



# Broken People



**Key Verse: *Isaiah 61:1 – “... He has sent me to bind up the brokenhearted.”***

1. Which of the common causes of brokenness that we looked at on Sunday (abuse, loss, rejection, betrayal) do you see affecting people most today—and why do you think that one cuts so deep?

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2. Which coping mechanism do you personally default to when you're hurt: denial, bottling it up, anger, or letting it define your worth? What has that produced in your life?

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3. How has your personal concept of Jesus (gentle vs. angry, close vs. distant) affected how willing you are to bring your brokenness to Him? Be honest.

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4. What does it actually look like—practically—to “put your wounded heart in Jesus’ hands” instead of managing it yourself? What would have to change for that to happen?

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