

OUTLINE FOR THE FINAL SPIRITUAL STRESS FRACTURES SESSION

Wednesday June 3, 2026 Franklinton Baptist Church

STRESS FRACTURES: "HEALED IN HIS HANDS"

Psalm 147:1-11

1. Introduction: The X-Ray of the Soul

Stress fractures form quietly under pressure

We've named grief, anger, doubt, weariness, loneliness, relational strain

God heals what we bring into the light

2. God Sees What We Try to Hide

Job 1; Psalm 34:18

God sees the fracture before we feel it

He draws near to the brokenhearted

3. Healing Requires Honesty

Psalm 73:21-28

Asaph's confession

Healing begins where honesty begins

God never heals what we hide

4. Healing Requires Rest

Isaiah 40:29-31; Matthew 11:28-30

Jesus invites the weary

Rest is obedience, not weakness

5. Healing Requires Community

Galatians 6:2

We heal best together

Carry one another's burdens

6. God Redeems the Fracture

Psalm 73:26; Romans 8:28

Healed places become testimonies

Scars become stories of grace

7. The Potter's Hands

The crack guides the healing

God strengthens the broken place

8. Invitation

Where is your fracture?

Bring it to Jesus today