Reading Companion

Scripture: Psalm 34:18 — *God is near to the brokenhearted.*

Audio Transcript

> You're listening to Amazing Hope Ministry. Take a moment to think about what feels heavy today. You don't have to explain it away or solve it all at once. In Psalm thirty-four, we read that God is near to the brokenhearted. Try a simple prayer: Lord, help me name what I'm carrying and see one step I can take today. Then write that step down. It can be as small as asking someone you trust to check in with you.

Core Reflection & First Step

Reflection: What is one small step you can take today, and who could help you take it?

Try it: Write down that step and one person you could reach out to.

One small step I can take today:

One person I could reach out to:

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Reflection Questions

Pause for a few quiet minutes and journal or think through one or two questions that speak to where you are today.

1. Naming the weight: If you could set down just one heavy thing you've been carrying this week—even for an hour—what would it be?

2. Releasing the pressure to fix it: Where are you pressuring yourself to "solve it all at once" instead of taking just today's step?

3. Noticing God's nearness: Psalm 34:18 says God is near to the brokenhearted—not waiting for you to feel strong first. What would it look like to invite Him into the middle of this week just as it is?

4. Letting someone in: What usually keeps you from asking someone to check in on you, and who is one safe person who wouldn't expect you to have it all together?

Workshop Activity 1: The "Heavy vs. Next" Reset

Take 3 minutes. On the left, list two or three things weighing on you without editing or explaining them away. On the right, write the smallest possible next step for just one or two items—and leave the rest in God's hands for now.

What Feels Heavy Today Name it honestly without trying to fix it	**One Small Next Step** Keep it simple (a call, a prayer, 20 minutes of rest)

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Workshop Activity 2: Low-Pressure Check-In Texts

When you are exhausted, figuring out what to say is often the hardest part of reaching out. Choose one of these simple messages, adjust it to sound like you, and send it to the person you wrote down earlier:

- *"Hey, I've had a heavy week and just wanted to ask if you could check in on me tomorrow."*
- *"No need to fix anything—just carrying a lot right now and would really appreciate your prayers today."*
- *"Thinking of you. Any chance we could catch up for 5 minutes sometime this week?"*

Workshop Activity 3: Breath Prayer for the Week

> Use this short, repeatable prayer based on Psalm 34:18 whenever the day starts to feel overwhelming:
>
> **BREATHE IN:** *"Lord, You are near to me right now."*
>
> **BREATHE OUT:** *"Help me take just this one step."*

Guided Prayer

"Lord, today I am carrying _____. I don't have all the answers, and I don't want to carry this alone. Thank You for promising to stay close when my heart feels heavy. Give me the strength for one small step today—_____—and help me stay open to the care of people You've placed in my life. Amen."

One-Word Heart Check-In

How is your heart feeling after spending this time reflecting today?

☐ Relieved ☐ Still heavy ☐ Hopeful ☐ Grateful ☐ Tired ☐ Other: _____

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