

**Psalm 34**  
“Brokenhearted and Crushed”

**I. Free to Cry in Our Brokenness**  
(1 Samuel 21:10–15)

**II. Free to Trust in Our Brokenness**  
(1 Samuel 20:14–16)

**III. Free to Minister in Our Brokenness**  
(1 Samuel 22:1–2)

**Take it Home:**

- How do you try to avoid brokenness in your spirit? What kinds of defense mechanisms do you use to cover up the hurt in your heart?
- Can you think of a time when someone spoke words of real grace to you that helped you through a time of real pain? How can you show that same grace to others who are hurting?

**Children’s Corner:**

1. One special thing about Psalm 34 is that it is an acrostic. What does that mean?
2. David saw his broken heart and crushed spirit as \_\_\_\_\_ from God.