

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 5

Liberty, Not Just Relief

Today's Reading: Acts 2:37–39 | Audio: Day 5

“Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.”

— Acts 2:38 (KJV)

DEVOTIONAL

On the Day of Pentecost the people were “pricked in their heart.” Under conviction, they asked the right question: “What shall we do?” Peter did not offer a temporary remedy or a way to simply feel better for the moment. He gave them the gospel response: repentance, baptism in the name of Jesus Christ, and the gift of the Holy Ghost. This was not pain management. This was transformation.

When we are bruised, we are often looking only for relief. We want the ache to stop and the memory to quiet down. But Jesus came to offer something greater than relief. He came to give liberty.

RELIEF	LIBERTY
<i>Relief says, “I can make it through today.”</i>	<i>Liberty says, “This no longer owns me.”</i>
<i>Relief numbs the pain for a little while.</i>	<i>Liberty removes the bruise’s power to define your life.</i>

The liberty Jesus announced in Luke 4 was not a spiritual painkiller. It was a complete release from the impact, shame, and identity the bruise had imposed. Bruises do more than hurt—they shape how we worship, pray, trust, and obey. Jesus does not want you managing your wounds forever. He wants you free.

Freedom begins with surrender. If you have never responded to the gospel message, today can be your day. The call of Acts 2 still stands: repent, be baptized in the name of Jesus Christ for the remission of sins, and receive the gift of the Holy Ghost. This is the foundation of new life in Christ.

If you have already obeyed that gospel foundation, today is still a day of surrender. Bring Him the bruises that have limited your obedience, the wounds that have changed your worship, and the pain that has quietly shaped your expectations. Ask Him not just to ease it—ask Him to set you free.

DAY 5 • JOURNAL & RESPONSE

REFLECT

1. *Are you seeking relief from your pain, or genuine freedom from it?*

2. *What would your life look like if the bruise no longer shaped the way you worship, pray, or engage with God?*

RESPOND: TODAY'S PRACTICAL STEP

Respond to God. Check the step that applies to you today:

- ☐ If I need to repent — I will repent.
- ☐ If I need to be baptized in Jesus' name — I will not delay.
- ☐ If I need the gift of the Holy Ghost — I will seek God and ask in faith.
- ☐ If I need to surrender old bruises — I will name them before Him and invite His Spirit to fill every damaged place.

DAY 5 • PRAYER

PRAY

Lord Jesus, thank You for offering more than temporary relief. Thank You for offering true liberty. I surrender my wounds to You today. I do not want to be shaped by pain, shame, rejection, or fear. I want to be made new. Lead me in obedience to the gospel. Fill me with Your Spirit. Heal what has been bruised, and release me from every lingering impact. Let my worship, my prayer, and my obedience be free again. In Jesus' name, amen.

My own prayer:

REMEMBER THIS

Jesus does not want you simply managing your wounds. He wants you free.

Going Deeper: John 8:36 • 2 Corinthians 3:17 • Galatians 5:1

Looking Back

Carry this truth with you: the Healer sees you, comes to you, restores you, and calls you into liberty.

He sees you	Luke 4 — Day 1
He restores you	Isaiah 42 — Day 2
He comes to you	John 4 — Day 3
He heals you in community	James 5 — Day 4
He calls you into liberty	Acts 2 — Day 5

FINAL REFLECTION

1. *Which day spoke to me most deeply, and why?*

2. *What bruise did God reveal or begin to heal during these five days?*

3. *What is one next step of obedience I will take this week?*

Ready to take a next step?

If this devotional stirred a desire to repent, be baptized in Jesus' name, receive the Holy Ghost, or simply talk and pray with someone, we would be honored to walk with you. Reach out to a pastor or leader at New Life Tabernacle Carrollwood.