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Healing the **Brokenhearted**



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HEALING THE BROKENHEARTED

Gather The Fragments That Nothing Be Wasted!

I. The Brokenhearted

- A. **Isaiah 61:1** and **Luke 4:18** – Jesus heals.
- B. **Broken** (defined/Webster's) – Shattered, fractured, fragmented, not functioning, violated, overwhelmed, subdued, not continuing.
 - 1. **John 6:12** – Gather up “the fragments” that nothing be wasted.
 - 2. Don't waste your pain.
- C. Ernest Hemingway once said, “**Life breaks us all, and afterward many are strong at the broken places.**”
- D. Not all are made strong – many stay broken!
- E. **John 11:21-23** – Martha said, “Lord if You had been here, my brother would not have died.” Jesus said, “Your brother shall rise again.”

II. Wilderness Mentality

- A. Thinking the future will always be affected by the past
 - 1. **II Corinthians 5:17** – New creature in Christ; old passes away
 - 2. Face reality but know that “**Truth Supersedes Fact.**”

3. **Philippians 3:13** – Let go of what lies behind and press on.
4. **Hebrews 11:15** – Looking back gives opportunity to return.

B. Hope, believe, and be positive.

1. **Romans 5:1-5** – Hope never disappoints us.
2. **I Corinthians 13:7** – Love hopes all things; believes all things.
3. **John 15:9** – We are instructed to abide or continue in His love.
4. **I John 4:16-18** – Fear can't remain when we know and continue in God's love.
5. **Psalm 27:13-14** – *[What, what would have become of me] had I not believed that I would see the Lord's goodness in the land of the living! Wait and hope for and expect the Lord; be brave and of good courage and let your heart be stout and enduring. Yes, wait for and hope for and expect the Lord.*
6. **John 8:14** – Jesus knew where He came from and where He was going.

Know where you came from and where you are going.

C. Self-Pity

1. **Self-Pity** (defined) – It is idolatry and causes us to be self-centered. We turn in on ourselves the compassion that was intended to go out of us toward others.

Keeping something that was designated to be given away causes destruction.

2. **I Peter 5:8-9** – Resist the devil, remembering that there is suffering throughout the world.
3. Resisting the devil often means, “resist a wrong attitude.”

4. Compassion – To be moved in one’s inward parts and often moved to action **toward** the sufferer. Jesus was frequently moved with compassion toward the hurting.
- D. Complaining – It is actually praising the devil; and when one complains in hard times, it sows seed for increase in hard things.
1. Israelites “**complained and remained**” in the desert.
 2. Jesus “**praised and was raised**” from the grave.
 3. Praise – A tale or a narration concerning the character and works of an individual.

PRAISE GOD – NOT THE ENEMY.

4. Philippians 4:6 – Thanksgiving has a lot to do with answered prayer.
 5. I Thessalonians 5:16-18
 - a. Be happy; rejoice = have a good attitude.
 - b. Be unceasing in prayer.
 - c. Thank God in everything.
 6. I Thessalonians 5:19 – “Do not quench the Holy Spirit.” It is He Who walks us through healing. Obeying these principles aids Him instead of quenching Him.
- E. Blame or faultfinding
1. The Israelites always blamed Moses and God. They never took responsibility.
- F. Bitterness, resentment, and unforgiveness
1. Matthew 6:15 – Must forgive men to have your own sins forgiven.

2. **Matthew 5:23-24** – . . . *When you are offering your gift at the altar you there remember that your brother has any [grievance] against you, leave your gift at the altar and go. First make peace with your brother, and then come back and present your gift.*
3. **Matthew 6:14-18** – Instructs us to forgive, then speaks of fasting.
 - a. Can be applied to fasting bad attitudes that bind
 - b. **Isaiah 58:6-7** – The fast God chooses

JOYCE'S
OPINION:

Fasting food with prayer at God's leading helps break bondages and reveals "the real problem." Then, fast the attitude that brought you into bondage to start with.

- G. Repairer of the Breach (**Isaiah 58:12**)
 1. Breach – Break, gap.
 2. Restorer – Figuratively, has the idea of returning to the starting point; bring home again.

III. Jesus Loves Me, This I Know.

- A. **Ephesians 3:16-21** – Receiving His love and giving Him glory, by His personality flowing through me, are vitally connected.
- B. The difference in knowing, thinking, and feeling
 1. Knowing – To discern spiritually. There is a mental knowing, but revelation is on another level.
 2. Thinking – To reason, believe, suppose, visualize, or imagine.

NOTE: Thinking is fickle – sometimes it helps me, and sometimes it prevents me.

3. Feeling – A physical sensation or a sensation involving touch; emotion, senses, opinion based on physical sensation.
- C. The cure for the insecure
 1. **Romans 8:31-39** – God is for us, and **nothing** should separate us from God's love.

Healing Grace

I. Self-Analysis

- A. Our relationship with God, others, and ourselves are all interconnected and affect each other.
 - 1. **I Peter 3:11** – Peace with God, others, and ourselves is vital to happiness.
 - 2. Analysis – The separation of the whole into constituents with a view to its examination and interpretation; a statement of the results of such study.
 - 3. People analyze themselves profusely; picking themselves apart and making determination of their worth based on supposed findings.
- B. Works, performance, and perfection will never do.
 - 1. The fear of rejection opens the perfection trap.
 - 2. **John 3:18** – Jesus will never reject those who believe.
 - 3. **John 6:28-29** – What does God require?
 - 2. **Hebrews 4:3** – Believing and rest

II. Believe In God's Grace.

- A. A doctor of a mental hospital said, “Most of my patients could go home in a week if they knew they were forgiven.”
 - 1. My trip to a mental hospital where the patients murmured about being guilty
- B. Grace – The gift of God's love offered to the undeserving and unworthy.

1. Grace – (*Charis*) Same word as **accept, accepted, and acceptable.**

Ephesians 1:6 – We are made acceptable through the Beloved.

2. Grace (defined/Vine's) – That which bestows or occasions pleasure, delight, or causes favorable regard. [How can anyone enjoy God or Christianity without receiving grace?]
 - a. On the part of the bestower, the friendly disposition from which the kindly act proceeds.
 - b. God is pleased to bless you; He is not angry about it.
 - c. **James 1:5** – *If any of you is deficient in wisdom, let him ask of the giving God [Who gives] to everyone liberally and ungrudgingly, without reproaching or faultfinding, and it will be given him.*
 - d. **Matthew 11:28-30** – Come to Me and rest.
3. **Grace** – There is stress on its freeness and universality – its spontaneous character. On the part of the receiver, it leaves a sense of favor bestowed and a feeling of gratitude.
4. **Grace** – The power for change, the equipment and enablement for ministry.

C. God's perfection and our ability to perform

1. **Romans 3:20-26** – All fall short of the goal, so all must be saved and justified by Him.
2. The Grand Canyon is 9 miles wide. Joyce could jump 6-8 feet; Dave could jump 12-13 feet (maybe); a trained broad jumper jumps 24-26 feet. The point is: they are all still very short of 9 miles and very dead without someone to save them.

3. The ocean is thousands of miles across. Dave could swim 1 mile when he was in the Army and working out. Joyce could swim 50 yards if she floated a lot. A distance swimmer could swim 20-30 miles. But the ocean is thousands of miles. We all drown without God.

III. The Tyranny Of The *Oughts*

- A. *Oughts* – Obligations, ***shoulds***: I should pray; I ought to behave better; I ought to read the Bible more; I ought to memorize more Scriptures.
 1. **Romans 8:15** – The Spirit brings freedom – not the bondage of fear.
- B. The list is endless, and it leaves you with a sense of the following:
 1. Guilt and condemnation
 2. Failure
 3. Low self-esteem
 4. A high level of stress and anxiety from works and frustration
 5. Anger and depression due to negative emotions about the whole system
 6. A hard-hearted attitude due to legalism
 7. Being overly scrupulous due to a damaged, overly-sensitive conscience
 8. Leaves you hard to get along with and very unhappy
- C. Self-rejection and self-hatred result.
- D. **Romans 8:2** – The law of the Spirit of life has set me free from the law of sin and death.

1. **Galatians 5:1** – Stand fast in your liberty.
 2. Paul taught them (the Jews) liberty, and the Judaizers kept trying to bring them back into bondage.
(See **Galatians 3:1-3, 5, 10, 17; 2:4-5.**)
- E. The fear of rejection, the fear of man, and man pleasing must be resisted.
1. **Galatians 2:11** – Paul opposes Peter for being a man pleaser.
 2. **Galatians 1:10** – Can't be free and be a man pleaser.
 3. Someone will always find “a work for you to do” to be right with them or God.

IV. Strive To Enter God's Rest.

- A. **Hebrews 4:9-11** – Rest comes when we cease from the weariness and pain of human labor.
1. **Rest** – This word refers to “a Sabbath rest.” There is a Sabbath rest available for your soul. This is spiritual rest – not physical.
- B. Rest concerning your past and future
- C. Rest concerning your faults
1. **Psalms 103:14** – He knows our frame and remembers we are but dust.
 2. **II Corinthians 4:7** – We have this treasure in earthen vessels that the exceeding greatness of His power may be shown to be of God.
 3. **I Peter 1:24** – Man described as withering grass
 4. **James 4:14** – Man is but a wisp of vapor.

- D. **Philippians 3:9** – The God kind of righteousness
- E. **Hebrews 6:1-3** – Repentance and abandonment of “dead works” are elementary teachings.
 - 1. **Hebrews 5:13** – Those “unskilled in the doctrine of righteousness” feed on milk.

V. Imperfections And Weaknesses

- A. **Numbers 11:14-17** – Moses said he couldn’t do this anymore, and God gave him help.
 - 1. Don’t feel you must hide your weakness from God.
 - 2. Remember, He already knows!
 - 3. **Jeremiah 1:5** – Before I formed you, I called you, appointed you, and **I knew you**.
 - 4. **Psalms 139** declares that He knows everything about us; we can hide nothing from Him. He sees in the darkness as well as in the light.
- B. Look at **His choice** of disciples.
 - 1. **Matthew 26:40** – Peter are you **unable** to pray with Me one hour?
 - 2. **Matthew 16:13-25** – Peter shows **carnality** but declares his faith in Jesus.
 - 3. **Mark 9:31-34** – Shows lack of comprehension, fear, and pride
- C. He ate with tax collectors and sinners of all kinds. He defended and befriended prostitutes.

VI. The Outcast And Limping Ones

- A. **Psalm 147:2-3** – He gathers the outcasts of Israel. He heals the brokenhearted and binds up their wounds.
- B. **Zephaniah 3:14-17, 19-20** – *Sing, O Daughter of Zion; shout, O Israel! Rejoice, be in high spirits and glory with all your heart, O Daughter of Jerusalem [in that day]. [For then it will be that] the Lord has taken away the judgments against you; He has cast out your enemy. The King of Israel, even the Lord [Himself], is in the midst of you; [and after He has come to you] you shall not experience or fear evil any more.*

In that day it shall be said to Jerusalem, Fear not, O Zion. Let not your hands sink down or be slow and listless. The Lord your God is in the midst of you, a Mighty One, a Savior [Who saves]! He will rejoice over you with joy; He will rest [in silent satisfaction] and in His love He will be silent and make no mention [of past sins, or even recall them]; He will exult over you with singing.

Behold, at that time I will deal with all those who afflict you; I will save the limping [ones] and gather the outcasts and will make them a praise and a name in every land of their shame. At that time I will bring you in; yes, at that time I will gather you, for I will make you a name and a praise among all the nations of the earth when I reverse your captivity before your eyes, says the Lord.

- C. **II Samuel 9:6-13** – Mephibosheth ate at the king's table, even though he was crippled (a limping one).
- D. **Genesis 32:24-28** – Jacob was a trickster, schemer, and swindler; but he wrestled with God and would not let Him go. God changed Jacob and renamed him Israel (contender with God).
1. **Genesis 32:31** – He went away limping.
 2. His weakness had been pointed out and faced, but he pressed in for God to bless him.

- E. **Isaiah 49:2-3** – *And He has made my mouth like a sharp sword; in the shadow of His hand has He hid me and made me a polished arrow; in His quiver has He kept me close and concealed me. And [the Lord] said to me, You are My servant, Israel [you who strive with God and with men and prevail], in whom I will be glorified.*
- F. **Ephesians 1:4-6** – A reference from **Isaiah: Chapter 49** says that God chose us and blesses us because He is kind and He wants to.

BELIEVE AND RECEIVE

Your Future, Your Purpose, And Your Value!

I. What Does The Future Hold?

- A. People with a sad past need to be able to believe in a bright future.
 - 1. **Proverbs 29:18** – Where there is no vision, people perish.
 - 2. Vision – A mental sight, dream, revelation, or oracle.
- B. **Jeremiah 29:11** – *For I know the thoughts and plans that I have for you, says the Lord, thoughts and plans for welfare and peace and not for evil, to give you hope in your final outcome.*
- C. **Ephesians 2:10** – He has a good life prearranged and planned.
- D. He not only plans to return what the enemy has stolen, but He also wants to reward you for your faithfulness.
 - 1. **Joel 2:25-26** – I will restore the years the locusts have eaten. You shall eat in plenty and be satisfied and praise the name of the Lord. My people shall never be put to shame.
 - 2. **Hebrews 11:6** – Believe God is and that He is the **rewarder** of those who diligently seek Him.
- E. Reward – Payment, salary, compensation, benefits, wages.
 - 1. **Genesis 15:1** – The Lord appears to Abram in a vision and told him not to fear, and that He had a reward for him.
 - 2. Recompense – Compensation or back pay for what you missed (**Isaiah 61:7**).
- F. Abram had to make some hard choices (**Genesis 12:1-2**). You may need to “let go to take hold.”

1. He waited a long time. Surely he resisted the temptation to give up; God's plan doesn't happen right away.
 - a. **Hebrews 2:2-3**
 - b. **Hebrews 10:35-39**
 - c. **Hebrews 11:1** – Faith is the title deed to God's good plan.
2. God's promises must be waited on (**Galatians 4:22-31**). Let the Holy Spirit work.

G. **Isaiah 62:1-4**

1. Vindication (defined) – To clear of accusation, blame, suspicion; to justify or prove the worth and value of.
2. No more termed forsaken or desolate.

II. Redeemed

A. **Isaiah 62:12** – The Redeemed of the Lord

1. Redeemed (Old Testament definition) – To sever, to cut loose, release, preserve, ransom, or rescue.

B. **Galatians 3:13** – Christ hath redeemed us from the curse of the Law.

1. Redeemed (New Testament definition) – To buy up, rescue from loss, ransom, to improve opportunity.

C. **I Peter 1:18-19** – Redeemed by the Blood, the precious Blood

1. You are not your own, but bought and paid for (**I Corinthians 6:19-20**).

D. **Revelation 5:1-10** – He is worthy to open the seals and read the names in the Book, for He has redeemed us from every nation and tribe.

E. Be assured, beloved, that you have worth and value.

III. Knowing Your Value Brings Deliverance

- A. **Worry (Matthew 6:26)** – He takes care of birds, and we are more valuable than they are.
 - 1. Are you more valuable than a bird?

- B. **Fear (I John 4:18)** – Perfect love casts out fear (the thought of punishment).
 - 1. **Perfect love** – To bring to an end by completing or accomplishing; to finish, fulfill; to bring through to the end.
 - 2. The sacrifice, suffering, and bloodshed of God’s Son declares His great and perfect love.

- C. **Insecurity (Isaiah 54:17)** – My heritage or inheritance is security.
 - 1. Secure in God’s love, His plan, and His purpose
 - 2. Secure (defined) – Free from danger; safe; free from doubt and fear; assured, certain, and confident.

Free And Fearless

I. Free

- A. Free (defined) – To have liberty and to be without restraint; to live boldly; a loosening and a relaxation; release or free from slavery.
- B. **John 8:36** – Whom the Son sets free is free indeed.
 - 1. Genuinely free; totally free
 - 2. We can't be free and fearful at the same time.
- C. Many things to be free from, but the root of most of them is fear
 - 1. **Law** – The root of legalism is fear of displeasing God, fear of sin, fear of punishment, etc.
 - 2. **Insecurity** – The fear of not being loved, fear of abandonment, rejection, being worthless, etc.
 - 3. **Laziness** – Rooted in fear of hard work, discomfort, or pain.
 - 4. **Indecision** – Fear of being wrong; fear of imperfection.
- D. **II Timothy 1:7** – Fear is a spirit that produces thoughts and feelings. It is sent to prevent and to hinder progress and enjoyment.
- E. It must be confronted – fear will not just vanish.
 - 1. Prayer usually strengthens us to confront fear rather than causing fear to vanish.
 - 2. The Word is filled with “Fear Nots.”
 - 3. Fear (defined) – Flight or to run from.

Stand your ground in God and do not run from hard things.

II. Deep-Rooted Fears

A. The ones we don't face – **“the fears we fear”**

The masks we wear.

1. I said I needed no one; but actually, I was afraid of relationships.
2. Fear of rejection was prevalent.
3. Fear of failure as a friend
4. I had deep problems, and I was afraid of letting someone get close enough to find out.
5. **II Samuel 9:7** – Mephibosheth never came to the palace due to fear of rejection because of his weakness. David said to him, **“FEAR NOT!”**

B. Fear of failure and isolation

1. A child says he doesn't want to play ball; when really, he is afraid of not playing well.
2. A person won't try for a promotion or a better job for fear of being turned down; or worse yet, fear of being accepted and then failing.

C. The fear of not being loved for who I am

1. So I “do” things to make sure I keep relationships.
2. Then the people feel manipulated – not loved.
3. I lived in this trap for years – buying friends and fearing losing them – always “working” to keep them.

D. The tip of the root where it all begins is: **“Something is wrong with me, and God can't love me until it is fixed.”**

1. If God can't love me, who can?

III. Most Common Torments – Fear Hath Torment.

A. Fear of the past

1. Mistakes do not stop God; unbelief does.
2. **II Corinthians 5:17** – In Christ, old things pass away.
They have no power over you.
3. This is what it means to be **MORE THAN A CONQUEROR** (**Romans 8:37**).
4. You have a past, but it has no power to harm you.

CHRIST IS GREATER THAN YOUR PAST!!

B. Fear of the future

1. No need to fear “**the blank spaces.**” God’s plan is good.
2. We don’t have to know everything – we know the One Who knows.

C. **Romans 6:7** Fear of sin – When we die “in Christ,” we are free from sin; it has no power over us. (See **Verses 1-7.**)

1. **Romans 6:14** – If you don’t live under the law, sin loses its power.
2. **Romans 8:1** – There is no condemnation – which is the power of sin.
3. **I John 2:1** – Try not to sin; but if anyone should sin, we have an advocate with the Father (Jesus, the all-righteous One).

- a. **Advocate** – Comforter

DO YOU LISTEN TO THE TORMENTOR OR THE COMFORTER?

- b. Advocate – Legal assistant, counsel for the defense, one who pleads another’s case or cause; **an encourager**.

DO YOU LISTEN TO THE ENCOURAGER OR THE DISCOURAGER?

4. Hebrews 10:17 and Jeremiah 31:33-34 – God forgives and forgets.
5. Rather than fearing the sin, “believe Jesus can deliver you.”
6. Psalm 121 – Trust Him to keep you from evil.

IV. Be Strong In The Lord.

- A. Deuteronomy 31:6 – *Be strong, courageous, and firm; fear not nor be in terror before them, for it is the Lord your God Who goes with you; He will not fail you or forsake you.*
- B. Philippians 2:13-14 – Overcome sin, but not in your own strength.
- C. II Corinthians 12:9 – Glory in weakness that God’s power may rest on you.
 1. Don’t fear weakness – realize it is a chance for God to show Himself strong.

TRUST HIM!

- D. Psalm 91 – Overcome fear by dwelling in the secret place.
It teaches us that trusting God and loving Him assures our victory.
- E. Psalm 23 – Fear no evil.
 1. Goodness and mercy shall follow you **all** the days of your life!

