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 1

He Sees What Others Cannot

Today's Reading: Luke 4:16–21 | Audio: Day 1

> *"The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord."*
>
> — Luke 4:18–19 (KJV)

DEVOTIONAL

Jesus stood in a synagogue full of religious people—people who knew how to gather, how to listen, and how to look composed. In that room He made a declaration that cut through every mask. He did not say He came only for the wounds everyone could see or only for the obvious pain. He said He came "to set at liberty them that are bruised."

A bruise usually lives beneath the surface. It can hurt deeply even when no one else notices. You can walk with a bruise. You can smile with one. You can show up, serve, sing, and carry on while still being tender in places no one touches.

Perhaps that has been your story. You have learned to keep moving and to answer, "I'm fine." You know how to worship while carrying something painful, how to be present while quietly wondering whether anyone truly sees what you carry.

Here is the good news: Jesus sees. He is not fooled by your composure or impressed by your ability to hold it together in public. He is not waiting for you to perform wholeness before He offers healing. He sees the disappointment, the relationship that left a mark, the words that still echo, the grief you have not had language for, and the pain you pushed down because life demanded that you keep going. And He does not look away.

Jesus never stands at a distance and says, "You should be over that by now." He does not shame the bruised—He announces liberty for them. For you. So today you do not have to pretend before God, dress your pain in spiritual language, or minimize what hurt you. You can bring the bruise honestly to the One who already sees it.

DAY 1 • JOURNAL & RESPONSE

REFLECT

1. *What bruise have you been hiding from the people around you?*

2. *Have you truly brought it before God—openly and honestly?*

RESPOND: TODAY'S PRACTICAL STEP

- Set aside ten quiet minutes today, free of distractions if possible.
- Write down one area of hidden pain you have not openly acknowledged before God.
- Speak it aloud in prayer—not because God needs the information, but because honesty opens the door to healing.

PRAY

Lord Jesus, thank You for seeing what others cannot see. Thank You for caring about the hidden places in my heart. I confess that I have sometimes tried to appear whole while still carrying pain beneath the surface. Today, I bring that bruise to You. I ask You to begin Your healing work in me. Give me courage to be honest, and faith to believe that You do not reject the bruised—You restore them. In Jesus' name, amen.

My own prayer:

> **REMEMBER THIS**
>
> You do not have to perform wholeness to receive His healing.

Going Deeper: Psalm 34:18 • Psalm 139:1–4 • Hebrews 4:15–16