How to Overcome Brokenness
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4/19/20 ● 10:00 A.M.

Scripture References

| Psalm 34:17-19 | Isaiah 57:15, NLT |
| Romans 3:23 | John 12:24 |
| 2 Samuel 12:1-12 | Mark 14:32, 42 |
| Matthew 26:69-75 | Matthew 27:45, 46 |
| Psalm 34:18, NIV | Hebrews 2:9-18 |

Summary

We are living in a broken world surrounded by broken people. It is impossible to go through life without being broken in some area. However, we must not use this as an excuse to stay where we are without making progress. In His Word, God promises to be with us and deliver us from whatever brokenness we suffer. He turns it into something good, makes us whole again, and brings us back to Him. Brokenness puts us in a place that makes us willing to do anything that God asks of us, without any resistance. When we are hurting and suffering, our pain is not pointless; just as Jesus was broken on the cross but was raised three days later, we will also be delivered from our brokenness when we trust in Him.

A. Even righteous people suffer brokenness. This is to be expected, but God delivers us.
   1. The righteous cry, and the L ORD heareth, and delivereth them out of all their troubles. The L ORD is nigh unto them that are of a broken heart; and saiveth such as be of a contrite spirit. Many are the afflictions of the righteous: but the L ORD delivereth him out of them all (Psalm 34:17-19).
      a. Just because we are Christians does not mean we will not have trouble; it will come.
      b. God promises to be with those who are broken. He will deliver us.
      c. Brokenness is a part of life; we do not always get things right.
      d. For all have sinned, and come short of the glory of God (Romans 3:23).
      e. We will not see progress in life above the level of our brokenness.
      g. David’s brokenness caused him to turn his heart back to God and repent.
      h. The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise (Psalm 51:17).
      i. Peter also experienced brokenness when he denied Jesus three times, then had to confront himself and contemplate what he had done (Matthew 26:69-75).
   2. A broken heart causes us to trust God; it moves us back into His arms.
      a. The L ORD is close to the brokenhearted and saves those who are crushed in spirit (Psalm 34:18, NIV).
      b. The high and lofty one who lives in eternity, the Holy One, says this: “I live in the high and holy place with those whose spirits are contrite and humble. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts (Isaiah 57:15, NLT).
3. Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit (John 12:24).
   a. We must die to self-reliance; if we are willing to do this, we will bring forth much spiritual fruit.

B. Brokenness can come about in various ways, but God uses it to bring us back to Him.
1. There are five definitions of brokenness we must be aware of; this should be the lens through which we view it.
   a. Self-inflicted brokenness. This kind of brokenness is inward; it is a contrite, repentant heart over our own sinfulness. It leads to humility and surrender to God.
   b. Broken people break other people; hurt people hurt others. Our intentions, speech, and actions divide, separate, and damage others, even if it is accidental.
   c. We can be broken by a broken world. No one gets through life without feeling this. We must look to Jesus, who has overcome the world and who will take care of us. He understands our brokenness.
   d. We can find beauty in broken lives. The greatest shaping force in our lives can come from struggles we experience. God brings new life out of all our brokenness.
   e. We have Jesus, who was broken for broken people. His brokenness makes the worst in life bearable. He loves and understands us in our brokenness, and will never leave us on our own.

2. We must recognize the signals of a broken, toxic relationship.
   a. When the other person’s expectations do not match our personality.
   b. When the other individual displays inconsistencies.
   c. When the other person constantly destroys the trust that you give them.
   d. When the other person never appreciates you.
   e. When you always have to sacrifice your happiness for them.
   f. When you never have a chance to talk.
   g. When the relationship is exhausting.

C. God is not the author of brokenness, but He turns it into something beautiful.
1. Jesus is well-acquainted with brokenness.
   a. He felt it keenly in the garden of Gethsemane when He sweat blood (Mark 14:32, 42; Luke 22:44).
   b. He felt despair when He was on the cross (Matthew 27:45, 46). He suffered brokenness for us (Hebrew 2:9-18). He died, but rose three days later; we, too, will be raised from our brokenness.

2. There are six facts about brokenness we must know:
   a. It may be painful, but it is a tool in God’s hands. The amount of pain we experience in times of brokenness depends on what is being broken and how long it has been a part of our lives.
   b. God has given us His promise concerning brokenness. Brokenness in our lives breaks our self-reliance so that we can see and experience His love for us. It changes and prepares us for future service.
   c. God always sets limits on times of brokenness; it has an expiration date. It stops at the point where our spirits yield to God’s will. He will never allow brokenness to crush us.
d. God uses brokenness to deepen our understanding in several ways. We gain a new perspective of His mercy and provision; we receive a more complete comprehension of ourselves; also, our compassion and understanding of others' suffering will develop.

e. God will never desert us. He uses brokenness to reveal our need for Him. He is the only one who can perfectly and completely fill all our needs.

f. He is patient throughout the experience of brokenness. He knows all about us, yet still accepts and loves us unconditionally. He also knows exactly how long it will take for us to submit to His will. In brokenness, God’s ultimate goal for us is spiritual victory.

For more on how brokenness is a part of everyone’s life, and how God uses it for good, click on the link below for the DVD, How to Overcome Brokenness.


Category: spiritual growth
Keywords: overcome, brokenness, broken, deliver, suffer, whole, delivered