

WEEK 2

COMFORT IN BROKENNESS



Matthew 5:4

New Revised Standard Version

Blessed are those who mourn, for they will be comforted.

Amplified Bible

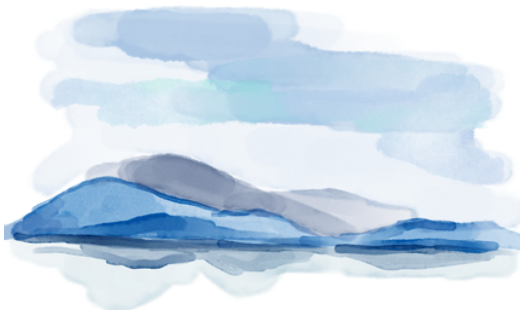
Blessed [forgiven, refreshed by God's grace] are those who mourn [over their sins and repent], for they will be comforted [when the burden of sin is lifted].

The Message

You're blessed when you feel you've lost what is most dear to you. Only then can you be embraced by the One most dear to you.

Contemporary English Version

God blesses those people who grieve. They will find comfort!



Breath Prayer

Breath Prayer matches a word or phrase to the rhythm of our breath, calming the mind and inviting a sense of God's peace.

Inhale a truth and exhale a humble petition in a short, continuous prayer rhythm.

Inhale: Create in me a clean heart, O God...

Exhale: and put a new and right spirit in me.

Week 2 Prayer

Lord, thank you for meeting us in our sadness rather than asking us to hide it. As we grieve our own sin and the brokenness of this world, break our hearts for what breaks yours. In the quiet stillness, let us feel the comfort of your Holy Spirit's presence. Wash away our guilt with your grace, and turn our sorrow into compassion. Comfort us, so we can become vessels of healing for a wounded world. In Jesus' name. Amen.