

Day Two – Picking Up the Pieces

Scripture: *“He heals the brokenhearted and binds up their wounds.”*

– Psalm 147:3

The storm has passed, but the damage remains. After a crisis, whether it's a literal storm or a personal one, we often find ourselves standing in the middle of brokenness. I know the moment I was finally able to walk outside to see exactly what the damage was from Hurricane Helene last year I was overwhelmed with what I saw in my yard and down my road. The damage is visible—fallen trees, ruined belongings, unfinished projects, or lost opportunities. But some of it is invisible—cracks in our hearts, weariness in our souls, and questions we don't have answers for.

It's easy to feel overwhelmed when the pieces are scattered all around us. Where do we even start? Do we begin with the visible repairs, or with the pain we carry inside? God cares about both. He not only sees the physical needs we face, but He also bends down to bind up the wounds that no one else notices. His healing touch reaches into the broken places of our lives and restores what feels beyond repair.

Recovery isn't just about rebuilding what was lost—it's about discovering God's presence in the process. Sometimes He sends people into our lives with helping hands. Sometimes He comforts us with peace that makes no sense in the middle of the chaos. And sometimes He simply whispers, “I am here,” reminding us that we are not alone.

You don't have to pick up the pieces by yourself. God is near to the brokenhearted. He walks with us as we take one small step, then another. Healing and restoration may take time, but His promise is sure: He will bind up every wound.

Reflection:

- What “pieces” in your life feel scattered right now?
- Have you invited God to begin healing the parts of your heart that feel broken?
- Who has God placed in your life to help you—and who might need *your* help?

Prayer:

Lord, as I look around at the broken pieces, I admit I feel overwhelmed. But I know you are the healer of hearts and the restorer of lives. Bind up my wounds. Calm my anxious thoughts. Give me courage to take the first step in rebuilding and let me see Your hand at work in every detail. Amen.