided to help you do so.

You may have heard of the Lord's Prayer in Matthew 6:9-13 before. It's a great model for how to pray any time, and it's especially useful in the healing process we've started. I'll walk us through each step and we'll pray aloud after each one.

First, let's praise who God is.

[Example: We praise you, God, because you are kind, merciful, gentle, humble, self-sacrificing, generous, and compassionate.]

Next, let's declare kingdom realities and thank God for them.

[Example: Thank you, Jesus, for coming to forgive us and making us wholly pure from sin. Thank you for desiring truth in our innermost beings, and for making us full of your wisdom. Thank you for creating clean hearts in us, and that it is you who renews a faithful and steadfast spirit in us.]

Now, let's speak our needs and ask God to fill them.

[Example: Jesus, we are broken people and need you to meet our needs. We ask that you would meet us and heal us.]

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Let's confess sin next. I'll go first.

[Example: I confess that I _____. I struggle with these things, Lord, and ask you to forgive me and heal these areas in my life. Thank you, Jesus, that your grace is sufficient for me.]

Now, it's time to forgive others.

[Example: God, I also confess that I've been hurt by others, and I forgive _____. Thank you for forgiving me, so that I can forgive others.]

Next, let's pray spiritual protection for ourselves.

[Example: Lord, I ask you to protect us from lies, condemnation and shame from the accuser. Thank you, Jesus, for being our advocate. We pray you would guide our hearts and minds now as we seek your healing. We bind any spirit that is not yours, in the name of Jesus.]

Finally, let's refocus on God.

[Example: Lord, you are good and trustworthy and kind. I ask that your Holy Spirit would guide us now, that your kingdom would come, that you would give us your healing power, and that you would restore every part of your glory in our lives, forever.]

Amen.

Option 3: Sharing in Pairs or Smaller Groups

If you sense your group is comfortable, give them time to break into groups of two or three to pray for each other for five minutes or more.

We can extend the same mercy, compassion, love, and encouragement to each other that God shows us. If you feel comfortable, get in groups of two or three and share an area of struggle or pain that God is highlighting to you today. After each person shares, pray for them and ask Jesus to meet them in this place of brokenness. This isn't a time for giving advice, but it is a good time to share any encouragements or Scriptures you sense God might be bringing to mind.

Option 4: Focusing on the Positive

Before we leave, let's give thanks to God. Were there any ways you sensed God moving here? What were the positives from the session?

After participants share, close with prayer that thanks God for each one of the things mentioned and asks God for protection, continued healing, and grace.

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Option 5: Commissioning – Healing Emphasis

You might want to end by refocusing on commissioning, either with a healing emphasis or a repentance emphasis, depending on how participants were affected by the material earlier in the session.

God heals us in ways that often bring about good afterward, so your healing will often be completed as you begin to live it. For example, if God heals you from a deep hurt by someone close to you, you could live out your forgiveness by blessing the person who hurt you. You could literally write the person encouraging notes or perform acts of kindness for them. Take a moment and ask God to show you one way you can live out your healing in the next week.

Option 6: Commissioning – Repentance Emphasis

Repentance literally means to change direction or do the opposite. True repentance leads to freedom and to healing. For example, [insert your own example here] when God showed me that my strong dislike for a coworker and my habit of ignoring and shunning her was wrong, I felt him lead me to “do the opposite” by taking time to sit down with her and ask her questions about herself each day, give her attention, and even give her a bouquet of flowers. Take a moment and ask God what specific, concrete way can you “do the opposite” in the next week.

Option 7: Infilling

Remember, God has equipped you with his strength, love, and compassion to do the things he’s asking you to do. Don’t let any sense of discouragement or overwhelming weakness creep in.

Before we leave, let’s close our eyes and ask God to fill us with his Spirit and power. [Or with his love, peace or whatever you sense the Lord wanting to give your group.]

Say a short prayer to signal the close of the session. Reassure participants that you are available to talk and pray with them more as needed.