



CHRONIC JOY®

Ministering to those affected by:
Chronic Illness, Mental Illness,
Chronic Pain, & Disability

The Story Told Through Our Scars

He heals the brokenhearted and binds up their wounds.

(Psalm 147:3)

Kintsugi is the Japanese art of repairing broken pottery with lacquer and gold. Instead of hiding the broken places or tossing the broken pottery away, the artist spends hours on the repairs, making it more beautiful and valuable than before, because its history – *its story* – is now told through the pottery's "scars."

Where we've been fractured, we can offer empathy and compassion. Where we've been wounded, we can speak of hope. Where we have been ground into dust, God's light shines bright.

Jesus makes us more beautiful and more valuable because it's *His light shining* through each wound, every scar, and every situation that has

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

(2 Corinthians 4:16)

1. What are the broken things in your story?
2. How have you seen God use what is broken in your life?
3. How might God be calling you to serve out of your own broken places?
4. When have you been able to comfort someone with the comfort God has given you?

Jesus makes the broken beautiful!

Visit chronic-joy.org for more resources.



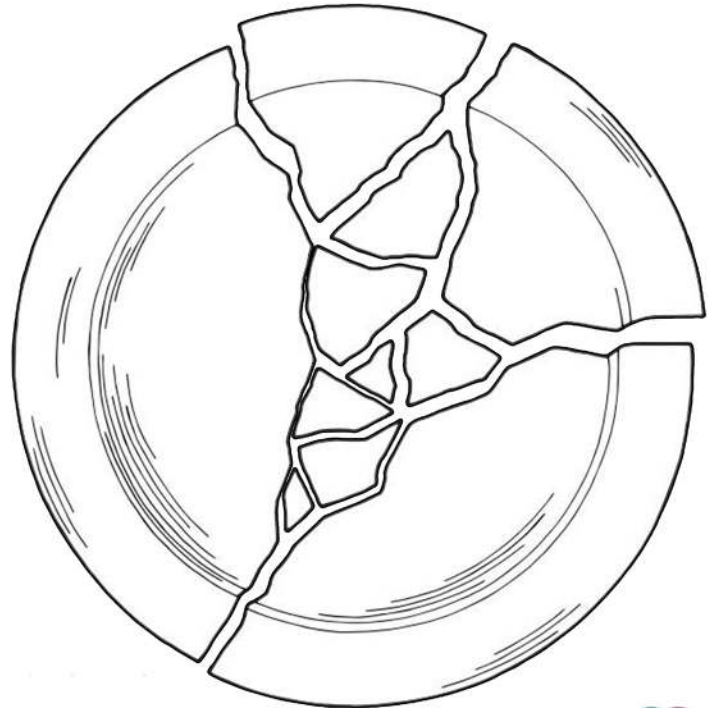
Chronic Joy

Brokenness ⇒ New Beauty, New Worth

How have you been hurt? What causes you pain? What feels broken in your life? What do you wish you could change?

Write these things on the broken pieces of the plate below and color them in. Then use your favorite color – one that speaks to your soul – and fill in the fractures and gaps of the broken plate.

The art of kintsugi is a visual reminder of what Jesus does in each of our lives. He gently scoops up each of our broken pieces, lovingly patches them together, and makes us more beautiful and more valuable than we were before. Why? **Because we are so precious to Him.**



Visit chronic-joy.org for more resources.



Chronic Joy