

Healing Our Broken Hearts



A Guide for Spiritual Formation

Text for the Week: Isaiah 61:1-3; Psalm 34:8

Message for the Week: Beauty for Ashes

Sunday, March 16

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

What has been breaking your heart lately?

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read / Have two people in your group read [Isaiah 61:1-3 & Psalm 34:18](#) out loud.

(Clicking the link will bring you to multiple translations.)

As you read and/or listen to the text being read, circle, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

Respond / Reflect:

Where in your life story have you been “kicked in the gut?”

What has broken your heart? When, how, and/or what has held you captive? When has darkness overcome your life? When have you grieved and mourned?

Who in Isaiah 61 is being anointed and why?

What is the Lord's anointed going to do in these verses?

Where do you need freedom, release, comfort, and joy in your life? How and where are you going about finding these things?

How and what does God provide through his anointed in these verses?

How has God “...helped you catch your breath?”

How are you displaying the splendor of the Lord?

Take Away:

What is a main point or key message that you learned, understood, observed, or experienced that you are taking away with you from your group's reflections on the bible passage or your group's conversations today?

Prayer:

Spend time praying with/for the other people who are with you. Who in your group needs prayer today? Who in your group will you pray for?

Pray this prayer together:

Father in heaven, life here is so hard. The harder we try to either get peace, comfort or joy, the harder life seems to get here on earth. Yet we know we want these things. We are aware that we can't make it happen on our own. Please show us again that you are our provider and that you alone provide for all our needs. AMEN

“Try It” - Putting our Faith into Action:

Identify two or three ways that you can serve the throne of God and of the Lamb this week. Try them.

What things are controlling your life? Make a list. What do you notice about your list? What changes, if any, do you need to make regarding what controls your life?

Isaiah 61:1-3; Psalm 34:18 - New International Version

61 The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me
to proclaim good news to the poor.
He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,^[a]
2 to proclaim the year of the Lord's favor
and the day of vengeance of our God,
to comfort all who mourn,
3 and provide for those who grieve in Zion—
to bestow on them a crown of beauty instead of ashes,
the oil of joy instead of mourning,
and a garment of praise instead of a spirit of despair.
They will be called oaks of righteousness,
a planting of the Lord for the display of his splendor.

Footnotes a. [Isaiah 61:1](#) Hebrew; Septuagint *the blind*

34 ¹⁸ The Lord is close to the brokenhearted
and saves those who are crushed in spirit.

Isaiah 61:1-3; Psalm 34:18 – The Message

61 ¹⁻³ The Spirit of God, the Master, is on me
because God anointed me.
He sent me to preach good news to the poor,
heal the heartbroken,
Announce freedom to all captives,
pardon all prisoners.
God sent me to announce the year of his grace—
a celebration of God's destruction of our enemies—
and to comfort all who mourn,
To care for the needs of all who mourn in Zion,
give them bouquets of roses instead of ashes,
Messages of joy instead of news of doom,
a praising heart instead of a languid spirit.
Rename them "Oaks of Righteousness"
planted by God to display his glory

34 ¹⁸ If your heart is broken, you'll find God right there;
if you're kicked in the gut, he'll help you catch your breath.