

Dangerous Prayers Series

## “Break Me”

O Lord, don't rebuke me in your anger  
or discipline me in your rage!  
Your arrows have struck deep,  
and your blows are crushing me.  
Because of your anger, my whole body is sick;  
my health is broken because of my sins.  
My guilt overwhelms me—  
it is a burden too heavy to bear.  
My wounds fester and stink  
because of my foolish sins.  
I am bent over and racked with pain.  
All day long I walk around filled with grief.  
A raging fever burns within me,  
and my health is broken.  
I am exhausted and completely crushed.  
My groans come from an anguished heart.  
You know what I long for, Lord;  
you hear my every sigh.  
My heart beats wildly, my strength fails,  
and I am going blind.  
My loved ones and friends stay away, fearing my disease.  
Even my own family stands at a distance.  
Meanwhile, my enemies lay traps to kill me.  
Those who wish me harm make plans to ruin me.  
All day long they plan their treachery.  
But I am deaf to all their threats.  
I am silent before them as one who cannot speak.  
I choose to hear nothing,  
and I make no reply.  
For I am waiting for you, O Lord.  
You must answer for me, O Lord my God.  
I prayed, “Don't let my enemies gloat over me  
or rejoice at my downfall.”  
I am on the verge of collapse,  
facing constant pain.  
But I confess my sins;  
I am deeply sorry for what I have done.  
I have many aggressive enemies;  
they hate me without reason.

*They repay me evil for good  
and oppose me for pursuing good.  
Do not abandon me, O Lord.  
Do not stand at a distance, my God.  
Come quickly to help me,  
O Lord my savior.*

Psalm 38 (NLT)

## **Broken and poured out.**

*Meanwhile, Jesus was in Bethany at the home of Simon, a man who had previously had leprosy. While he was eating, a woman came in with a beautiful alabaster jar of expensive perfume made from essence of nard. She broke open the jar and poured the perfume over his head.*

Mark 14:3 (NLT)

## **Break me from my past.**

## **Break me for my future.**

*The sacrifice you desire is a broken spirit.  
You will not reject a broken and repentant heart, O God.*

Psalm 51:17 (NLT)

## **We impress people with our strengths, But we connect through our weaknesses.**

## **Jesus was broken and poured out.**

*As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, “Take it, for this is my body.”*

*And he took a cup of wine and gave thanks to God for it. He gave it to them, and they all drank from it. And he said to them, “This is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice for many.*

Mark 14:22-24 (NLT)

*He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, "This is my body, which is given for you. Do this in remembrance of me."*

Luke 22:19 (NLT)

## SO WHAT?

### When you are broken:

### You can either run to God or run from God.

*We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair.<sup>9</sup> We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. Through suffering, our bodies continue to share in the death of Jesus so that the life of Jesus may also be seen in our bodies.*

2 Corinthians 4:8-10 (NLT)

## Growth Group Questions

(Questions and Scriptures for further study)

1. What is the most expensive thing you have ever broken? How did you break it?
2. What is something you hate to see poured out and wasted?
3. Re read Psalm 38. Have you ever felt that kind of brokenness? What's your story?
4. Re-read Mark 14:3. Imagine you were in the room when this woman broke a \$40,000 jar of perfume. How would you have responded?  
  
What do you think was going through the woman's mind as she did that?
5. Re-read Luke 22:19. What do you think Jesus meant when he said "... do this in remembrance of me"?
6. Is there an area of your life you are trying to stay strong in? What's keeping you from just being broken and giving it to God?
7. How has God used the broken areas from your past to help others?
8. What area of your life are willing to Pray "Break Me" about? Pray with and for each other.