

## **Injured: In Need of Repair**

n/a

### **Ready:**

He said, “Don’t be afraid, you who are treasured by God. Peace to you; be very strong!” As he spoke to me, I was strengthened and said, “Let my lord speak, for you have strengthened me.”—Daniel 10:19

### **Set**

My daughter’s high school basketball teammate recently tore her ACL and was told that she would need six months of rehab. Many of us have had friends and teammates who have traveled down this very long, hard road that is often full of painful moments. The doctor first does the work of repairing the tear and making the body whole. But then begins the lonely work of strengthening the muscles as the body heals over time. Much of this work is done without crowds or applause, and often without experiencing enough progress to offer much hope of recovery.

God also restores us as we admit our need for Him. As our Great Physician, He repairs our relationships with others and with Him as we trust in Christ. We then begin the process of strengthening our spiritual muscles through fellowship, prayer, and Bible study. Much of this rehab takes place in the quietness of our hearts. He also provides us with great hope as we participate in this “spiritual rehab” and see ourselves getting stronger in Him!

### **Go**

1. Think of your experiences with injury. How can you turn physical rehab into an opportunity to glorify God?
2. What are some ways to avoid frustration during rehab?
3. What similarities do you see between physical rehab and our Christian growth?

### **Workout**

Extra Reading: Isaiah 30:15; 41:10; Hebrews 10:35-36

### **Overtime**

God, heal me. Repair the damage that has been done to my body and to my soul. You are the Great Physician, Lord, and I trust You. Amen.

### **Bible Reference:**

Hebrews 10



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