

Ready-to-use reflective journal

CRUSHED

**“THE LORD IS CLOSE TO THE BROKEN-HEARTED AND SAVES THOSE WHO ARE CRUSHED IN SPIRIT”
(Psalm 34:18)**

You will need to read all the instructions before you start this.

Take this piece of paper and screw it up into a ball.

Think about the things in your life – or in the wider world – that seem crushed, broken or ruined.
Talk to God about these things.

Then unfold the paper and spread it out flat. Find some coloured pens, paints and other materials and colour in the jagged shapes created by the crushing. Make something beautiful out of the apparent brokenness.

Think about how God is at work in your life and the wider world, drawing close to the broken-hearted, and making something beautiful out of the crushed parts of life. Turn this into prayers, either in your heart or written onto your artwork.

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run Engage Worship, which offers resources and training for creative, innovative and world-changing worship.