Fixing What You Broke: A Man of God's Path to Restoration



Seven days guiding men in repentance, restitution, and rebuilding trust to walk as Godly men committed to restoration and healing.





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Introduction

Welcome to this transformative 7-day journey, crafted especially for men who desire to walk in integrity, restoration, and godliness. As men, we often face the challenge of recognizing the brokenness we have caused—whether through our actions, words, or decisions—and learning to make things right in a way that honors God and rebuilds trust with others.

"Fixing What You Broke" invites you to lean into God's grace as you take practical steps toward repentance, restitution, and healing relationships. Bible stories and teachings reveal that men in Scripture were not perfect, yet God used them powerfully when they humbled themselves and sought restoration.

Throughout these seven days, you will be encouraged to confront your mistakes honestly, understand the heart of true repentance, take tangible actions to restore what has been damaged, and embrace a renewed identity as a man of God. This journey is not just about fixing the past but about moving forward in the freedom, strength, and purpose God offers.

Get ready to engage your heart, reflect deeply, and commit to authentic change. This study is a call to courageous men who want to embody God's righteousness in every area of life—family, work, friendships, and community.

















Your Verse

Psalm 51:3 "For I know my transgressions, and my sin is always before me."

Supporting Scriptures

- 1 John 1:9 "If we confess our sins, He is faithful and just to forgive us."
- Proverbs 28:13 "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."







Devotional: The Power of Honest Self-Examination

Awareness is the first step toward restoration. David's honest admission in Psalm 51 shows the power in recognizing and naming our sins. As men, pride often masks brokenness, making it tempting to ignore the damage we cause.

But God calls us to humility—embracing truth about ourselves even when it's uncomfortable. It's not weakness to admit wrong; it's strength rooted in trust that God is merciful and ready to forgive.

Today, take time to quietly reflect on where you have broken trust or caused harm. Avoid excuses or minimization. Simply acknowledge the areas in your heart and life needing healing.

Confession opens the door for God's grace to flow freely, and for genuine transformation to begin.







Reflect and Apply

1.	What areas of my life am I tempted to hide or justify mistakes?
2.	How does admitting my brokenness impact my relationship with God?
3.	In what ways can I cultivate humility to face my shortcomings openly?







Journaling Prompts

	st specific ways you recognize your brokenness today.
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2. Wi	rite how it feels to admit these areas to God without excuse.
3. De	escribe a moment when confession led to peace or change in your life.
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Prayer for Today

Father God, I come before You with a humble heart, acknowledging my mistakes and brokenness. Help me to see clearly where I have hurt others and myself. Teach me to confess honestly, without pride or fear, trusting in Your unfailing mercy. Bring healing where there is hurt and prepare me for the journey of restoration ahead. *In Jesus' name, Amen.* \bigwedge

















Day 2:
The Heart of Repentance

Your Verse

Luke 15:21 "Father, I have sinned against heaven and against you. I am no longer worthy to be called your son."

Supporting Scriptures

- Acts 3:19 "Repent, then, and turn to God, so that your sins may be wiped out."
- 2 Corinthians 7:10 "Godly sorrow brings repentance that leads to salvation and leaves no regret."







Day 2:
The Heart of Repentance

Devotional: Embracing Godly Sorrow and Change

True repentance is more than regret—it is a transformational turning of the heart. The prodigal son's words to his father reveal deep sorrow and recognition of his wrongdoing before restoration could begin.

As men striving to be Godly leaders, repentance requires that we experience godly sorrow, not just shame or guilt. This sorrow propels us toward change, re-aligning our desires with God's will.

God's invitation to repent is an outstretched hand, not a burden to bear alone. When we repent, we prepare our hearts for renewal and assure ourselves of God's cleansing power.

Today, pray for a broken and contrite heart, ready to turn fully back to God in trust and obedience.







Day 2: 🖋 The Heart of Repentance

Reflect and Apply

1.	Am I truly sorry for my actions or just regretting their consequences?
2.	How does repentance change both my heart and behavior?
3.	What keeps me from fully turning back to God when I mess up?







Day 2: 🖋 The Heart of Repentance

Journaling Prompts

1.	Describe what godly sorrow feels like versus shame or guilt.
2.	Write about a time repentance led to real change in your life.
3.	List practical steps you can take today to demonstrate repentance.







Day 2:
The Heart of Repentance

Prayer for Today

Lord Jesus, grant me a heart that grieves rightly over my sins. Help me to not just feel regret but to wholeheartedly turn away from what displeases You. Teach me to walk in Your forgiveness and to live a life transformed by Your grace. May repentance be a daily posture of my soul. *Amen.* ?

















Day 3:

\text{ Taking Responsibility}

Your Verse

Psalm 32:5 "Then I acknowledged my sin to you and did not cover up my iniquity."

Supporting Scriptures

- James 5:16 "Confess your sins to each other and pray for each other so that you may be healed."
- Matthew 5:23-24 "Leave your gift there before the altar and go; first be reconciled to your brother."







Devotional: Honesty and Accountability Move Healing Forward

Repentance includes the willingness to take full responsibility for our mistakes. David's transparency before God models how covering sin hinders healing, but confession unlocks restoration.

Likewise, Scripture calls us to reconcile with those we have harmed personally. Taking responsibility means naming our wrongs openly and making amends whenever possible.

Men of God are called to lead by example—embracing accountability and pursuing peace with others. This may be challenging, but it restores relationships and honors God's heart for unity.

Identify those you have harmed; begin praying about reaching out and being honest with them soon.







Reflect and Apply

1.	Where in my life have I avoided responsibility for my actions?
2.	What fears arise when I think about confessing to those I've wronged?
3.	How can I rely on God's strength to pursue true reconciliation?







Journaling Prompts

1.	Write down any relationships needing your honest confession.
2.	Reflect on what stopping you from taking responsibility and how to overcome it.
3.	Plan a practical first step toward reconciliation with someone.







Prayer for Today

















Your Verse

Luke 19:8 "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount."

Supporting Scriptures

- Exodus 22:1 "If someone steals an ox or a sheep and slaughters it or sells it, they must pay back five head of cattle for the ox, and four sheep for the sheep."
- Proverbs 6:30–31 "People do not despise a thief if he steals to satisfy his hunger... Yet if he is caught, he must pay sevenfold."







Devotional: Restoration Through Tangible Repayment

True restoration often requires tangible actions to make what was broken right. Zacchaeus' commitment to pay back those he defrauded demonstrates how men of integrity take practical steps to rebuild trust.

Making restitution is an act of obedience and honor before God and man. It confesses that our wrongs had real impact on others and we intend to set things right as best we can.

This may feel costly, but God values honesty and true repentance over sacrifice. As men, we lead well when we face consequence with responsibility and generosity.

Pray about specific ways you can begin or continue restitution in relationships and situations that need repair.







Day 4: $\sqrt[4]{}$ Making Restitution

Reflect and Apply

Are there damages—financial, emotional, or relational—I need to repay or repair?
How do actions of restitution impact how others perceive my repentance?
What holds me back from making full restitution, and how can I overcome that?







Day 4: $\sqrt[4]{}$ Making Restitution

Journaling Prompts

1.	List any debts, damages, or harms where restitution is needed.
2.	Write a plan or timeline for taking concrete steps toward making amends
3.	Reflect on how restitution changes your heart about responsibility.







Prayer for Today

Abba Father, teach me to walk in integrity by making full restitution where I have caused harm. Help me to act justly and to honor You through my willingness to repair the damage I have done. Let my actions reflect true repentance and bring healing to others. *In Jesus' name, Amen.*

















Your Verse

Proverbs 3:3-4 "Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name."

Supporting Scriptures

- Ephesians 4:25 "Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."
- Colossians 3:9 "Do not lie to each other, since you have taken off your old self with its practices."







Devotional: Growing Trust Through Faithfulness and Truth

Restoring relationships requires consistent, trustworthy character over time.

Trust is not instantly rebuilt by a single apology or restitution. It is grown through daily faithfulness and truth.

God calls His men to embody love and faithfulness, core ingredients in rebuilding a good name. This means integrity in words, transparency in actions, and reliability even when no one is watching.

Remember, broken trust is painful, and healing takes patience. Persist in demonstrating Godly character, and trust growing will follow.

Commit today to consistent honesty and love, trusting God with the results.







Reflect and Apply

1.	How have I modeled faithfulness and honesty in my relationships?
2.	Where can I improve in consistency to rebuild trust?
3.	What role does patience play in the trust restoration process?







Journaling Prompts

1.	Write about ways you can demonstrate faithfulness daily.
2.	Reflect on times you've gained or lost trust and why.
3.	Journal your commitment to rebuild trust even when progress feels slow.







Prayer for Today

Gracious God, nurture in me a heart of faithfulness and truth. Help me to walk in integrity so I may steadily rebuild trust with those I have hurt. Teach me patience and perseverance as I lean on You in this process. May Your love guide every word and action. *Amen.* \heartsuit

















Day 6: F Embracing New Identity in Christ

Your Verse

2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Supporting Scriptures

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







Day 6: F Embracing New Identity in Christ

Devotional: Living as a Transformed Man of God

After repentance and restitution, receiving a new identity through Christ is essential. We are no longer defined by past failures but by God's grace and redemption.

As men pursuing godliness, it is vital to embrace this transformation daily. The old self—marked by brokenness and mistakes—is gone; the new man in Christ walks free, empowered to live righteously.

Let go of shame and condemnation that hold you captive. Stand firm in who God says you are—loved, forgiven, and equipped to reflect His character.

Celebrate the freedom Christ offers and let this new identity shape your decisions and relationships.







Day 6: 🍞 Embracing New Identity in Christ

Reflect and Apply

1.	Do I define myself by past mistakes or Christ's forgiveness?
2.	How does my identity in Christ influence daily decisions?
3.	What practices help me stay rooted in this new identity?







Day 6: 🍞 Embracing New Identity in Christ

Journaling Prompts

1.	Write about what it means to be a new creation in Christ personally.
2.	Reflect on obstacles that tempt you to slip back into old patterns.
3.	Describe actions that affirm your identity as a man of God.







Day 6: F Embracing New Identity in Christ

Prayer for Today

Lord Jesus, thank You for making me new and for wiping away my past. Help me to embrace my new identity fully and live out Your truth daily. Strengthen me to resist old patterns and walk boldly as a man transformed by Your love and power. *Amen.*

















Your Verse

Micah 6:8 "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

Supporting Scriptures

- Philippians 3:13–14 "Forgetting what is behind and straining toward what is ahead, I press on toward the goal."
- Hebrews 12:1 "Let us throw off everything that hinders and the sin that so easily entangles."







Devotional: Committed to a Life of Restored Purpose

The final step in restoration is to walk forward—committed to justice, mercy, and humility. God calls men to an ongoing journey of living rightly and loving others well.

This is not a one-time fix but a lifelong pursuit. Strain toward growth, integrity, and purpose, leaving behind habits or sins that threaten your freedom.

Trust God each step and rely on His strength daily. As you live uprightly, you inspire others and glorify the One who restores.

Today, choose to walk forward as a restored man of God, confident and committed.







Reflect and Apply

1.	How can I daily choose justice, mercy, and humility in my life?
2.	What obstacles might try to pull me back into brokenness?
3.	In what ways can I encourage other men in their restoration journeys?







Journaling Prompts

1.	Write your personal commitment statement to walk forward in restoration.
2.	List practical habits that support ongoing integrity in your life.
3.	Reflect on how your restoration journey can impact your community.







Prayer for Today

Father God, thank You for restoring me and giving me a new path. Empower me to walk forward daily in justice, mercy, and humility. Help me to leave behind what hinders me and press on toward the purpose You have for my life. Use me to inspire others as a man fully committed to Your ways. *Amen.*









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