



For I will restore health to you, and your wounds I will heal, says the Lord.
— Jeremiah 30:17a

Broken Bone Milestone Moment

Milestones Ministry brings an awareness of the presence of God to individuals of all generations by recognizing the home as church, too. Milestones Ministry provides a clear and usable model for congregations, homes, and community to connect faith formation resources with daily life experiences. The rich variety of life experiences represented in Milestones Ministry does the essential ministry of the church: promoting Christian faith formation with family, friends, and others with whom we can reach.

When someone we care about has experienced the pain and anxiety of a broken bone, we want that person not only to fully heal from the broken bone, but also to experience support, peace, and hope. That is where sharing the Christian faith together with caring words, prayers, and more can bless the person with the broken bone as well as the caring community surrounding that person. The Broken Bone Milestone Moment for a Small Group or Family Gathering offers people the resources to help the injured person and his or her caregivers to experience the kind of encouragement that the Christian faith brings.

Milestones incorporate a simple structure that includes naming, equipping, blessing, gifting, and reinforcing so that the Milestones Ministry Moment has a greater chance to take deeper root in lifelong faith formation.

Moments that cause us to pause and shift gears like a broken bone happen in our daily lives. Providing opportunities to find God's presence in these moments is important. This Broken Bone Milestone Moment incorporates a simple structure that includes:





Naming – It is important to recognize the changes that may take place in the lives of the one who has broken a bone and the lives of those who care for that person.

Equipping – This Milestone Moment encourages caring conversations that draw out thoughts and concerns about changes in our lives and includes God's presence amidst the healing.

Blessing – Praying for the one who has broken a bone and for those who will help and care for this person is a great way to witness faith in action in daily life.

Gifting – Giving a tangible gift like get well notes, pictures or cards or writing a special message in a Bible are good ways to help participants be reminded of this milestone in daily life. Be creative! Gift something that perhaps will help the person while the cast is still on.

Reinforcing – It is a good idea to follow up after the Broken Bone Milestone Moment by gathering one more time after the cast has been removed to share stories about life with and without a cast on and give thanks for healing.

 Caring Conversations
  Devotions
  Four Key Faith Practices
  Service
  Rituals and Traditions





Broken Bone Milestone Moment

For a Small Group or Family Gathering



Growing People in Faith when at Home and Away

“and talk about them when you are at home and when away, when you lie down and when you rise.”

– Deuteronomy 6:7b

A follow up for the Broken Bone Milestone Moment can be done with caring conversations and prayers about how life is different after the cast is removed and what one learned during the healing process. Gather together with family and friends for a follow up time to celebrate and reflect upon the healing power of God.

An important step after experiencing the Four Keys for practicing faith in the small groups or home setting is to bless and equip friends and families to continue practicing faith by using the Four Keys daily as an intentional step to encourage faith traditions in the home.

A suggested resource for continued caring conversations:

[Taking Faith Home](#)
[Taking Faith Home Cards](#)

Additional Milestone Modules and Moments can be found at:
www.milestonesministry.org



At the heart of equipping people for their lifelong faith formation are the Four Keys. These faith practices are central to every milestone and integrated into people’s daily lives as well as the life of the local congregation. These four daily faith practices are simple, doable, and practical: Caring Conversations, Devotions, Service, and Rituals and Traditions. Faith in Jesus Christ is at the center of our lives, including times of pain, injury, and healing. The next page is a discussion guide handout to assist with the conversations.



As you gather together, begin by sharing a recent mountain high and/or valley low in your lives and then use the outline below to talk about faith and God’s presence in this moment.



Caring Conversations

Process these thoughts and questions:

- Talk about a time when you have broken a bone or hurt yourself rather seriously.
- What were your thoughts and feelings about that situation?
- How was God part of your healing?
- How is God part of [name of person with current broken bone] healing?



Devotions

Read the following:

Praise the Lord!

How good it is to sing praises to our God;

for he is gracious, and a song of praise is fitting.

He heals the brokenhearted,

and binds up their wounds.

Psalm 147:1, 3 (NRSV)

Take some time to talk about how this Scripture reading relates to the caring conversations.

Songs to Sing: Options include *Praise Him*, and *This Is the Day*.



Service

- How have others served [name of person] with her/his broken bone?
- Send a financial gift to support an organization that provides people with medical assistance.



Rituals and Traditions

Sign the person’s cast and put a cross on it.

Lay hands on the person and offer prayers for her/him and for others in need of healing. Conclude with the Lord’s Prayer.

Bless one another: *May the God who heals our wounds give us a new song of hope to sing.*



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Broken Bone Discussion Guide



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