



THURSDAY 10.07.10

Matthew 9:18-22

In our brief text for today, we read of two people who find themselves desperate for help. One man comes to Jesus in overwhelming grief over the recent death of his daughter. The other is a woman who has suffered with an illness for 12 years. Both are convinced that somehow Jesus can help them in their time of need.

- The third step to getting well is making a commitment to life-long change. What might some of the reasons have been for the resolve shown by these two characters in today's text? Have you had a similar experience in your life? What convinced you to get the help you needed?
- What are some of the ways where you might be strengthened in your commitment to life-long change? How might your faith in God help keep you on the right path?



FRIDAY 10.08.10

Matthew 7:13-14

Our text today from Matthew 7 is a challenging reminder that staying committed to life-long change is often a difficult process. "Small is the gate," Jesus says, "and narrow the road that leads to life." In the Gospel of Luke, Jesus says it this way. "No one who puts his hand to the plow and looks back is fit for service in the kingdom of God."

- Our road to recovery is certainly fueled by the work of God's grace in our lives, but it also often requires a steadfast determination on our part as well. It involves consistently choosing the small gate, the narrow path and the less traveled road that leads to life.
- Today, spend a few minutes in prayer. Thank God for the work of his grace in your life and ask God again for the resolve to stay on the path that leads to life.



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Series: *Broken*
Message: *How Do I Get Better?*
Scripture: *John 5:1-6*

1. Confess to those who love you.
2. Find the help you need.
3. Commit to life-long change.

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Introduction

During this series we have centered ourselves around a very clear and fundamental belief about brokenness. Everyone is recovering from something. We have all experienced brokenness in our lives. We live in a broken world. In a broken world, people get hurt. In a broken world, hurting people hurt others. In a broken world, hurting people sometimes even hurt themselves as a result of poor decisions and behavior.

Throughout the biblical story we are consistently brought back to the simple idea. We need help.

In our fourth message of this series, we are talking about three important steps to getting help. Those three steps are: a) confess to those who love you; b) find the help you need; and (c) commit to life-long change. As you consider what your next step might be, may this prayer guide you.

God, I confess to you again that I am broken. I need your help. I cannot get better on my own. I trust that healing can happen by your grace at work in my life. Help me, God, to be open to that work. Give me the courage to confess. Give me a heart that seeks out help. Bless me with the commitment I need to stay faithful to your work of recovery in my life. AMEN.



TUESDAY 10.05.10

Romans 12:1-2

The first half of Paul's letter to the church at Rome contains the most comprehensive outline of Paul's understanding of what it means to be a follower of Christ. With the first words of chapter twelve, Paul moves from talking about "what we believe" into "how we should live" in light of those beliefs. "Therefore," he says, "in view of all that God has done for you, offer your whole life to God."

- When we do decide to ask for help, it is often based on our belief that the source of that help can be trusted. Do you trust God for help? How might seeking help from God and others help you to grow in that trust?
- Paul says that we are transformed by "the renewing of our minds." Are their assumptions or beliefs you hold that are holding you back from getting help?



MONDAY 10.04.10

James 5:13-16

Whenever we survive a significant challenge in our lives, it is a reminder that within each of us there is untapped potential. People often say something like "I could never have imagined having the strength to endure that before it happened." Challenges often create an opportunity for our true potential to be revealed. Is it possible that our capacity to experience healing functions in a similar way?

- In verse 15, James talks about the prayer "offered in faith." What do you think he means by that? In what way is prayer itself an act of faith?
- In the following verse, James talks about confession. How would you describe the benefits of being honest with another person about a brokenness in your life? Have you had the courage to share your brokenness with someone you love? If not, what is keeping you from taking this important step?



WEDNESDAY 10.06.10

Luke 18:18-23

On Monday in our reading from the book of James, we heard the instructions "confess your sins to one another . . . so that you may be healed." In another section James writes, "You do not have because you do not ask." The ruler who comes to Jesus in today's reading was certainly operating according to a similar pattern of thought. Eternal life was what he wanted, and so he had come to Jesus to ask how he might "inherit" it.

- For many of us, moving forward in our recovery has very little to do with motivation. We want to get better, but there is often a steep price to be paid. Why does this man leave Jesus sad? Has the fear of leaving something behind ever kept you from getting well?
- For healing to happen, what sacrifices do you need to make?
