



## "Broken"

Sunday, March 25, 2018

**Lesson: "Broken"**  
**I Peter 5:6-11; I Kings**  
**18:16-19:18**

How do we respond in life when we are "broken?" When life deals you lemons, when things don't go as planned, when it seems like you can't go on - what do you do? We've all been broken, but how do we overcome?

**ICEBREAKER:**

What is something that gets better as it is broken in?

**QUESTIONS FOR DISCUSSION:**

1. What does it mean to mentally or spiritually broken?
2. What are some things that causes a person to be "broken?"
3. Are people more or less vulnerable when they are "broken?" Why or why not?
4. In I Kings 18 and 19, we see Elijah go from being on top of the world to being broken very quickly. What caused it?
5. Have you ever had a similar experience to Elijah, where you've been on a spiritual high only to broken right after? Share.
6. How can you convince yourself that you're worthy in the eyes of God? Friends? Family? Others?
7. When broken things are fixed correctly, they are often stronger:
  - a. Examples? Why are they stronger?
  - b. What happens when things are fixed incorrectly?
  - c. How do we fix our brokenness correctly?
  - d. How could we fix our brokenness incorrectly?
8. Think about this statement: "It takes darkness to see the light."
  - a. Why is this statement true?
  - b. How can darkness/bad times make the good things in life all the more better?