

**Key Verse:** Psalm 34:18 – “*The LORD is close to the brokenhearted and saves those who are crushed in spirit.*”

### **SUMMARY**

Family can be one of the hardest parts of life. Some of us deal with divorce, fighting, or broken relationships that leave us feeling hopeless. But your past doesn't have to define your future. God is close to the brokenhearted, and He can bring healing and use your story to help others.

### **ICEBREAKER**

Go around and ask: *If your family had a TV show or movie made about it, what would the title be?* (Funny answers encouraged—like “*The Chaos Crew*” or “*Full House: The Real Version*”). Laugh together, then transition: *Every family has struggles, but God can work even in the messy ones.*

### **DISCUSSION STARTER**

Families aren't perfect—some are broken, some are messy, and some look fine on the outside but hurt on the inside. Maybe your family has faced divorce, constant fighting, or just feels distant. The truth is, no family is perfect, but God promises He is close to us in our pain and that our past doesn't have to hold us back.

### **DISCUSSION QUESTIONS**

1. Why do you think family struggles can hurt so deeply compared to other problems?
2. How do you usually deal with family conflict—avoid it, fight back, or talk it out?
3. Psalm 34:18 says God is close to the brokenhearted. What does that mean to you?
4. What's the difference between what you can control and what you can't control in family situations?
5. How could God use your story (even the hard parts) to help someone else?

### **ACTIVITY:**

Draw a circle on a sheet of paper. Inside, write down things **you can control** (your actions, words, attitude). Outside the circle, write down things **you can't control** (others' decisions, arguments, choices). Share with the group how focusing on your circle could help bring peace.

### **WRAP-UP**

Your family's past doesn't define your future. God can take even the broken parts of your story and use them for something good. *You Can Get Past Your Past.*

