



# GOD RESTORES BROKEN LIVES

Daily Bible readings, a memory verse and a prayer for individual contemplation  
Weekly worship song, reflection and small group questions

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Sunday 19 September  
**Week 3**  
HEAL THE WOUNDS OF MY PEOPLE

## BIBLE READING:

**Sunday 19 September:** Heal the wound of my people  
**Jeremiah 8:18- 22, Revelations 21: 1-4, Matthew 11: 25-30**

## PRAISE AND WORSHIP:

Let's worship our God with the following You Tube song:  
<https://www.youtube.com/watch?v=yufrl0MZQ8Y> My yoke is easy

*Reflection* by Rev Kedibone Mntambo

**Matthew 11: 25-30** A GRAND INVITATION FOR REST:  
How do you live above the chances, changes, and circumstances in life?  
Jesus is calling out to these people and saying, "Come here to me."

Jesus gives us a grand invitation to come and join Him where He is at work and receive His rest. Such a call involves a change in direction, and hence a change in life. It is a change of mind resulting in going from one direction to going in another. The picture that is being painted here is much like that in *Pilgrim's Walk*. Here comes a pilgrim along the trail with this huge pack on his back. He is weary and heavy-laden. Suddenly, he hears a voice telling him to come over here if he wants to be released from the burden he is carrying. In order for a pilgrim to respond to the call he must **hear** the call, **believe** the call, and then **follow** the directions given to him by the call. So the pilgrim will step off the path he had been on and set out in a new direction toward the one who was calling him.

The first thing we see about the nature of the offer of rest that Jesus is making is that it is a call. The offer will not do us any good, i.e. we will not receive any rest, unless we heed the call. Humility in giving in and revelation into a new way must be followed by heeding the call that is given. When we rest in God, we have absolute trust and confidence in his power, meaning there is no reason to fear any situation or any man.

What is the heavy-burden that you have been carrying that makes you so weary? One could be human efforts and challenge to deal with problems by your own means and methods. One could be sin, which is a heavy burden to begin with, which is only compounded when we try to take care of it ourselves. But when a person hears and heeds the offer and comes to Christ, rest is given for the bondage of all we carry is broken, a cure is given for illness, the storms you are going through. We are no longer heavy-laden and weary but given rest in Christ. Jesus exchanges the yoke of man-made convictions for the truth of His mercy, compassion, and grace.

The second aspect of the nature of Jesus' offer of rest is that there is a new yoke. You may say, "wait a minute, you mean I am just trading one burden for another? I thought you said Jesus was offering rest?" He is, but there is a yoke. Remember that a yoke was a device that was crafted to an animal (ox) so that it could pull more comfortably and effectively. It was made out of wood and carved to fit the individual animal and that would provide part of the comfort. The other aspect of the yoke is that it would distribute the weight evenly which would make it both easier and more comfortable to pull. The yoke for us is more of an image for submission, obedience to Jesus, for us to lean and learn from His ways and following them.



The reward of taking Jesus' offer is a change of masters, a change of life, and rest for our souls. Jesus's yoke is easy, kindly, pleasant. It is not an affliction or a hardship. The load of following Jesus' commands in comparison to following the schemes of man, or even our own way, is light. What a wonderful reward that would be if that was all there was, a better fitting yoke and a lighter burden, but Jesus also gives us rest for our souls. Spiritually, Jesus gives those that come to Him freedom from the cares and distress that would rob them of peace and joy. This rest includes the peace that passes all understanding that comes from being able to bring everything to Jesus in prayer ([Philippians 4:6,7](#)) and cast all of our cares upon Him ([1 Peter 5:5](#)). We need not be bothered by the uncertainties of this world. We need not even fear death, for our hope, our confident assurance, is that we will be with Jesus for all of eternity. Rest also speaks of being confident and trustful. Remember that "He who began a good work in you will perfect it until the day of Christ Jesus" ([Philippians 1:6](#)). Our lives have meaning, and they count for something better in the present, being able to "lean, repose, or depend upon Christ when we rest in Him.

Will you exchange your exhausting yoke and burden of doing things your own way? Jesus is calling, will you heed His call and come? The reward is His rest.

### Join me in prayer:

God of compassion and faithfulness, you raise up all who are bowed down. Come to our rescue and give us rest. Hear our prayer we ask, through Jesus Christ our Lord. **Amen.**

### SMALL GROUP QUESTIONS:

1. What were the stresses and strains in Christ's life?
2. How do you respond to the stresses of life?
3. Think back, but not too far. In what areas of your life could you be categorized as the wise and learned that Jesus mentions?
4. How do Jesus' words "come to me" and "take up my yoke" help us understand the gospel?
5. How would you respond to someone that says the Christian life is burdensome?



### DAILY BIBLE READING:

#### MONDAY

**Memory Verse: Psalm 147:3** "He heals the broken-hearted and binds up their wounds." God doesn't leave you to suffer alone. We claim his promises and find comfort in these verses from His Living Word.

**Prayer:** Lord you know the pain and struggles I am carrying, the sadness and grief I am going through. I come to you seeking rest and peace. **Amen.**

#### TUESDAY

**Memory Verse: Jeremiah 30:17** "For I will restore health to you, and your wounds I will heal, declares the LORD, because they have called you an outcast: 'It is Zion, for whom no one cares!'" O Lord, lay Your hands of fire upon my life and change upon my health.

**Prayer:** May you experience all that God has for you, that all your losses be turned into gains in this season, for we believe and trust in God. **Amen.**

#### WEDNESDAY

**Memory Verse: Jeremiah 17:14** "Heal me, O LORD, and I shall be healed; save me, and I shall be saved, for you are my praise." I know that my times are in Your hands, and I also believe that You care about everything in my life.

**Prayer:** God our Healer, I come before you broken. I'm beaten down, tired, and empty. Heal my mind, my body, and my spirit. Give me confidence and strength. **Amen.**

#### THURSDAY

**Memory Verse: Psalm 30:2** "O LORD my God, I cried to you for help, and you have healed me." We sing praise to Your holy name and not remain silent O Lord our God but give thanks to You forever.

**Prayer:** Thank You for the times we have seen those going life-threatening situations but were made whole and were strengthened by your goodness and grace. **Amen.**

#### FRIDAY

**Memory Verse: Isaiah 53:5** "But he was wounded for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his stripes we are healed." The injuries he suffered became our healing today.

**Prayer:** Lord, we honour you with your healing balm and renewing our minds on your word. Thank you for daily cleansing us from our sins and for making your word true in our life. **Amen,**

## SATURDAY

**Memory Verse: I Peter 2:24** *“He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.”* May righteousness and belief fill the holes left inside me from hurt, pain, and sin.

**Prayer:** Give me the strength to turn away from sin, and boldly change from my ways. I ask you to forgive my sins and lead me to holiness in your son Jesus’ name. **Amen.**



It is important for parents to take time to lead the conversations of family time and to be honest with their children in these conversations.

**BY JENNY BLAKE – CHILDREN’S PASTOR**  
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**Sunday 19<sup>th</sup> September**

**Pray daily:** Set up family time for prayer and devotions and stick to this arrangement. All devotions should always begin by with a prayer. Ask a family member to pray or one of the children.

**Scripture Reading:** Matthew 11: 25-30

Allow children/teens to read out loud for the family.

### **Activity/Family Moment:**

Focus on verse 25. Jesus is praying a prayer of thanksgiving. We are shown a side of Jesus, the side that gives him joy. We are shown that Jesus has a special relationship with God the Father. Then Jesus goes on in verse 28-30 and invites us into this special relationship. Jesus is acknowledging that we come with heavy baggage and is willing to take it all upon him.

For this family time have a family prayer, you can do the squeeze prayer. The squeeze prayer is when everyone holds hands. You can choose to pray out loud or silently. Once you have finished your prayer you squeeze the hand next to you so that they know it’s their turn to pray. Pray for what you are thankful for or what makes you happy and pray for any worry or baggage. This moment of prayer will give the family insight into what each member is holding in their heart.