



SEASON 3 - EPISODE 10: "LIFE OF THE BELOVED -  
BROKEN"

## *Group Questions*

1. WHAT STANDS OUT TO YOU AS YOU READ THE QUOTE "THE FIRST STEP TO HEALING IS NOT A STEP AWAY FROM THE PAIN, BUT A STEP TOWARD IT."
2. HAVE YOU EVER CONSIDERED YOUR BROKENNESS AS BEING UNIQUE AND NOT SOMETHING TO COMPARE TO OTHER PEOPLES?
3. WHERE DO YOU TEND TO BRING YOUR BROKENNESS AND NUMB OUT INSTEAD OF BRINGING IT TO GOD? HOW CAN YOU MAKE A CHANGE THIS WEEK IN THIS AREA?

## *Journal Questions*

1. WHAT AREA DOES GOD WANT TO BRING DEEPER HEALING INTO MY LIFE?
2. HOW CAN I "BEFRIEND" MY BROKENNESS AND BRING IT UNDER "THE BLESSING"?
3. HOW CAN I PRACTICALLY PURSUE MORE HEALING IN MY LIFE TODAY?

## *Quote to Ponder*

"THE FIRST STEP TO HEALING IS NOT A STEP AWAY FROM THE PAIN, BUT A STEP TOWARD IT" - HENRI NOUWEN