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**The Power of a Broken Heart**

Kris Brenes

Breathing Room is the space between your current pace and your limits.

**Jesus was busy but never hurried.**

Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. <sup>36</sup>When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. <sup>37</sup>Then he said to his disciples, "The harvest is plentiful but the workers are few. <sup>38</sup>Ask the Lord of the harvest, therefore, to send out workers into his harvest field." Matthew 9:35-38

**When Jesus' heart was broken, it moved Him to action.** (Matthew 14:14; 20:34; Mark 8:2; Luke 7:13-14)

**A compassionate heart...**

- Feels others' pain
- Moves to action

You can't do everything, but you can do some things.

**God-birtherd compassion moves us to take action.**

- Ho'ola Na Pua ([hoolanapua.org](http://hoolanapua.org)) - new life for our children

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**Let's Connect**

What one thing from this *Breathing Room* series impacted you the most?

**Let's Talk About It**

Jesus' life and ministry were filled with constant interruptions from people wanting His time, needing healing and desiring restoration to their broken lives. Yet even when interruptions disrupted His schedule, He was patient, present and available to help as God directed. When Jesus' heart was broken, it moved Him to action. When we have breathing room, our hearts have the space to feel the pain others are experiencing and partner with God in what He wants to do through us.

Matthew 9:35-38; Matthew 14:14; 20:34; Mark 8:2; Luke 7:13-14; Psalm 103:8

- Which part of the message made an impact, caught your attention or challenged you?
- Read Matthew 9:35-38 Psalm 103:8. What do these scriptures tell you about God and how He feels about His children? How does this change how you view your role as a laborer in God's harvest field?
- Read Matthew 14:14; 20:34, Mark 8:2 and Luke 7:13-14. Jesus' broken heart led to action. How does this challenge you as you respond to the needs around you? Why do we often *feel* but stop short of *doing*?
- Ho'ola Na Pua is an organization founded by someone being so broken by a need she saw that she had to do something. Discuss with your group how God will often break our hearts to move us to action.
- What breaks your heart? What *needs* do you see on your campus, in your family, your workplace or your community? What step can you take this Christmas season to be a blessing to someone?

**Take a Step**

- Ask God to work through you to help heal a broken heart or meet a need this Christmas season. Take a step this week to make it happen.

**Here's My Prayer**

- Lord, break my heart for those who are hurting and needing your healing. Give me wisdom to not only feel the pain but look outward and take a step to make a difference.