

He binds up their wounds

Psalm 147:1-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does this psalm say God does for the brokenhearted, and what else does it say he does?

2. What does it show me about people — and about myself?

What broken thing in you have you assumed is beneath God's attention?

3. What will I obey this week? (a concrete step, with a day)

What will you bring to God this week that you have been managing alone?

4. Who will I tell?

Whose wound could you help bind up this week, practically?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, you count the stars and you bind up the brokenhearted, and neither is too big or too small for you. Bind up what is broken in us.



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