

PAIN IS TEMPORARY, VICTORY IS ETERNAL!
Healing a Broken Heart

1. As a fallen creature, you deserve the Lake of Fire and yet Christ, in His love, delivered you from eternal torment. Therefore, you have no right to complain about any suffering in your life.

*“Why should any living mortal, or any man,
offer complaint in view of his sins.” Lam 3:39*

2. Believe God is able and willing to help and to heal.

“He heals the brokenhearted and binds up their wounds.” Psa 147:3

*“Come, let us return to the Lord. For He has torn us,
but He will heal us; He has wounded us, but He will bandage us.” Hos 6:1*

*“For He inflicts pain, and gives relief;
He wounds, and His hand also heal.” Job 5:18*

3. Believe that God can use the situation for good.

*“And we know that God causes all things to work together
for good to those who love God, to those who are
called according to His purpose.” Rom 8:28*

4. Know that each member of the trinity is intimately involved in the healing of your heart. Therefore, a broken heart increases your love, fellowship, and dependence on Him. That's a good thing!

- God the Father is a loving “daddy” ready to gather us up in His arms to help and to heal.

*“Blessed be the God and Father of our Lord Jesus Christ,
the Father of mercies and God of all comfort ...” 2Co 1:3*

Know that God is near to the brokenhearted.

- The Lord Jesus is near to you in your suffering, and is sent to heal your pain.

*“The LORD is near to the brokenhearted, and
saves those that are crushed in spirit.” Psa 34:18*

“Because the LORD has anointed me ... to comfort all who mourn.” Isa 61:1–2

- The Holy Spirit is given as your Helper (Greek word *paracletos*, meaning “one who comes alongside to help”).

- Both the Holy Spirit and Jesus pray for you in your time of need.

“In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words.” Rom 8:26

“Who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us.” Rom 8:34

5. Pray!

- Pour out the pain and grief in your heart to Him (Psa 55:1–23). David begins the psalm by pouring out to God the deep anguish and emotional pain He is suffering, but David closes the psalm with a declaration of trust in God despite the pain and circumstances. (This is a model for you to follow.)
- Cry out to Him for help!

“O LORD, my God, I cried to Thee for help, and You did heal me.” Psa 30:2

6. Recognize that even pain and suffering has an expiration date.

“Weeping may last for the night, but a shout of joy comes in the morning.” Psa 30:5b

“Those who sow in tears shall reap with joyful shouting.” Psa 126:5

7. Forgive those who may have wronged you.

“And be kind to one another, tender-hearted, forgiving each other just as God in Christ also has forgiven you.” Eph 4:32

8. Focus your thoughts on God, not your heartache or circumstances.

“For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.” Heb 12:3

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.” Phi 4:6–8

9. Like Jesus, look beyond the pain to the glory that comes with victory.

“The hour has come for the Son of Man to be glorified.” Joh 12:23

Remember Jesus said this as He faced the sufferings of the cross.

10. Recognize that your greatest ministry may come from your deepest pain. God designs suffering and heartbreak to bear fruit in your life and in the lives of others.

*“Blessed be the God and Father of our Lord Jesus Christ,
the Father of mercies and God of all comfort, who comforts us
in all our affliction so that we will be able to comfort those who are in
any affliction with the comfort with which we ourselves are
comforted by God. For just as the sufferings of Christ are ours
in abundance, so also our comfort is abundant through Christ.*

*But if we are afflicted, it is for our comfort and salvation;
or if we are comforted, it is for your comfort, which is effective
in the patient enduring of the same sufferings which we also suffer.” 2Co 1:3–6*

Remember ...

Hurt people, hurt people.

Healed people, heal people!