

A 5-DAY DEVOTIONAL COMPANION

Good News for the Bruised

“...to set at liberty them that are bruised.”

Luke 4:18

Written reflections, Scripture, journaling space, and prayers to accompany the audio devotional series

New Life Tabernacle Carrollwood

Welcome

Some pain is easy to see. Other pain lives beneath the surface—the kind of hurt you can carry to work, to church, and even into ministry without anyone noticing. Over the next five days, we will discover that Jesus came not only for the obviously broken, but “to set at liberty them that are bruised.”

This written guide is designed to walk alongside the audio devotional. Each day follows the same simple rhythm, so you can listen, read, reflect, and respond at your own pace.

HOW TO USE THIS GUIDE

- 1. Listen.** Begin with the day’s audio devotional. Let the message settle before you pick up your pen.
- 2. Read.** Open your Bible to the day’s passage and read it in full. The key verse is printed for you.
- 3. Reflect.** Read the written devotional, then answer the reflection questions honestly in the space provided.
- 4. Respond.** Complete the practical step. Healing grows through small, intentional acts of faith.
- 5. Pray.** Pray the written prayer aloud, then add your own words.
- 6. Remember.** Carry the day’s closing truth with you. Write it somewhere you will see it.

THE JOURNEY AT A GLANCE

Day	Theme	Scripture
Day 1	He Sees What Others Cannot	Luke 4:16–21
Day 2	The Difference Between Bound and Bruised	Isaiah 42:1–4
Day 3	The Healer Comes to You	John 4:1–18
Day 4	Hurt People and the Healing Community	James 5:13–16
Day 5	Liberty, Not Just Relief	Acts 2:37–39

A note before you begin: this devotional is a tool for spiritual reflection and is not a substitute for pastoral care or professional counseling. If what surfaces feels too heavy to carry alone, please reach out to a pastor or a trusted, qualified counselor.

DAY 4

Hurt People and the Healing Community

Today's Reading: James 5:13–16 | Audio: Day 4

“Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”

— James 5:16 (KJV)

DEVOTIONAL

James describes a church where people do not have to pretend. If someone is afflicted, they pray. If someone is sick, they call for the elders. If someone is carrying something, they confess it and receive prayer. This is not a community built on performance; it is a community built on honesty, prayer, and healing.

For many, that is difficult—especially when the bruise came from inside the church. Church hurt is real. Wounds from the place where we expected safety cut deeply. When someone in the body of Christ disappoints us, rejects us, mishandles us, or speaks carelessly, the pain can be confusing: “If this is where healing is supposed to happen, why did I get hurt here?”

Yet the answer to pain caused in community is not permanent isolation. That does not mean ignoring what happened or pretending the wound was not real. It does not mean returning to unhealthy situations without wisdom or boundaries. It does mean that God still designed healing to happen in the body.

The church is meant to be a hospital, and in that hospital the patients are also learning to care for one another. People are imperfect and still being healed. Yes, hurt people can hurt people—but healed people can help heal people too.

Do not allow the enemy to use pain as a doorway into isolation. Isolation may feel safer for a season, but it can keep the bruise from ever being touched by grace. James gives us a pattern: confess, pray, believe, receive. Bring what is hidden into the light with someone trustworthy. Let prayer cover what pain has kept silent. Allow faith-filled community to remind you that you are not alone.

THE JAMES 5 PATTERN

Confess → Pray → Believe → Receive

DAY 4 • JOURNAL & RESPONSE

REFLECT

1. *Have wounds received inside the church caused you to withdraw from Christian community?*

2. *What would it look like to re-engage without abandoning your need for healing?*

RESPOND: TODAY'S PRACTICAL STEP

- This week, reach out to one trusted believer—someone faithful, prayerful, and safe. (Not everyone needs access to your deepest wounds.)
- Ask them to pray with you about something specific you have been carrying alone.
- It may feel vulnerable, but healing often begins when silence breaks.

DAY 4 • PRAYER

PRAY

Lord Jesus, thank You for designing Your church to be a place of healing. I confess that sometimes wounds from people have made it hard for me to trust community. Give me wisdom, courage, and discernment. Lead me to safe, faithful believers who will pray with me and point me back to You. Help me not to isolate in my pain. Teach me how to receive healing in the body without denying the reality of my wounds. Make me whole, and make me a source of healing for others. In Jesus' name, amen.

My own prayer:

REMEMBER THIS

Isolation is not your healing place. God can use faithful community to help restore what was bruised.

Going Deeper: Galatians 6:1–2 • Hebrews 10:24–25 • Ecclesiastes 4:9–10