

## God Heals Broken Hearts

People who have had heart attacks know how bad they can hurt and that they can be healed. We also know that many things can break a person's heart emotionally - loss of anything of value, a lost love through death or divorce, rejection or betrayal by family and friends, and rebellious children.

### **An emotionally broken heart hurts.**

People feel sad and often depressed sometimes with pain and agony. Many feel helpless, hopeless, and out of control. Others feel forsaken, rejected, or betrayed.

This lesson is about how **God Heals Broken Hearts**.

### **The Bible is full of examples of people with broken hearts.**

1. Can you imagine how **Adam and Eve felt** when Cain killed his brother Abel?

**Genesis 4:8** - "Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him."

2. How did **Joseph endure** the heartbreak of rejection and betrayal, **maintain** a good attitude, and become very successful in order to help so many people?

**Genesis 50:19-21** - "<sup>19</sup> Joseph said to them, "Do not be afraid, for am I in the place of God? <sup>20</sup> But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive. <sup>21</sup> Now therefore, do not be afraid; I will provide for you and your little ones." And he comforted them and spoke kindly to them."

3. How did **Job recover** from his broken heart after he lost his children, possessions, and health? **After Job prayed** for his friends, God made him prosperous again and surrounded him with family and friends.

**Job 42:10-12** - "<sup>10</sup> And the Lord restored Job's losses when he prayed for his friends. Indeed the Lord gave Job twice as much as he had before. <sup>11</sup> Then all his brothers, all his sisters, and all those who had been his acquaintances before, came to him and ate food with him in his house; and they consoled him and comforted him for all the adversity that the Lord had brought upon him. Each one gave him a piece of silver and each a ring of gold. <sup>12</sup> Now the Lord blessed the latter days of Job more than his beginning; for he had fourteen thousand sheep, six thousand camels, one thousand yoke of oxen, and one thousand female donkeys."

4. How did **Jesus overcome** his heavy and broken heart?

**Psalms 69:19-21** - "<sup>19</sup> You know my reproach, my shame, and my dishonor; My adversaries are all before You. <sup>20</sup> Reproach has **broken my heart**, and I am full of heaviness; I looked for someone to take pity, but there was none; and for comforters, but I found none. <sup>21</sup> They also gave me gall for my food, and for my thirst they gave me vinegar to drink."

Jesus described his broken heart this way to His apostles in **Mark 14:34**, "My soul is exceedingly sorrowful, even to death."

#### **Let's look at four ways that Jesus handled his heavy heart.**

1) Jesus prayed in the garden and stayed focused on His mission.

**Luke 22:42** - "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done."

2) Jesus forgave His enemies.

**Luke 23:34** - "Then Jesus said, "Father, forgive them, for they do not know what they do."

3) Jesus cared more about the needs of others than himself. He committed the care of His mother to the apostle John.

**John 19:26-27** - "<sup>26</sup>When Jesus therefore saw His mother, and the disciple whom He loved standing by, He said to His mother, "Woman, behold your son!" <sup>27</sup> Then He said to the disciple, "Behold your mother!" And from that hour that disciple took her to his own home."

4) Jesus gave a second chance to Peter who denied Him and forsook Him.

**John 21:15** - "So when they had eaten breakfast, Jesus said to Simon Peter, "Simon, son of Jonah, do you love Me more than these?" He said to Him, "Yes, Lord; You know that I love You." He said to him, "Feed My lambs."

## **God can heal your broken heart!**

**Psalms 147:3** - "He heals the brokenhearted and binds up their wounds."

### **How does a broken heart heal? God wrote His prescription for heartache in the Bible.**

**1. Remember that God loves you** and will provide the power to overcome.

**Romans 8:31-38** - "<sup>31</sup>What then shall we say to these things? If God is for us, who can be against us? <sup>32</sup>He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? <sup>33</sup>Who shall bring a charge against God's elect? It is God who justifies.

<sup>34</sup>Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us. <sup>35</sup>Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

<sup>36</sup>As it is written: "For Your sake we are killed all day long; we are accounted as sheep for the slaughter." <sup>37</sup>Yet in all these things we are more than conquerors through Him who loved us.

<sup>38</sup>For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, <sup>39</sup>nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord."

**Psalms 55:22** - "Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved."

God will **sustain** you. He is your **life support** for your broken heart. He is your spiritual pacemaker. God is still in control even when you feel everything is out of control.

**2. Trust God and believe** that God will bring something valuable out of your heartache.

**Romans 8:28** - "And we know that all things work together for good to those who love God, to those who are the called according to His purpose."

NASV reads that "God **causes** all things to work together for good."

#### **Suffering from a broken heart can:**

- give you wisdom and strength
- grow your faith
- make you more like Jesus
- develop your compassion for others.

**3. Give yourself time** to grieve. Cry if you feel like it. A good cry is a release from heartache.

**Psalms 30:5** - "Weeping may endure for a night, but joy comes in the morning."

We may need to forgive others and let go of the past.

Seek and accept professional help if it is needed.

**4. Keep your mind** active. Think on positive things. Read and meditate on the Scriptures and other positive and inspirational writings.

**Philippians 4:8** - "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."

5. Keep your **body** physically active. Get busy and stay busy. Don't sit and feel sorry for yourself. Fill your time with worthwhile activities and projects. Help others.

**Mark 1:31** - "So He came and took her by the hand and lifted her up, and immediately the fever left her. And **she served them.**"

**Mark 5:19** - "However, Jesus did not permit him, but said to him, "Go home to your friends, **and tell them what great things the Lord has done for you**, and how He has had compassion on you."

**Mark 10:52** - "Then Jesus said to him, "Go your way; your faith has made you well." And immediately he received his sight and **followed Jesus** on the road."

**Let God begin to heal your heart right now.**

**Psalm 34:17-18** - "<sup>17</sup>The righteous cry out, and the Lord hears, and delivers them out of all their troubles. <sup>18</sup>The Lord is near to those who have a broken heart, and saves such as have a contrite spirit."

God **hears** the cries of the righteous, **delivers** them out of all their troubles, and comes **near** to the broken hearted, and **saves** those who repent.

**Isaiah 61:1** - "He has sent Me to heal the brokenhearted,"  
Jesus wants to heal your broken heart.

**Matthew 11:28-30** - "<sup>28</sup>Come to Me, all you who labor and are heavy laden, and I will give you rest. <sup>29</sup>Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup>For My yoke is easy and My burden is light."

**What will you do with this information to help other people heal their broken hearts?**

You can help heal the broken hearted?

Here are a few suggestions.

Listen, let people talk, encourage, offer hope, pray with and for people, share Scriptures that have helped you, stay in contact with phone calls, cards, notes, email, texting, Facebook, etc.

You can forward this lesson on to others.