CBC WEEKLY RESOURCES

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"Crushed"

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COMMUNITY BIBLE CHURCH
3645 Cashiers Rd, Highlands, NC 28741

SERMON RECAP

Pastor Gary's message centered on the heart of God for the brokenhearted, the crushed in spirit, and the traumatized, both around the world and right here among us. From Iran to Africa, from homes marked by abuse to hearts wounded by betrayal, fear, grief, or diagnosis, the sermon reminded us that Jesus does not stand far off from human suffering. Psalm 34:18 became the anchor: "The Lord is close to the brokenhearted and saves those who are crushed in spirit." God is not repelled by shattered lives; He draws near to them.

The pastoral burden of the message was deeply missional. Pastor Gary shared how CBC and Life Points are seeking to bring gospel-centered healing resources to places where spiritual darkness is overwhelming and trained Christian care is scarce. The sermon connected mission not merely to geography but to compassion: if Christ is near to the crushed, then His people must move toward them too. We are called to pray, give, go, not as distant observers, but as those who carry the presence and truth of Jesus into dark places.

The message also became intensely personal. Trauma is not only "over there." Many in the room are facing acute pain, fear, grief, or uncertainty. Pastor Gary pointed us to Isaiah 26:3: "You will keep in perfect peace those whose minds are steadfast, because they trust in you." The way forward is not pretending we are fine but abiding in Christ, fixing our gaze on Him, surrendering what we cannot control, and allowing the One who was crushed for us to minister wholeness to us.

II. STUDY GUIDE

Key Points

- God is near to the crushed. The Lord is not distant from trauma, abuse, grief, or fear; He draws close to the brokenhearted and saves the crushed in spirit

- Jesus understands suffering from the inside. Isaiah 53 reveals Christ as despised, rejected, pierced, and crushed. He ministers to the wounded as One who Himself was wounded.

- The gospel restores dignity and honor. Throughout His ministry, Jesus moved toward shamed, isolated, and traumatized people, especially women, and restored them fully.

- Peace comes through abiding and surrender. In moments of acute fear or pain, we are invited to fix our minds on Christ, release control, and trust the Lord whose presence brings perfect peace.

Key Scripture

Primary Sermon Text:

- Psalm 34:18 — “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Verses and passages mentioned or directly alluded to in the sermon:

- Colossians 1:17 — Jesus holds all things together.

- Isaiah 53:2–5 — The Suffering Servant was despised, rejected, pierced, and crushed.

- Isaiah 57:15 — The high and holy God dwells with the contrite and lowly in spirit.

- Matthew 25:40 — What is done for “the least of these” is done unto Christ.

- Mark 5:25–34 / Luke 8:43–48 — The woman with the issue of blood.

- John 8:1–11 — The woman caught in adultery.

- John 4:1–42 — The Samaritan woman at the well.

- Luke 7:11–17 — The widow at Nain.
- Matthew 15:21–28 / Mark 7:24–30 — The Syrophoenician woman.
- Luke 13:10–17 — The woman bent over for eighteen years.
- Luke 8:2 — Mary Magdalene, delivered from seven demons.
- Matthew 26:36–46 / Luke 22:39–46 — Jesus in Gethsemane.
- Isaiah 26:3 — God keeps in perfect peace the one whose mind is stayed on Him.
- Hebrews 12:2 — Jesus endured the cross, scorning its shame.
- Psalm 56:8 — God keeps account of our tears.
- 2 Chronicles 20:15 — “The battle is not yours, but God’s.”

Other Relevant Verses

- 2 Corinthians 1:3–4 — General thematic tie. God comforts us in our affliction so that we can comfort others with the comfort we have received from Him.
- Galatians 6:2 — General thematic tie. “Carry each other’s burdens” reflects the church’s calling to move toward the wounded, not away from them.
- James 1:27 — General thematic tie. Pure religion includes caring for the vulnerable—widows, orphans, and those exposed to injustice and harm.

III. DEVOTIONAL MATERIAL

Day 1: The God Who Comes Close

Reflection Question

Where in your life do you feel brokenhearted, crushed, or emotionally exhausted? Have you allowed God to draw near to that place?

Reading

- Psalm 34:18
- Isaiah 57:15

Devotional Content

Psalm 34 was written out of distress. David was not reflecting on pain from a safe distance; he was testifying that God met him in fear, danger, and desperation. The phrase “brokenhearted” carries the idea of something shattered or ruptured. “Crushed in spirit” speaks of a person brought low, pressed down, and unable to put themselves back together.

Isaiah 57:15 gives us a stunning picture of God. He is “high and exalted,” dwelling in holiness, yet He also dwells “with the one who is contrite and lowly in spirit.” In the ancient world, gods were often imagined as distant, demanding, and unmoved by weakness. But the God of Scripture is both holy and near. He does not abandon the crushed; He makes His home with them.

Pastor Gary reminded us that the Lord is close to those whose lives feel reduced to dust. This is not sentimentality. It is covenant truth. The same God who reigns from heaven bends low to revive wounded hearts. Your brokenness is not a barrier to His presence. It may be the very place where you discover His nearness most deeply.

Challenge

Take five quiet minutes today to name one area of brokenness before the Lord. Do not rush to fix it. Simply invite Him to be near and ask Him to revive what feels crushed.

Day 2: The Savior Who Was Crushed

Reflection Question

How does knowing that Jesus was despised, rejected, pierced, and crushed change the way you bring your pain to Him?

Reading

- Isaiah 53:3–5
- Hebrews 12:2

Devotional Content

Isaiah 53 is one of the clearest prophetic portraits of the suffering Messiah. Written centuries before the crucifixion, it describes a Servant who would be rejected, afflicted, pierced, and crushed. In the ancient world, crucifixion was not only a method of execution; it was public humiliation. Rome used it to strip victims of dignity, identity, and honor.

Pastor Gary emphasized that Jesus understands the crushed because He Himself was crushed. He was not only physically wounded; He bore shame, rejection, mockery, isolation, and the weight of sin. Hebrews 12:2 says He endured the cross, “scorning its shame.” Jesus entered the deepest shame so that shame would not have the final word over us.

This means we never bring our suffering to an untouched Savior. We bring it to One who knows trauma, betrayal, abandonment, and anguish. He does not minimize pain. He redeems it. He does not merely observe our wounds. He carries scars of His own.

Challenge

When you pray today, picture yourself bringing your pain to the crucified and risen Christ. Ask Him to meet you not only with power, but with compassion.

Day 3: Jesus Restores Honor

Reflection Question

Where have shame, rejection, or failure distorted the way you see yourself?

Reading

- Mark 5:25–34
- John 4:13–14

Devotional Content

The woman with the issue of blood had suffered for twelve years. Under the purity laws of her culture, her bleeding would have made her ceremonially unclean. This affected more than religious participation: it affected relationships, touch, community, and belonging. She was medically exhausted, financially depleted, and socially isolated.

When she touched Jesus' garment, He did not shame her. He stopped, listened to her story, and called her "daughter." That word mattered. Jesus restored not only her body but her dignity. He gave her a public affirmation that reversed years of public exclusion.

In John 4, Jesus did something equally shocking. He spoke with a Samaritan woman, crossed ethnic and gender boundaries, named the truth about her life, and offered her living water. She had come to the well isolated, likely avoiding the judgment of others. But after encountering Jesus, she became a witness to her village.

Pastor Gary reminded us that Jesus consistently moved toward women who had been shamed, discarded, or wounded. He did not exploit their pain. He restored honor. The gospel does not merely forgive sin; it restores identity.

Challenge

Write down one shame-based sentence you have believed about yourself. Then place beside it a gospel truth from Scripture about who you are in Christ.

Day 4: Perfect Peace in the Press

Reflection Question

When fear becomes loud, where does your mind naturally go—and how can you practice turning it toward Christ?

Reading

- Isaiah 26:3
- Matthew 26:36–39

Devotional Content

Isaiah 26:3 promises perfect peace to the one whose mind is “stayed” on the Lord. The Hebrew idea carries the sense of being supported, upheld, or firmly fixed. This is not casual religious optimism. It is a disciplined resting of the mind on the character of God.

In Gethsemane, Jesus entered a place of crushing. The name Gethsemane means “oil press.” Pastor Gary drew attention to the imagery: olives crushed under weight; oil produced through pressure. In that garden, Jesus faced the full reality of the cross. He was sorrowful and troubled. He prayed honestly. Yet He surrendered: “Not as I will, but as you will.”

This teaches us that peace is not the absence of anguish. Jesus experienced anguish without sin. Peace comes as we entrust ourselves to the Father in the middle of pressure. Some battles are not won by tightening our grip, but by opening our hands.

Challenge

Today, when an anxious thought rises, pause and say silently: “Lord, I turn my mind toward You.” Then name one attribute of God—His faithfulness, nearness, sovereignty, mercy, or goodness.

Day 5: Standing in the Gap

Reflection Question

Who comes to your mind, near or far, that is suffering right now? God is calling you to carry them in prayer today.

Reading

- Matthew 25:40
- Galatians 6:2

Devotional Content

In Matthew 25, Jesus identifies Himself with the vulnerable: the hungry, the stranger, the sick, the imprisoned. “Whatever you did for one of the least of these brothers and sisters of mine, you did for me.” This passage confronts detached spirituality. We cannot love Jesus while ignoring those He calls us to see.

Galatians 6:2 tells the church to “carry each other’s burdens.” In the first-century church, this was not an abstract idea. Believers shared resources, absorbed social costs, cared for widows, received outsiders, and bore the weight of one another’s suffering. The Christian community became a living witness that Jesus creates a new family.

Pastor Gary called CBC to intercede for people we may never meet. Women in danger, children exposed to violence, believers in Iran, families trapped in cycles of abuse, and those who have no one praying for them. Prayer is not passive. It is participation in the compassion of Christ. When we pray for the crushed, we stand before God on their behalf.

Challenge

Choose one person, people group, or nation to pray for daily this week. Ask God to bring rescue, healing, gospel access, and faithful servants to them.

IV. SMALL GROUP RESOURCES

Opening

Welcome everyone warmly. Acknowledge that this week's sermon touched tender subjects: trauma, abuse, fear, grief, shame, and the suffering of vulnerable people around the world.

Begin with a brief call to prayer using themes such as:

- Inviting the Holy Spirit to create a safe and compassionate space
- Asking Jesus to help the group see the brokenhearted as He does
- Asking the Father to bring comfort, wisdom, courage, and healing
- Praying for humility as the group discusses painful realities

Leader Reminder: Do not ask anyone to share personal trauma. Allow people to participate at the level they choose.

Thematic Recap

Pastor Gary reminded us that God is close to the brokenhearted and saves those who are crushed in spirit. The message connected global mission with deep compassion, calling the church to care about trauma, abuse, shame, and gospel famine around the world. It also invited each of us to abide in Christ, surrender what we cannot control, and receive His perfect peace.

Sermon Highlights

- The Lord draws near to those whose hearts have been shattered.
- Jesus was Himself crushed, rejected, and shamed, so He ministers with compassion.
- Christ consistently restored dignity to wounded and marginalized women.
- Mission includes bringing gospel hope to traumatized people and unreached places.
- Peace is found by fixing our minds on Christ and surrendering control.
- The church is called to intercede for those who may have no one else praying for them.

Icebreaker

Question:

Think of a time when someone's presence helped you in a difficult moment. They may not have fixed the problem, but they were with you. What made their presence meaningful?

Scripture Exploration

Passage 1: Psalm 34:18

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

Discussion Prompts

1. What words or phrases in this verse stand out to you most, and why?
2. How does this verse challenge the idea that God is distant from suffering?
3. What might it look like practically to believe God is near when someone feels emotionally crushed?
4. How can our small group become a place where the brokenhearted experience the nearness of Christ?

Passage 2: Isaiah 53:3–5

Jesus is described as despised, rejected, pierced, and crushed for our iniquities.

Discussion Prompts

1. What does this passage reveal about the kind of Savior Jesus is?
2. Why is it important that Jesus understands suffering personally, not just theoretically?
3. How does the cross address both guilt and shame?
4. In what ways can remembering the suffering of Christ help us move toward others in compassion?

Passage 3: Isaiah 26:3

“You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

Discussion Prompts

1. What do you think it means for a mind to be “stayed” or “steadfast” on the Lord?
2. What usually captures your thoughts when fear or anxiety rises?
3. How is biblical peace different from simply feeling calm because circumstances are easy?
4. What practices help you turn your attention back to Christ?

Grand Synthesis Prompt

How do these three passages together help us understand the journey from brokenness, to the compassion of Christ, to abiding peace?

Application: Growing in Personal and Communal Prayer

Personal Prayer Practices

- Practice honest naming. Bring your real fear, grief, anger, confusion, or pain before God without pretending.
- Fix your mind intentionally. Choose one verse, such as Isaiah 26:3 or Psalm 34:18, to meditate on throughout the week.
- Pray with open hands. Identify one situation you cannot control and physically open your hands as a sign of surrender.
- Create space to abide. Set aside five to ten minutes daily to sit quietly with the Lord without multitasking.

Communal Prayer Practices

- Intercede for the vulnerable. Pray for those experiencing abuse, trafficking, violence, persecution, or isolation.

- Pray for gospel access. Ask God to open doors in places where there are few Christian resources or trained counselors.

- Pray for ministries of healing. Lift up Life Points, CBC mission partners, counselors, pastors, and churches serving traumatized people.

- Carry one another's burdens wisely. Follow up with group members who share needs, and offer practical support where appropriate.

Closing

Invite group members to share prayer needs as they feel comfortable. Encourage requests in categories such as:

- Personal burdens or fears

- Family members who need healing or salvation

- People experiencing trauma, abuse, grief, or isolation

- Mission work among unreached or under-resourced communities

- Wisdom for CBC as we respond to the brokenhearted locally and globally

Closing Prayer Prompt

Close by asking the Lord to:

- Draw near to the brokenhearted

- Bring healing to the crushed in spirit

- Teach the group to abide in Christ

- Strengthen CBC's compassion and mission

- Send gospel hope into dark and hurting places

Leader Notes

- Be trauma-sensitive. This sermon addressed abuse, violence, suicide, shame, and grief. Avoid pressing people for details or personal stories.

- Protect confidentiality. Remind the group that what is shared should be treated with care and privacy.

- Know when to refer. If someone discloses current abuse, danger, self-harm, or harm to a minor, involve appropriate pastoral care, professional help, or emergency services.

- Make space for silence. Some questions may stir deep emotions. Do not rush to fill every quiet moment.

- Avoid quick fixes. Resist clichés. Offer presence, Scripture, prayer, and practical support.

- Keep Christ central. The goal is not merely to discuss pain, but to encounter the Savior who draws near, restores honor, and gives peace.

- Encourage participation without pressure. Let people pass on any question. Safety often grows when people know they are not forced to speak.