Week / Lesson 3 · Healing Emotional Wounds

Zaburi / Psalm 34:15-22

Name (optional): _____ Date: _____

Recognize the place of lament and choose safe support without rushing healing.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

What room does faith make for a broken heart? God’s nearness makes room for honesty, lament, and support.

3 · Discuss

How can a group listen without demanding disclosure or a quick cheerful ending?

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4 · Examine honestly

Which feeling needs safe space? Which qualities make a listener trustworthy?

5 · Practice one step

After study, compose a brief lament: name a feeling, ask for help, and express a small hope. During the week, arrange contact with a trusted person or appropriate service. Details of the wound may remain in a private notebook.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: God of comfort, let room for lament, wise support, and hope in Christ encourage a safe next step. Amen.