

## **GOD HEALS THE BROKEN HEARTED**

**-How many of you have ever suffered a broken heart at some point in your lifetime? It could be from a broken relationship, the passing of a loved one, etc. (...)**

**-It is part of life and a part of relationships we have with other people.**

**-To lighten it up a little, I thought I would share several funny quotes from movie stars on how they handle broken hearts in relationships.**

**-Rita Rudner is a comedian, actress and writer and she said: "I love to shop after a bad relationship. I don't know why. I buy a new outfit and it just makes me feel better. It just does. Sometimes if I see a really great outfit, then I'll break up with someone on purpose just to get the outfit!"**

**-Miss Piggy from the Muppets said: "Only time can heal your broken heart, just as only time can heal his broken arms and legs."**

**-Nicole Kidman's father actually shared with her some tough truth after a tough breakup. She writes: "I'm not sure what the future holds but I do know that I'm going to be positive and not wake up feeling desperate. As my dad said, 'Nic, it is what it is, it's not what it should have been, nor what it could have been, it is what it is'."**

**-Have you ever felt that way when you've experienced a great loss?**

**-It wasn't what you had hoped for?**

**-Maybe it wasn't what you expected?**

**-Maybe you felt it wasn't fair happening to you or your family?**

**-Have you ever wondered in the midst of it "Where do I go from here?"**

**-Have you ever felt hopeless?**

**-Are you feeling that today?**

**-Well, there is hope and healing for the broken heart in God alone. Today, we are going to look at His Word for some encouragement to see what He has to say about this and how He does it.**

**-First off, we need to recognize how well God knows us. Let me ask, what do you think God knows about you? (Everything! From the top of your head to the tip of your toes, from every fiber that you are made of, to the innermost being of your heart and soul. He knows because He created you in His Image, in great love and tenderness He made you.)**

**-Knowing that He knows us this well, let's read our first verse together on our Verse Sheet to see what He has to say when we are burdened and broken: (Matthew 11:28-30 "Come to Me, *all who labor and are heavy laden*, and I will give you rest. *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. For My yoke is easy, and My burden is light.")**

**-Who is He speaking to here? (All those who are heavy laden, broken, burdened, worn out, tired)**

**-What does He promise to do for them? (Give them rest.)**

**-What do you think it means to take His yoke upon you and learn from Him? (...)**

**-How many of you have ever seen two oxen or cows “yoked” together by a bar or frame over both their shoulders as they plow a field or carry a cart? (...)**

**-When two animals are yoked together, they must go in the same direction and be united in their efforts. They sometimes carry heavy loads together as they labor side by side.**

**-What a beautiful picture we can glean from this verse to know we have the Savior yoked with us, to labor with us at our sides. As we go in the same direction as the Savior, we learn more of His heart and His will for our lives. He says that His yoke is easy and His burden is light.**

**-When we are teamed with the Savior, His yoke is light because He takes most of the burden from us as we go in His direction, doing His will, listening to His instruction and trusting in His way. He is our companion and gives us the necessary strength to do all that He calls us to do, walking along with us, side by side, all throughout life.**

**-What do you think it means when it says in this verse He is gentle and lowly in heart, and we will find rest for our souls when we yoke with Him? (He is gentle towards us and yet He is lowly in heart toward God the Father. When we yoke ourselves with Him, then we find true rest for our souls because He is Peace and gives us His Spirit of Peace.)**

**-Let’s read our next verse together to see what else He has to say, #2: (John 14:27 “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”)**

**-What kind of peace does God offer that is different from the world? (Peace that enters our souls when nothing else can touch the deepest part of our longings. When we are in so much pain and hurt, and anything the world offers just leaves us empty, but His hand reaches deep down where nothing can satisfy our longings and hurt and He covers it with His all sufficient supernatural Spirit of Peace.)**

**-So many times the world offers a counterfeit promise of peace.**

**-How many commercials do you see that say if you take this vacation that you deserve, everything will be made right in your life, relationships or longings? Or, if you just have this new car, house, money in the bank, etc., you will be fulfilled?**

**-Is this true? (...) Why or why not? (...)**

**-Can anyone share a time when you have experienced a peace that passed understanding? (...)**

**-If you are still struggling with this because you are in the midst of it right now, just remember to look to Jesus, He knows exactly what you need in the deepest part of your soul and in time His Spirit of Peace will cover the hurt and longing that is there.**

**-Who knows who Paul the apostle was?** (He was Saul, the persecutor of Christians, before he came to know Jesus as His Savior and Lord. He wrote 13 books of the Bible: Romans, 1&2 Corinthians, Galatians, Ephesians, Philippians, Colossians, 1&2 Thessalonians, 1&2 Timothy, Titus, Philemon, and possibly the book of Hebrews.)

**-Does anyone remember where scripture tells us that he had a thorn in his flesh?**  
(...)

**-It is found in Paul's own writing in 2 Corinthians 12. Let us read it together from our Verse Sheet, it is #3:** (2 Corinthians 12:7b-8 "Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me.")

**-Do we know exactly what that thorn was?**

**-No one can say for sure what it was, whether mental or physical, but it was a source of real pain in his life. He sought the Lord three times to remove this source of pain from him.**

**-Have you ever felt this way, pleading to the Lord that He would take something painful away and He didn't? (...)**

**-Paul was just like us, wanting to be painfree. We all want to be painfree.**

**-Paul probably had many good reasons why he should be pain-free too; maybe he felt he could have had a more effective ministry if he was painfree; or maybe he felt he could have possibly reached more people with the gospel; maybe he felt he could have glorified God even more!**

**-Has anyone felt that way in your own pain and suffering or broken heart? That if you were free from it, you would be able to help others and glorify God better? (...)**

**-But, let's read what the Lord said to Paul after Paul asked the Lord three times to remove it. It's #4 on our Verse Sheet:** (2 Corinthians 12:9 "But He (The Lord) said to me, '*My grace is sufficient for you, for My power is made perfect in weakness.*' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.")

**-According to this verse, what did the Lord say to Paul?** ("My grace is sufficient for you, My power is made perfect in weakness.")

**-The Lord was more concerned with building Paul's character. Instead of removing this problem, whatever it was, God gave Paul more *overwhelming grace and more compensating strength*. Paul learned that God's "power is made perfect in weakness." And through his weaknesses, he wrote some of the most powerful books of grace and mercy in the Bible that we read today.**

**-How many of you have ever been blessed by any of the books Paul wrote? (...)**

**-Which one is one of your favorites? Romans, 1&2 Corinthians, Galatians, Ephesians, Philippians, Colossians, 1&2 Thessalonians, 1&2 Timothy, Titus, Philemon, or Hebrews? (...)**

**-Imagine if Paul didn't rely on God's power in the midst of his weaknesses and brokenness, we may have never had these books to read and encourage us today.**

**-God's power is made great in our brokenness. Because He is our Creator and is powerful and all knowing of our greatest needs, He is able to help us overcome in His strength alone to bring glory to Him and peace to our souls.**

**-But just like Paul, we have to trust Him no matter what.**

**-Do you trust God in times of brokenness? Or does He seem too far away at times?**

**-Let's read some verses that may help us in this.**

**-Let's read together #5 on our Verse Sheet: (Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit.")**

**-So where is He when someone is brokenhearted? (Close!)**

**-What does He do for those who are crushed in spirit? (Saves!)**

**-Let's read another verse together to see this again, #6 on our Verse Sheet: (Psalms 147:3 "He heals the brokenhearted and binds up their wounds.")**

**-What is the promise again in this verse? (He heals our broken hearts and binds up our wounds.)**

**-So He has to be close to us in order to do this for us.**

**-But, there is something we need to do as we wait on Him to do it in His timing.**

**-Let's read our next verse that tells us how to do this when we are struggling with trusting Him for this, #7 on our Verse Sheet: (Proverbs 3:5-6 "Trust in the Lord will ALL your heart, *and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.*")**

**-What is this verse telling us we need to do when we don't understand why we are still facing the burden/brokenheart? (To not lean on our own understanding of our situation, but acknowledge Who God is and what He is capable of doing and trust that He will make the path straight for our healing. That He will heal and bind up the wounds in His timing and perfect healing.)**

**-We might not understand why, but we know God can heal our brokenness on the inside even if the outside doesn't change, because like Paul, He gives us His overwhelming grace and compensating strength as we wait.**

**-The last thing I want to talk about is for us to look forward, setting our eyes beyond our past pains or present circumstances, but to what lies ahead.**

**-This may seem impossible in circumstances you may be in right now, but let's read our last verse to help us with this. It was also written by Paul, #8 on our Verse Sheet: (Philippians 3:13-14 "Brothers, I do not consider that I have made it my own. But one thing I do: *forgetting what lies behind and straining forward to what lies ahead.* I press on toward the goal for the prize of the upward call of God in Christ Jesus.")**

**-What does the middle part of this verse tell us? ("Forgetting what lies behind and straining forward to what lies ahead.")**

**-For a believer, what lies ahead for us after our time on this world ends? (Heaven, with Christ)**

**-Are we citizens of this world? (No)**

**-If we really believe this, when we look at our brokenness, does it remind us that it is temporary and not forever? (...)**

**-We are citizens of Heaven, this world is not our home, we are just passing through it and when we finally understand this, it makes the things of this world and our problems put in an eternal perspective.**

**-It doesn't mean it minimizes the pain, but it reminds us to keep our eyes on Jesus and to keep our focus on Him in the midst of it. And when we do that, His peace and healing from within gives us strength for the journey and the hope of better things to come.**

**-When we run this race of life with Him and all His strength and power, we run with Heaven in our view and all His grace and mercy in our hearts to give along the way, no matter our circumstances, to those who need it as we pass by them. God never leaves us abandoned in our brokenness, but yokes with us and carries us through until we reach Heaven's door. So, put on His yoke and walk with Him and feel His power and presence in your life as you travel this journey together.**

**-May the Lord bless you and keep you and shine His grace upon you!**

## **“GOD HEALS THE BROKEN HEARTED” VERSE SHEET**

- 1. Matthew 11:28-30** “Come to Me, *all who labor and are heavy laden*, and I will give you rest. *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. For My yoke is easy, and My burden is light.”
- 2. John 14:27** “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”
- 3. 2 Corinthians 12:7b-8** “Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me.”
- 4. 2 Corinthians 12:9** “But He (The Lord) said to me, ‘*My grace is sufficient for you, for My power is made perfect in weakness.*’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”
- 5. Psalm 34:18** “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”
- 6. Psalms 147:3** “He heals the brokenhearted and binds up their wounds.”
- 7. Proverbs 3:5-6** “Trust in the Lord with ALL your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.”
- 8. Philippians 3:13-14** “Brothers, I do not consider that I have made it my own. But one thing I do: *forgetting what lies behind and straining forward to what lies ahead*. I press on toward the goal for the prize of the upward call of God in Christ Jesus.”