



Not Broken Forever

by Amanda Salas-Small

- What did you think of Amanda's story?
- Has anything like that ever happened to you? Have you ever told anyone?
- Have you ever been so hurt and shut down that you turned to drugs and alcohol?

Bonus Questions

- What is under those cover-up issues for you?
- What did you think of the Fly Away song lyrics?
- Can you relate to being angry about something in your past?

Reach UP to God

Ask God for courage to tell someone about what might have happened to you. If nothing like this comes to mind, maybe you can be a good listener for a hurting friend or family member.