

Recovering from Heartbreak

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Scripture References

Psalm 147:3	1 Peter 5:7
Job 1:20-22	Romans 12:2, 15
Job 42:1-5, <i>NLT</i>	Hebrews 4:15
Psalm 34:4, 18, 19	Ephesians 1:3, 6
Romans 8:32	Matthew 11:29
Hebrews 13:5, <i>AMPC</i>	Hosea 4:6
2 Corinthians 1:3, 4	2 Peter 3:18
Isaiah 43:2	Proverbs 23:7
2 Corinthians 12:9	Philippians 3:13, <i>AMPC</i>
John 1:11	Psalm 55:22
John 6:71	Philippians 4:8
Psalm 41:9, <i>NLT</i>	John 6:37, <i>NIV</i>

Summary

*A broken heart can be caused by a severed relationship or any number of other things. Whatever the cause, the resulting pain can be enormous. Heartbreak can be defined as crushing grief, anguish, or distress. When we experience it, we can either deal with it the world's way, or God's way. The world's way may lessen the intensity of the pain; however, God's way leads to a complete recovery for those who have faith in Him. This is because only a Christian has access to His power. Because of God's unconditional love for us, we can trust that He will **always** deliver and heal us.*

A. When Job's heart was broken, he sought God. This strengthened their relationship.

1. He healeth the broken in heart, and bindeth up their wounds (Psalm 147:3).
 - a. God's way of helping us recover from heartbreak is much better than the world's way.
 - b. Healing—including the healing of broken hearts—is available through the finished works of Jesus Christ.
2. Then Job arose, and rent his mantle, and shaved his head, and fell down upon the ground, and worshipped, And said, Naked came I out of my mother's womb, and naked shall I return thither: the LORD gave, and the LORD hath taken away; blessed be the name of the LORD. In all this Job sinned not, nor charged God foolishly (Job 1:20-22).
 - a. Job's experiences are one of the earliest biblical records of heartbreak. In one day, he lost his children, most of his worldly possessions, his health, and his livelihood. Despite that, his response was to worship; not once did he get mad at God.
 - b. We must have the same attitude as Job; no matter what happens, we will not let it alienate us from God.
3. Then Job replied to the LORD: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen

and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes" (Job 42:1-5, *NLT*).

- a. What Job went through actually brought him closer to God. The brokenness he experienced caused him to acknowledge that he knew God better than before.
- b. Job learned what all believers learn through heartbreak: that God is faithful, good, and trustworthy.

B. When we are suffering, we need to know that God cares about what we are going through.

1. I sought the LORD, and he heard me, and delivered me from all my fears... The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. Many are the afflictions of the righteous: but the LORD delivereth him out of them all (Psalm 34:4, 18, 19).
 - a. David, another man who was well-acquainted with heartbreak, sought God's presence to overcome the pain.
 - b. Seeking God and trusting God go hand-in-hand. When we are hurting emotionally, we need to trust Him.
 - c. It is up to us whether we believe that God is near to the broken-hearted, and that He delivers them from their afflictions. This determines whether or not we recover and heal.
2. Some people wonder if God cares about them when their hearts are broken; the answer is "yes." We have his emphatic promise that He will *never* leave us.
 - a. He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things? (Romans 8:32).
 - b. Let your character *or* moral disposition be free from love of money [including greed, avarice, lust, and craving for earthly possessions] and be satisfied with your present [circumstances and with what you have]; for He [God] Himself has said, I will not in any way fail you *nor* give you up *nor* leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless *nor* forsake *nor* let [you] down (relax My hold on you)! [Assuredly not!] (Hebrews 13:5, *AMPC*).
3. Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God (2 Corinthians 1:3, 4).
 - a. The love and care we receive from God is something we can share with others.

C. Jesus Christ knows very well the pain of rejection. We can go to Him at our lowest point.

1. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee (Isaiah 43:2).
 - a. We have a God who comforts us. Our faith in this allows us to take possession of it.
 - b. When we get hurt, we know that God is with us and will never fail us. Therefore, everything will turn out fine, and all is well.
 - c. Even when God does not do exactly what we expect Him to, His grace is sufficient (2 Corinthians 12:9).
2. He came unto his own, and his own received him not (John 1:11).

- a. Jesus knows what it feels like to be rejected. When we feel the pain of a broken relationship, He knows what we are going through.
- 3. Jesus understands the pain of loved ones betraying us; *He* experienced it first.
 - a. He spoke of Judas Iscariot the son of Simon: for he it was that should betray him, being one of the twelve (John 6:71).
 - b. Even my best friend, the one I trusted completely, the one who shared my food, has turned against me (Psalm 41:9, *NLT*).

D. God wants us to give Him all the pain of a broken heart. He understands how we feel.

- 1. Casting all your care upon him; for he careth for you (1 Peter 5:7).
 - a. Hanging on to care and hurt says that we do not believe God's Word. He knows how to handle everything we go through.
- 2. God is not an impersonal, faraway God who does not understand our pain. He shares in our feelings.
 - a. Rejoice with them that do rejoice, and weep with them that weep (Romans 12:15).
 - b. For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin (Hebrews 4:15).
- 3. Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ... To the praise of the glory of his grace, wherein he hath made us accepted in the beloved (Ephesians 1:3, 6).
 - a. Broken relationships can be the source of many negative emotions; however, we must not live life being led by our emotions. It is important to remember that God has accepted us; this acceptance transcends all feelings of rejection.
 - b. We need to know about all the blessings already made available through Christ; we cannot use what we are unaware of.
 - c. We must learn of God, and take His yoke upon us (Matthew 11:29).
 - d. People are destroyed by a lack of knowledge (Hosea 4:6).
 - e. We need to seek to grow in the grace and the knowledge of God (2 Peter 3:18). This type of growth helps us change the way we think and renew our minds.
 - f. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God (Romans 12:2).
 - g. For as he thinketh in his heart, so is he... (Proverbs 23:7).

E. Strong faith in God's love helps us push past a broken heart, move forward, and heal.

- 1. When we begin thinking the way God wants us to, we will not be overwhelmed when we get hurt. We will be ready for whatever life throws at us.
 - a. As Christians, we are not defined by our past mistakes or disappointments, or what the world says about us, but by our relationship with God.
 - b. We are children of the King; therefore, we have been empowered to forget the past and move forward.
 - c. ...But one thing I do [it is my one aspiration]: forgetting what lies behind and straining forward to what lies ahead (Philippians 3:13, *AMPC*).
 - d. We *will* need to strain forward, because there will always be opposition to our progress.
 - e. Forgiveness is also essential to the healing process.

2. Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved (Psalm 55:22).
 - a. Scripture operates under the assumption that we *believe* in God. If we do not, we are stuck in the world's system of recovery; this system is failing.
3. What goes on in our lives is closely related to our thoughts.
 - a. What we expose ourselves to influences how we think; how we think determines how we feel; and how we feel determines our decisions. The decision to get involved in a toxic relationship starts a downward spiral.
 - b. By comparison, exposing ourselves to the things of God produces thinking and feelings that line up with the peace of God, and decisions that line up with His wisdom.
 - c. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things (Philippians 4:8).
 - d. We recover from a broken heart by living one day at a time, relying on God's guidance, and reading and meditating on His Word. Healing never comes from our own efforts, only from Him.
 - e. All those the Father gives me will come to me, and whoever comes to me I will never drive away (John 6:37, *NIV*).

For more on how God helps us to move past the pain of a broken heart and start the recovery process, click on the link below for the DVD, *Recovering from Heartbreak*.

<https://bit.ly/RecoveringFromHeartbreakDVD>

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