

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 3

The Healer Comes to You

Today's Reading: John 4:1–18 | Audio: Day 3

“And he must needs go through Samaria.”

— John 4:4 (KJV)

DEVOTIONAL

That phrase is easy to pass over, but it carries great meaning. Jesus did not accidentally run into the woman at the well. He did not stumble into her pain by coincidence. He needed to go through Samaria. There was intention in His direction and purpose in His path.

Waiting at the end of that journey was a bruised woman. She had experienced broken relationships and rejection. She lived under the weight of reputation and isolation. She came to draw water at an hour when no one else would normally be there—a detail that tells us she expected to move through life unseen: avoiding eyes, avoiding whispers, avoiding more wounds.

Perhaps you know that feeling. You have learned to arrange your life around pain—avoiding certain people, keeping certain things private, showing up when fewer questions will be asked. You have developed ways to stay hidden because being seen has not always felt safe.

But Jesus met her there. He sat by the well in the heat of the day and waited for a woman most people would have avoided. He did not begin by condemning her; He began by inviting her into truth. That is the kindness of Jesus. He knew her full story—the relationships, the thirst natural water could not satisfy, the shame, the isolation—yet He did not use the truth to crush her. He used the truth to set her free.

Every bruised heart needs to hear this: God does not stumble upon your pain. He plans His arrival. He is not unaware of where you are or confused by the timing. He is not waiting for you to become impressive enough to earn His attention. He moves toward the wounded because that is who He is. Jesus was already at the well before the woman arrived—and He may already be waiting in the very place you feel most alone. You are not unreachable. You are not too far. You are not too hidden. Jesus knows where to find you.

DAY 3 • JOURNAL & RESPONSE

REFLECT

1. *Do you believe God is actively moving toward you in your pain?*

2. *Or does it feel like you have to earn His attention? Why?*

RESPOND: TODAY'S PRACTICAL STEP

- Read John 4:1–18 slowly.
- As you read, place yourself in the woman's position. Imagine Jesus meeting you in your most isolated place.
- Complete the journal prompt below in one honest sentence.

“If Jesus came to meet me at my well, I would feel...”

DAY 3 • PRAYER

PRAY

Lord Jesus, thank You for coming to the well. Thank You for moving toward me even when I feel unseen or unworthy. Help me believe that You are not distant from my pain. You know where I am, and You know what I carry. Meet me in the places I have tried to hide. Speak truth with mercy. Bring healing where shame has lived. Let me receive the living water that only You can give. In Jesus' name, amen.

My own prayer:

REMEMBER THIS

Jesus is already at the well. He knows where to meet you.

Going Deeper: John 4:13–14 • Luke 19:10 • Psalm 139:7–10