

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 2

The Difference Between Bound and Bruised

Today's Reading: Isaiah 42:1–4 | Audio: Day 2

“A bruised reed shall he not break, and the smoking flax shall he not quench: he shall bring forth judgment unto truth.”

— Isaiah 42:3 (KJV)

DEVOTIONAL

Isaiah paints a beautiful picture of the heart of God. A bruised reed was fragile and damaged—something that no longer seemed useful. If a reed was bent or cracked, people threw it away. A smoking flax was a wick barely holding a flame: not bright, not strong, almost gone. Most people would simply snuff it out and move on. But the Servant of the Lord does something different. He does not break the bruised reed. He does not quench the smoking flax. He moves toward what is fragile with gentleness.

That matters, because there is a difference between being bound and being bruised. Someone who is bound is chained—held captive by something obvious like addiction, rebellion, destructive patterns, or spiritual bondage. They need deliverance; the chains must be broken. Someone who is bruised may be walking freely yet wincing with every step. No chains, but deep internal damage—and that can be harder to identify.

Bruised people can still function. You can go to work bruised, raise children bruised, attend church bruised, even serve in ministry bruised. But functioning is not the same as being whole.

Think about a physical bruise. You can still walk, but you walk differently. You protect the sore place, adjust your movement, and compensate. Emotionally and spiritually we do the same, often without realizing how much our lives have rearranged themselves around pain. Maybe you avoid certain conversations because they touch something tender. Maybe you pull back from relationships because trust feels dangerous. Maybe you serve without joy, worship with something guarded, or obey God only up to the point where old pain begins to speak.

Bruises may not lock us in chains, but they shape how we move. And the good news is this: God does not discard the bruised. He does not look at your damage and call you useless or too fragile for His purpose. He knows how to restore what has been bent and how to breathe on what is barely burning.

DAY 2 • JOURNAL & RESPONSE

REFLECT

1. *Have you ever confused being functional with being whole?*

2. *In what ways might you be compensating for an unhealed bruise?*

RESPOND: TODAY'S PRACTICAL STEP

- Identify one area of your life where you have been managing pain instead of seeking healing.
- Take one intentional step: pray about it honestly, talk with a trusted believer, or seek wise counsel.
- Stop pretending that compensation is the same as restoration.

DAY 2 • PRAYER

PRAY

Lord Jesus, thank You for Your gentleness. Thank You that You do not break the bruised reed or put out the smoldering flame. Help me recognize the places where I have been functioning but not truly whole. Give me courage to stop compensating and start seeking healing. Restore my purpose. Restore my joy. Restore my trust. Let Your Spirit breathe again on every place that feels weak or weary. In Jesus' name, amen.

My own prayer:

REMEMBER THIS

God does not discard what is damaged. He restores it.

Going Deeper: Matthew 12:18–21 • Psalm 147:3 • Jeremiah 18:1–6