



Week 3

Restore

Sermon Notes

Psalm 51:10-12 (ESV)

Create in me a clean heart, O God, and **renew** a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. **Restore** to me the joy of your salvation, and uphold me with a willing spirit.

Words and Meditations Matter

"Let the words of my mouth and the meditations of my heart be acceptable in your sight, O Lord, my strength and my redeemer." - Psalm 19:14

- Our words and thoughts either please the Lord or feed our flesh
- What we meditate on reveals what authority we're living under
- We need to reframe our thoughts and speech to align with God's truth

Rebuilding Takes Time and Authority

1. Nehemiah asked for two things:
 - a. **Time** and materials
 - b. **Authority** (papers from the king)
2. Similarly, we need:
 - c. **Time** - Healing is a journey, not a destination
 - d. **Authority** - We have papers in the name of Jesus and angelic protection

The Beauty of Brokenness (Kintsugi Principle)

- *Japanese Kintsugi repairs broken ceramics with gold lacquer*
- *God doesn't discard our broken places—He highlights them with His grace*
- *Our brokenness isn't our disqualification; it's our qualification to help others*

Questions to Consider

Take a moment to honestly assess: What are the words of your mouth and meditations of your heart right now? Are they pleasing to the Lord or feeding your flesh?

How does the concept of "stacking good days and letting bad days go" change your perspective on personal growth and sanctification?

What broken or cracked places in your life have you been trying to hide from God and others? How might God want to use those places for His glory?

What would it look like for you to "abide in Christ" this week rather than striving or performing?

Application

Group Prayer Focus:

- **Confession:** Confess areas where your words and meditations haven't been pleasing to the Lord
- **Healing:** Pray for specific broken places the Holy Spirit revealed during the sermon
- **Patience:** Ask God for patience with yourself and others in the healing process
- **Authority:** Pray for awareness of the authority you have in Jesus' name
- **Protection:** Thank God for the protection He provides

Looking Ahead

- **Next Week:** Continue in Nehemiah (the series will be rebranded but continue through the book)
- **Super Bowl Sunday:** Plan to invite friends to "Super Sunday" with jerseys, tailgate, and a clear gospel presentation
- **Memory Verse Challenge:** Commit to memorizing one verse per week as a group

Closing Thought

"Your brokenness isn't your disqualification. Your brokenness is your qualification. Where you were weak, He has made strong. Where you were broken, He has brought healing."

Leader Notes

- Be prepared for vulnerable sharing—create a safe, non-judgmental space
- Have tissues available
- Consider having the group text encouraging scriptures to each other throughout the week
- Follow up individually with anyone who shares deep struggles
- Remind the group that healing takes time and community