



# HEARTBREAK ANNIVERSARY

REVIVAL: GAINING LIFE AFTER HEARTBREAK

*9-Day Devotional Bible Plan*






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REVIVAL: GAINING LIFE AFTER HEARTBREAK

*9-Day Devotional Bible Plan*

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*9-Days, Includes Prayer, Resources, and Suggested Worship Songs*  
Links to: [Apple Music Playlist](#) / [Spotify Playlist](#) / [YouTube Playlist](#)



# INTRODUCTION

## DAY 1, PART 1



Would you believe me if I told you that being cheated on was the best thing that ever happened to me? I know it sounds totally crazy; it blows my mind too. When I planned my fairytale life, I never thought to put this in it. It was actually the **one** chapter I just knew wouldn't be included in my life story (prideful much? I know). But on April 27, 2020, this became my reality, sparking the most painful period of heartbreak I've ever endured in my life. Upon leaving that relationship, God, through His love and grace, took me through a beautiful healing journey that has transformed my life forever.

My heart, although shattered, created the perfect space for God to come in and fill me with the peace, joy, and freedom available through His Spirit. Isn't it something that it took me being broken in order to be made whole? I always find it interesting how God operates in ways that are quite literally the opposite of what we ever thought would happen. Even in the life of Jesus, He came in a way that was never expected [as a lowly servant who died the most gruesome death known to man], to accomplish what people have always needed [freedom from sin] (Philippians 2:6-8 NIV). In a similar way, God led me through a heartbreak I never expected, to reveal Himself to me in ways I've always needed.

And now today, on my heartbreak anniversary, I invite you into my vulnerability to learn about the transformational process God led me through, as well as practical ways you can invite God into your healing journey. While I may not know your story and all of the unfathomable heartbreak you've endured, I know this one thing for certain: the same God who revived me has both the **power** and the **desire** to revive you too if you let Him.

Let me forewarn you, this plan is not purposed to pacify your pain. It is purposed to help you **ACTUALLY HEAL**. This is not a bandaid; this is surgery. It will call you to depart from places of comfortability. It will ask you to shift your daily habits. It will prompt you to forgive. But in my lived experience, this is what it takes to be fully revived. God cannot be your great physician until you lay out on His surgery table fully surrendered. So during this season, you have a choice to make. Pain of this magnitude will either push you in one of two directions: closer to the bondage of despair or closer to the freedom in Christ. In which direction will you go? I pray that today you would submit your sorrow to Jesus and allow Him free reign over your heart. While you may not come out of this season feeling like your heartbreak was the best thing that ever happened to you too, I at least want you to leave this devotional having greater trust in God's plans for your life and having realized that the purpose of this heartbreak is to push you closer to Him.





# INTRODUCTION

## DAY 1, PART 2



### Today's Prayer:

Lord, I come to you today falling at your feet. Truthfully, I am broken. I admit that sometimes it's hard to believe you are always working for my good. It's hard to believe you will make a way. In this season, Lord, help my unbelief. Today, I invite you into my heart, and I'm handing it over to you. All of my pain and all of my brokenness, it's yours. I ask for you to speak to my heart over the next 9-days and guide me on my healing journey. I trust this heartbreak will bring me closer to you, so please draw me in with your love and your kindness. In Jesus name I pray, Amen.

### Today's Scripture:

*Psalms 147: 3 (NIV)*

He heals the brokenhearted and binds up their wounds.

*Psalms 55: 22 (NIV)*

Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

*Philippians 2: 6-8 (NIV)*

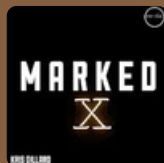
Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death- even death on a cross!

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Something Has  
to Break (Live)  
Kierra Sheard



Come and be God  
Kris Dillard



# PREPARED FOR DEPARTURE

DAY 2, PART 1



First things first, I need you to know that while you may be surprised by this heartbreak, God is not. He actually knew this would happen a long time ago, so he's been preparing you to embark on this journey without you even realizing it.

I don't know about you, but now that Miss Rona is slowly making her way out of our lives, I myself have a few fun (but safe) departures planned. On the day of my departure, I expect to arrive at the airport with my luggage packed to the brim, my boarding pass, and my ID - ready for whatever the trip has in store. Without any one of these necessities, I would be unprepared; and my entire trip would be disastrous. Your heartbreak is no different - God knew that in order for you to be successful on this journey of healing, He had to ensure you'd be prepared to endure it.

An example of this is shown in the book of Exodus as God was preparing Moses to lead the Israelites out of Egyptian slavery. God didn't expect Moses to do so out of his own strength. According to Moses, he couldn't even speak eloquently, so there was no way he could have guided the Israelites out of slavery without God first preparing him for the journey. To prepare for the departure, God performed a series of miracles through him to both build his faith and set the stage for Pharaoh to release the Israelites, ultimately beginning their journey into the Promised Land. Moses did not lead the Israelites out of slavery without having first being prepared, and you are not beginning this journey of relational healing without having first being prepared either.

In my own life, I realized God began preparing me for my break up almost half a year before it actually occurred. Five months prior to my break up, God provided me with a simple, but profound revelation of His love for me that became my anchor in my season of healing and transformed my walk in Christ at large. At that time, He also placed me in Godly community that spoke life over my situation and dispelled every lie that the enemy tried to plant in my heart. Interestingly, my ex introduced me to this Godly community, and for that I give him endless thanks.

The word says that our Father knows the plans He has for you, and that includes the heartbreaks and disappointments just as much as it includes the successes and victories. What type of Father would He be if He did not adequately prepare you for these plans? There is no promise that God will show you His plans in their entirety, but there is a promise that you will have everything you need in this moment to endure them.





# PREPARED FOR DEPARTURE



## DAY 2, PART 2

Right now, you might be feeling like you're alone. Like God abandoned you. Like God gave you this blessing just to rip it from under your feet. It's simply not true. God has been here the whole time, and He cares so much about you that He's been looking out for you even when you didn't know you needed it. You are not arriving at the gate of this journey empty handed. He has already given you your luggage, boarding pass, and ID so you'll be successful in your healing journey and find new life in Him. Today I challenge you to reflect on the past few months of your life and write down the ways God has been orchestrating this moment. I believe that when you begin to look, you will find He's not only been present, but He's been active in equipping you with what you need for this journey.

### Today's Prayer:

Lord, thank you for preparing me for this heartbreak, even though I may not see how you've done so quite yet. You already know the plans for my life, and I thank you for never leaving me to walk through them alone. I ask for you to show me the ways you've been preparing me for this journey, so I may cling to them and know you've always been my protector and my comforter. Amen.

### Today's Scripture:

*Psalms 23: 1 (NIV)*

The LORD is my shepherd, I lack nothing.

*Jeremiah 29: 11 (NIV)*

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

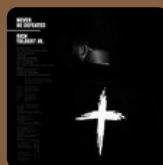
*Extended Reading: Exodus Chapters 3 & 4 (NIV)*

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Won't Let Go  
Travis Greene



He's in Control  
Rich Tolbert Jr.



# TRUE LOVE

## DAY 3, PART 1



The first step of my transformational healing process was gaining a deeper understanding of **true love**: God's breathtaking, unconditional, transcending love. This understanding began when I received a simple, but profound revelation about the sacrifice of Jesus. While in Bible study, God spoke through the group leader, who has overtime become an amazing spiritual mentor of mine. He posed a series of questions I'd like you to consider too: "Who do you love most in this world? Would you give up their life for people who are currently doing you wrong, may never come to know you, and may never appreciate the sacrifice you gave for them?" While a resounding "no" reflexively escaped my lips, he uttered a sentence that changed the trajectory of my walk with Christ: "***That's exactly what God did for us.***" I grew up in church, so I always knew Jesus died for our sins; but until I placed myself in His shoes, I never felt the weight of the gospel.

While I received this revelation in January of 2020, I was not able to see its full glory until my break up. You don't know how much God loves you until you feel unloved. You don't understand how much you're chosen until you feel thrown away. You don't appreciate how God has called you His masterpiece until you feel worthless. While God's love had always been there, it wasn't until I reached my lowest point that I was able to first realize, and then walk in His love.

For the sake of space, I'll refer you to my [Instagram video](#) explaining the full gospel if you haven't yet heard the good news of Jesus Christ; but in short, just know you're to die for. Jesus loves you so much that He willingly chose to die for you so you could have freedom. Yep, while you were doing Him wrong, with no promise you'd ever come to know Him, and with no guarantee you'd ever appreciate His act of love. Can't nobody love you like that.

By God laying the foundation of His love, it immediately helped me in 5 core ways: (1) it canceled initial feelings of rejection because I knew He chose me and called me His masterpiece; (2) by writing down tangible examples of how God showered me with intimacy and affection, it began filling a God-shaped void that I ordinarily sought fulfillment in elsewhere; (3) it helped me to recognize that although people may not meet our expectations, God is a man of His word; (4) it helped me to trust in His plan because I believed that in His love for me, there was no way He'd leave me in that brokenness; and (5) it helped me to **FORGIVE**.

Yes, **forgiveness!** In seeing that God called me endure this heartbreak so I would come to know His love, it helped me to forgive and not see my partner as someone who wronged me, rather as a progressing man of God who He used as a vessel to draw me closer to Him. I see him not as an enemy, but as a chosen son who is unconditionally loved through his imperfections just as much as I am loved through mine.





# TRUE LOVE

## DAY 3, PART 2



God's love also made me recognize that I was in no condition to reciprocate love either. 1 John 4:8 says whoever does not love does not know God, because God is love (NIV). Because I didn't fully know God or the love He gives, there was no possible way I could extend Christ-like love. I was insecure, manipulative, controlling, and more. Now, I know that in a devotional about how to heal from heartbreak, you don't want to hear about your own faults. But God's love is so perfect, so holy, and so pure that when you come in contact with it, you have no choice but to be humbled at His feet too. His love models just how imperfect humanity is; and in realizing our own mess, we learn to forgive others for theirs. God's grace is also sufficient if you, like me, have much to forgive **yourself** for too. Today, I pray God would lay that foundation for you. I pray He would remind you of how deeply and fully loved you are, so it can serve as your anchor throughout your healing journey. I pray He reminds you that **NOTHING**, not your wrongdoing or the wrongdoing of others, can separate you from His love.

### Today's Prayer:

Abba, thank you for loving me so much that you sent your one and only Son to die for me. Whenever I forget your sacrifice, please point me back to the cross so I can remember that I am fully known and fully loved. In your love, you forget and forgive my sins. Help me to extend forgiveness to myself and to others. Amen.

### Today's Scripture:

*1 John 4: 8-11 (NIV)*

Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.

*Extended Reading: Romans 8: 38-39 (NIV), Colossians 3: 13 (NIV)*

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Known  
Tauren Wells



Out of Hiding/ How  
He Loves...  
Tye Tribbett





# HOARDED HEART

## DAY 4, PART 1



After God laid the foundation by deepening my understanding of His love for me, then came the dirty work: **sanctification**. Sanctification is just a fancy word that means “to set apart for special use or purpose.” What this looks like on a practical basis is that God comes into your heart and begins to purge it of the things that don’t look like Him, so you can look more and more like Jesus.

During this initial heart cleansing process, it truly felt like my heart was on an episode of the TV show Hoarders. God surfaced things that had been buried so deep, I didn’t even know they were there: Idolatry of marriage. People pleasing. Perfectionism. Insecurity. Envy. Everyday it felt like God was opening the door to a different room of my heart that included another mess to confront. I had to (and still have to, because sanctification is a continual process) make daily intentional choices to throw these things away. I have to “take captive every thought and make it obedient to Christ” (2 Corinthians 10:5 NIV). I’m not going to lie at all, it is **HARD**. There are thought patterns that you’ve clung to for years that God will ask you to depart from. Strongholds that God will help you to deconstruct.

In this process, God may also ask you to do things that don’t yet make sense to you. Trust Him and do them anyway. Last July, I felt a persistent, inescapable nudge to confess to my parents everything I had done sexually. My parents were the last people I ever wanted to disappoint, so this was certainly a room in my heart I kept tucked away from the public eye. I had been lying to them for years about being a virgin, but God told me clearly the healing I desired was on the other side of this confession. So I confessed; and thankfully my parents were so supportive, understanding, and loved me anyway. In doing this, not only did I gain more freedom from lust and sexual immorality, I also felt the sludge of perfectionism slide off my shoulders. If I could be imperfect and still be loved by my parents, then how much more would my Father in heaven still love me? I found that God was not solely focused on healing me in the area of relationships, He was ready to shine His light and healing power into all areas of my life.

It reminds me of the woman with the issue of blood. She was bleeding for 12 years, and not a single doctor could help her. In fact, they only made it worse. In this day, women who were bleeding were considered to be unclean; so she was also abandoned and ridiculed by others. One day, she heard about Jesus, a man who could heal. Despite the presence of a large crowd, she went up behind Jesus, touched the edge of His cloak, and was immediately healed. Jesus realized that healing power had gone out from Him and took the time to figure out who, in this incredibly large crowd, had touched Him. But God knows all things, right? Why did He need to ask who touched Him if He already knew?





# HOARDED HEART

## DAY 4, PART 2



Here's why: "Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, **told him the whole truth**. He said to her, '**Daughter**, your faith has healed you. Go in peace and be freed from your suffering'" (Mark 5:33-34 NIV). Jesus was not just concerned with healing her, he wanted to give her identity as a daughter when everyone else only knew her by her condition.

I believe the same is true with you. During this healing journey, you may be asking God to restore a particular area of your life, but I suspect he wants to do so much more. Despite your fear, tell him the whole truth and expect that He'll call you a son or a daughter. Expect for your identity to be redefined. Expect for your life to change in ways you didn't even consider. Give Him permission to clean out your heart, so that He can bring you to a version of yourself you never knew could exist.

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### Today's Prayer:

Father God, there's some things I'm hoarding in my heart that I was never meant to hold on to. I give you permission to identify those things and take them away. Create in me a clean heart, and help me look more like your Son Jesus. Take away the darkness and replace it with your light. Amen.

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### Today's Scripture:

*Mark 5: 25-34 (NIV)*

Woman With the Issue of Blood

*Psalms 139: 23-24 (NLT)*

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

*Extended reading: 2 Corinthians 10: 4-5 (NIV)*

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Take It All Away  
Maverick City Music  
& UPPERROOM



No Bondage  
Jubilee Worship



# THE GIVER OF GOOD GIFTS

## DAY 5, PART 1



When you read the title, did you think I'd be telling you that God gifted me a new boyfriend? If so, got ya! I'm still in the waiting season for that one. But I believe the gift God gave me was just as great, perhaps even greater: **purpose**.

For the last step in my transformational healing journey, God began to reveal various gifts and visions He had for my life. Just the fact that you're reading this is a testament to God's restorative power. Never in a million years did I ever think I'd be writing this Bible plan; not because I didn't have the desire to, but because it was never even a thought. Throughout this season, God will drop ideas and desires in your heart that were completely beyond your frame of thinking. He'll begin to reveal your gifts and how you can use them to expand His Kingdom. So why is this included in a Bible plan about healing from relational heartbreak? Two main reasons.

### (1) Operating in your God-given purpose gives you fulfillment

1 Corinthians 12 takes a deep dive into spiritual gifts and explains that they're unique gifts distributed to us by the same Spirit. Although we're all very different and bring others to Christ in varying ways, we're all apart of the same body. 1 Corinthians 12:21 says, "The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" (NIV). This means that every single one of us has a particular need to fulfill in God's Kingdom. When we operate in our God-given purpose, it creates room for Him to show us the need for our gifts; and He'll fulfill **us** as we work to fulfill **it**. You'll find that many of the ways He'll fulfill you in your purpose are the exact ways you craved for fulfillment in your relationship.

As an example, I recently completed a grant funded project that allowed me to create an early education program, UnC.A.G.ED. On the day of our kiddos' graduation from the program, I was working so hard to make sure everything was great and in order. I was so deep in my purpose that it never crossed my mind it was actually a huge accomplishment for me too. At the end of the graduation, my volunteers, family, and friends showered me with beautiful gifts and affirmation. This was always something I craved from a relationship; and it meant so much more because I wasn't expecting it. I was "working for the Lord and not for human masters" (Colossians 3:23 NIV). I didn't go into it desiring affirmation from others; but because God knows His daughter, He knew I'd appreciate it. I trust that the same will happen for you when you go deeper into your Kingdom work. He knows you so deeply that when you pursue the purpose He's called you to, He'll fulfill you in the exact ways you need. As Pastor Jerry Flowers from RedefinedTV often says, "you don't need a person, you need a purpose."

### (2) Operating in your God-given purpose prepares you for your future relationship

Of course, the ultimate desire is to have a long-lasting marriage and to not experience this same type of heartbreak again. Operating in your God-given purpose helps you to have clarity and direction in your relationships moving forward. As author Ben Stuart says in his book *Single. Dating. Engaged. Married.* you should choose a partner who is running the same race at the same intensity as you.





# THE GIVER OF GOOD GIFTS

## DAY 5, PART 2



When you know the race and the pace you're running, it's a bit easier to discern who may or may not be suitable for you. As a simple example from the [Is This the One? sermon by Pastor Jerry Flowers](#), if God tells you your purpose is to take a roadtrip to Atlanta; and you encounter someone who hates riding in cars, it's a possibility they're not the person for you. Operating in your purpose gives you wisdom to select a suitable partner, and God-willing, prevents you from enduring this heartbreak again.

Now of course, I'm single; so I can't speak to this part from an experiential point of view. But I will say that diving head first into my purpose has helped me to stay content and focused in this waiting season of my life. It can get restless. It can get lonely. But the Bible says that when we seek **FIRST** the Kingdom of God, everything else will be added (Matthew 6:33 ESV). Ask Him to reveal your gifts and purpose in this season, and watch Him fulfill you through them in ways unimaginable. **He is all you need.**

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### Today's Prayer:

Father God, I thank you that you are the giver of good gifts; and I ask you to give me purpose in this season. I believe I am best effective when I am used by you. Reveal to me my God-given gifts and the vision you have over my life. I understand that only you can fulfill me, not a partner; so help me to work unto you and you alone. Keep me focused on my purpose, and help me trust that you'll fulfill me completely. Amen.

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### Today's Scripture:

*Entirety of 1 Corinthians 12 (NIV)*  
Concerning Spiritual Gifts

*Matthew 6: 33 (ESV)*

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

*Colossians 3: 23-24 (NIV)*

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward.

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Move Your Heart  
Maverick City Music



I'll Be The One  
Bri Babineaux



# HOW TO HEAL? SOLITUDE W/ GOD

## DAY 6, PART 1



Now that you've heard about my healing journey, let's talk about how you can invite God into yours. The first practical way is to rest in **solitude with Him**. As you're in an extremely vulnerable season of your life, the effectiveness of your healing journey is going to be greatly impacted by what you **intake** and what you **outtake**.

### INTAKE

Romans 10:17 (NIV) says that faith comes by hearing, and hearing by the word of God. So if your goal is to have faith that God can heal and restore your heart, you have to create intentional spaces for you to hear the word of God. I recommend increasing your intake of quality sermons, podcasts, and worship music. Try to be as consumed in the word as possible, more than just a Sunday dose of Jesus. This places you in spaces to hear the promises of God so you can adequately arm yourself when moments of sadness and negative thoughts arise. My two favorite resources that aided my healing journey are the [30 Minutes With the Perrys podcast](#), particularly the [Idolatry of Marriage episode](#), and the [Cuffing Season sermon series](#) by Pastor Jerry Flowers.

While hearing the word of God through media is a helpful resource and necessary step, it cannot replace the dire need to spend **daily** quality time with Jesus through prayer and reading the Bible. First, prayer is the way for you to communicate with God. He's not asking you to make it fancy or for you to "babble" aimlessly (Matthew 6:7 NIV). He wants you to have intimate conversations with Him. He's your closest friend, so talk to Him like it. Be vulnerable and honest about how you're feeling and what you need from Him. Whatever that sounds like for you, He's listening and ready to help.

When it comes to reading the Bible, John 1:1 says (speaking of Jesus) in the beginning was the Word, and the Word was with God, and the Word was God (NIV). Therefore, a great way of connecting with God is by reading the written word He's given us to learn about Him and who He's been since the beginning of time: the Bible. I get it, reading the Bible can be extremely difficult and hard to understand. Trust me, I've been there. I only very recently have been able to read a passage of scripture, dissect its meaning, and apply it to my life. If you're struggling to read and understand the Bible, here's what I suggest: (1) carve out a good amount of time so you don't have to rush through the passage, (2) ask the Holy Spirit to open your eyes to things in scripture you've never seen [reading the Bible is less about your own intelligence and more about allowing the Holy Spirit to guide you], and (3) watch the [BibleProject™ Book Overview videos](#) to gain context on the passage you're reading. You can also check out how-to videos like [this one](#), the [Sunday Brand 1-Year Bible Study](#) (I LOVE this), or the YouVersion Bible app for subject-based Bible plans.

### OUTTAKE

Not only is your healing journey going to be impacted by what you start doing, it's also going to be impacted by what you **STOP** doing.





# HOW TO HEAL? SOLITUDE W/ GOD

## DAY 6, PART 2



In my opinion, it would be best to **flee** from any and all romantic attachments, both emotional and sexual. I'm talking **all**. Including the 'sneaky link.' The friend you lowkey have feelings for. The person you may flirt with via DM on Instagram. The person you only text when you get bored. While difficult, drastic, and countercultural, I promise it will help you and is purposeful in two ways. First, in the words of Pastor Jerry Flowers, if you're walking around with an open wound, it's inevitable you'll bleed on somebody else. Secondly, the enemy knows you're vulnerable too. He'll send people into your life that fit your preferences that will end up causing you more pain. End it cleanly (in grace and in truth) for your own protection.

On a smaller but important note, you might also need to shift the shows you watch and the songs you listen to. We have the desire grow and heal, but we all know what happens when we turn on Insecure or cut on some Drake... we will get in our feelings. For me, I actually hadn't listened to Heartbreak Anniversary in **MONTHS** because I knew if I did, the feelings were soon to come. A lot of shows and music, and even social media, can lead you to harbor negative feelings and unforgiveness, so be critical about what you're allowing in your space.

This takes **OBEDIENCE, DISCIPLINE**, and is also **COUNTERCULTURAL**. But it's not about the legalism. It's about creating an environment that promotes healing, and the safest community for that is with Jesus. People may tell you to get back in the dating scene and to engage in your healing journey in a specific way. Have the courage to listen to God's voice above all others; and trust that as you draw near to Him, He will draw near to you (James 4:8 NKJV).

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### Today's Prayer:

Lord, help me to identify what you want me to intake and outtake during this season. I want to be in close community with you because I know I am safest in your arms. You willingly gave up your Son to be close to me, so help me to give up anything that keeps me distanced from you. Fill me with the grace and the courage to meet your instruction with obedience. Amen.

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### Today's Scripture:

*Romans 10: 17 (NKJV)*

So then faith *comes* by hearing, and hearing by the word of God.

*Matthew 6: 7-8 (NIV)*

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

*Extended reading: John 5: 1-15 (healing due to obedience), Matthew 6: 6, James 4: 8, John 1: 1*

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Communion  
Maverick  
City Music



He Understands  
Chandler Moore



# HOW TO HEAL? SERVE

## DAY 7, PART 1



The second practical way to invite God into your healing journey is by **wholeheartedly serving**. I imagine you might have a few reactions to this point: “Serve? How do you expect me to serve when I’m broken? What does it look like to *wholeheartedly* serve?” Those are all great questions. To tackle them, let’s start by discussing the purpose of why we serve.

For starters, we have to recognize that serving others is a foundational component of following Jesus. As Christians, our ultimate goal is to emulate the life of Jesus and to share His love with others. As said in Mark 10:45, even the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many (NIV). By serving, we take our eyes off our own lives, place them on Jesus, and embody His very nature by helping one another. God desires that we serve with a pure heart, not “announcing it with trumpets” or “letting our left hand know what our right hand is doing” (Matthew 6: 2-4 NIV). He wants the kind of service that isn’t performative or seeks attention, the kind that just flows from the heart. God cares about wholehearted service because **we** are His hands and feet on this earth. A beautiful quote by Saint Teresa of Avila describes this clearly:

*“Christ has no **body** now but yours. No hands, no feet on earth but yours. Yours are the eyes with which he looks Compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands, with which he blesses all the world.”*

If He cannot move through your body to meet the needs of others, then how will His good news get to the ends of the earth? Now I know you might be wondering: “If I just give, give, give, won’t I get to a point where I have nothing left?” The answer is no. God has created a beautiful ecosystem within the body of Christ where when we pour into others, we will be poured into in return. There will come a day when you’ll need compassion, and He’ll send someone to be His eyes. A day when you’ll need a blessing, and He’ll send someone to be His hands. The ecosystem functions best when we both **give and take**. Take so you don’t ‘pour from an empty cup’, and give so others’ cups aren’t empty. However, the ecosystem gets off balance if we **only** take, so we have to be willing to give.

To see a practical example of this, let’s look at a part of our physical ecosystem: plants. There was a study done in Spain that showed that when ‘nurse’ (older) plants and ‘seedling’ (younger) plants were grown together in harsh environments, **both** plants flourished when the ‘nurse’ plant shared their nutrients to help the ‘seedling’ plant grow. There was no benefit to the ‘nurse’ plant in keeping the nutrients to itself. How in the world does a plant grow stronger and more fruitful by sharing its nutrients with another? It’s the way God designed His ecosystem.







# HOW TO HEAL? SERVE

## DAY 7, PART 2



“Whoever brings blessing will be enriched, and one who waters will himself be watered” (Proverbs 11:25 ESV). Serving during your season of healing is extremely important because it allows you to participate in God’s ecosystem. In doing so, you help others flourish, and God will send people to help you flourish as well.

If you’re not sure where or how to go about serving, start by taking inventory on what God has placed in your immediate sphere of influence. Is there a friend who could really use a prayer right now? A coworker who needs some help with an assignment? A church team that could use a few extra hands? Ask God to reveal to you how you can be His hands and feet during this time. Because we live in the harsh climate of a fallen world, I suspect there will be very specific and tangible ways God will ask you to meet the needs of others. Be an active participant in His ecosystem and trust that He will water you into overflow.

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### Today's Prayer:

Jesus, thank you for allowing me to be your hands and feet on this earth. This world NEEDS you. Help me to participate in your ecosystem by filling the needs of others; and I ask you to revive my soul in return. Thank you, Abba. Amen!

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### Today's Scripture:

*Mark 10: 45 (NIV)*

For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.

*Proverbs 11: 25 (ESV)*

Whoever brings blessing will be enriched, and one who waters will himself be watered.

*Matthew 6: 1-5 (NIV)*

Giving to the Needy

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Fill Me Up  
Casey J



Pour Your Oil  
Joshua Rogers





# HOW TO HEAL? COMMUNITY

## DAY 8, PART 1



The final practical way to invite God into your healing journey is through **Godly community**. James 5:16 outlines clearly that if we desire to be healed, we should confess our sins to one another and pray for each other (NIV).

There's many places in scripture we can look to see the healing power of Godly community at work. Consider Luke 5:17-26 (NLT). One day, Jesus was preaching, and a huge crowd gathered to watch Him speak. In the crowd comes a paralyzed man, carried on a bed by his friends. They knew about Jesus and His power to heal, so they were determined to get their friend into the presence of God. Because of the crowd, it was remarkably difficult to get close to Jesus. So what'd the friends do? They climbed to the roof of where Jesus was, made a hole in the roof directly over where He stood, and lowered their friend before Him. As a result of their faith, the man's sins were forgiven; and when Jesus told the paralyzed man to "stand up, pick up your mat, and go home," he did just that.

Don't underestimate the power of community in this story. Really think about it. Do you understand how much work it took to just get on top of the roof, let alone create a hole in it? Or even how much strength his friends must've had in order to lower a grown man through the roof on a bed? How many of us, in that day, would've thought they were doing too much? Or would've given up when we saw how large the crowd was? **THAT** is the power of community. It's committed and relentless in its desire to get you to Jesus. We all need friends who have that desire for us.

In the story of the paralyzed man, we see he needed community in order to receive his healing. We'll also need community after the healing too. I was watching the sermon [I'm Glad I Lost by Brie Davis at Transformation Church](#), and she explained the resurrection of Lazarus in a profound way I had never seen. After Jesus raised Lazarus from the dead, Lazarus came out of the grave still bound in his graveclothes. Then, in John 11:44, **Jesus told Lazarus's friends to "loose him, and let him go"** (NKJV).

Listen, there's going to be some things that can only be loosed in the comfort of Godly community. Trust me, it's true. I can't count the number of ways in which people have shown up in my life over the past year, and my heart doesn't even have enough room for all the thanks they're due. You'll need community who will always point you back to the cross and remind you that Jesus's blood **ALONE** is strong enough. People who aren't content with you sitting in your brokenness **nor** encourage you to dive deeper into it. Those who desire to do everything in their power to unwrap you from your grave clothes. And when the time comes when a friend is in need, you'll need to **be** that community too.





# HOW TO HEAL? COMMUNITY

## DAY 8, PART 2



If you already have Godly community in your life, lean on them during this time and be specific about the ways you're struggling. If you're in need of Godly community, try to tap in to a small group at your local church and ask God to fill your life with those who will bring you closer to Him. While you absolutely need a Godly community, you may also seek assistance through additional family, friends, and therapists. Remember to be very prayerful in this area, and continually ask God what information is appropriate to share with specific people.

### Today's Prayer:

Father, I see and understand the power of community. Even you exist in community, the Holy Trinity: the Father, the Son, and the Holy Spirit. I believe my community will have the power to bring me closer to you so I can be healed. Fill my life with those who will continually remind me of the cross. Help me to have discernment of character for those I choose to share my heart with, and help me to be a strong Godly community when my friends are in need too. I thank you for reviving me through the love of others. Amen.

### Today's Scripture:

*James 5: 16 (NIV)*

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

*Luke 5: 17-26 (NLT)*

Jesus Heals A Paralyzed Man

*Bonus: watch Season 1, Episode 6 (beginning at minute 33) of the series The Chosen to see a beautiful acting out of this story. The show is AMAZING!*

John 11: 1-44 (NKJV)

The Death of Lazarus

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Remember  
Maverick City Music  
& UPPERROOM



The Blood is Still  
the Blood (Reprise)  
Maverick  
City Music



# THE STORY OF YOUR SCARS

## DAY 9, PART 1



Truthfully, I wracked my brain trying to figure out how to close this thing. I put so much pressure on myself to make sure I ended in a powerful way that would leave an impression on your heart and hopefully create a thirst for Jesus. When I finally let go, God told me clearly, “Just share what life has been like for you post-revival. There’s no way to end that’s more powerful than that.” So here it goes:

**I have never felt more loved than I do right now. I have never felt more at peace than I do right now. I have never had more joy than I have right now. I have never felt more impactful than I do right now. I have never experienced true freedom like I do right now. I have never been more in my purpose than I am right now. I am forever changed and captured by God’s love.**

None of this would have happened if I hadn’t endured heartbreak, submitted my pain to God, followed His voice with obedience, and trusted He would bring me back to life. What’s even more beautiful is that I didn’t just merely receive my old life, He gave me a new one that is so much greater.

In a quote that sums up this entire journey and my walk with Christ as a whole, “I was one way, and now I am completely different. And the thing that happened in between was Him.” (Season 1, Episode 2 of [The Chosen](#))

On Day 1, I told you this Bible plan was not a bandaid, it was surgery. That’s because you can rip a bandaid off and forget it ever existed. Surgery leaves a scar that is forever imprinted. In our society, we view scars as signs of defeat, an embarrassing assertion that something came close enough to harm us. But I say, what are scars but proof of God’s power? As Pastor Greg Ford of my home church ([One Church](#)) quoted during a [sermon](#), “What are scars but proof of healing?” 2 Corinthians 12: 10 says for when I am weak, then I am strong (NIV). It’s in our scars that we’re able to see the strength of Jesus Christ.

Soon enough, you’ll encounter people who have the same wounds you once endured. You’ll point to your scar and tell them the story of your revival and how God gave you new life. You’ll tell them how you were broken, but God healed you. How you were lost, but God found you. That’s the reason I wrote this. Not because I wanted pity or condolences, but because I can’t keep quiet about the “reason for the hope that is within me” (1 Peter 3:15). I wrote this to show you the beauty that is on the other side of heartbreak and to point your attention to a God who loves you so much that He’d get in the trenches to endure it with you.

Your scars will give you a story to tell. A story about the beautiful, redemptive love of Jesus Christ. And you won’t be able to keep quiet about it. Surrender **fully** to His surgery so He can heal you. The world is dying to hear your story.





# THE STORY OF YOUR SCARS

## DAY 9, PART 2



### Today's Prayer:

Father, from here on out, I choose to look at my scars differently. They are not signs of defeat; they are proof that I've been touched by you. I believe my scars will give me a story to tell. Help me to surrender to your surgery as you write my story. Thank you for your love and your grace. In your name I pray, Amen.

### Today's Scripture:

2 Corinthians 12: 10 (NIV)

That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

1 Peter 3: 15 (ESV)

But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect.

Wow, you made it! I am SO proud of you. How do you feel? From the bottom of my heart, I thank you for tagging along on this journey with me. I pray it impacted you in some way, shape, or form; and I pray God spoke to you directly about your healing journey. We're done learning to live with heartbreak; we're healing from it and gaining new life in return. I promise there is hope for you. I promise God is still there and still working. No, everything is not perfect on the other side. Some days are still hard, but it's infinitely more beautiful. Keep trusting Him.

If this Bible plan has impacted you in anyway, I'd love to know how! Submit your story by taking this quick survey [here](#). Please also feel free to connect with me via e-mail ([simonembacon@gmail.com](mailto:simonembacon@gmail.com)) or on Instagram ([@simone\\_was\\_here](#)). I'll be happy to answer any questions or concerns you have! Nope, I'm not an expert, just a girl who's been touched by Jesus. I pray you stay safe and be well.

*Love & blessings,*

*Simone M. Bacon*

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The Story I'll Tell  
Maverick  
City Music



Captured  
Isla Vista Worship  
& Mark Barlow