

When God Doesn't Restore a Broken Relationship

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Scripture References

Psalm 41:9, *NLT*
John 16:33
2 Timothy 3:12
Deuteronomy 30:19
Isaiah 26:3

Proverbs 23:7
Joshua 1:8
Proverbs 4:20-22
1 Timothy 6:6
Philippians 4:11-13

Summary

Relationships are very important to God, yet sometimes they end. When this happens and we lose someone we love, the extreme pain from the broken relationship can break our hearts. Regardless of the circumstances surrounding the loss, God promises to heal the emotional wounds resulting from it, even if He does not restore the relationship itself. Some people can be devastated by this, because they allow themselves to be led by their emotions. A relationship that has ended has the potential to destroy our lives if we let it break our relationship with God. To overcome it and move forward, we must trust that He has something better waiting for us in our future. As long as we focus on God and our relationship with Him, we will be able to remain emotionally healthy and strong.

A. We can all expect brokenness at some point in our lives, but we *can* recover from it.

1. Even my best friend, the one I trusted completely, the one who shared my food, has turned against me (Psalm 41:9, *NLT*).
 - a. God's promise is clear; He will heal the broken-hearted.
 - b. When friends turn against us, we suffer the pain of a broken relationship. Some relationships are never restored; what happened between David and King Saul is one example.
 - c. Whether the broken relationship is through death, divorce, or a friendship that ended, we must not let the resulting negative emotions destroy our lives. We all have emotions, but we should not let our emotions have us.
 - d. People ruled by their emotions never recover from the pain of a broken relationship, because they allow what happened to make them mad at God.
 - e. One guarantee is that at some point in our lives, emotional pain *will* show up.
 - f. ...In the world ye shall have tribulation: but be of good cheer; I have overcome the world (John 16:33).
 - g. Yea, and all that will live godly in Christ Jesus shall suffer persecution (2 Timothy 3:12).
2. We must not let life happen to us; we must happen to *life*.
 - a. We are all free moral agents. It is our choice whether to let a broken relationship wreck our lives, or to allow God to heal and deliver us so that we can recover.
3. I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live (Deuteronomy 30:19).

- a. We can pass God's blessings down to the next generation; however, we can also choose to pass down the curses instead. If we are not careful, we can pass on the pain from a broken relationship to our children.

B. There are three things to do to begin recovering and healing from brokenness.

1. Stop focusing on the broken relationship. Continuing to do so prevents us from using our energy and emotions in healthy ways.
 - a. Focusing on the relationship traps us in the past and causes us to miss the beauty and potential of our present and our future.
 - b. It gives us a permanent negative mindset. What we set our minds on causes our lives to be set on that same thing.
2. Decide not to let the broken relationship impact our self-identity. Our identity should not be determined by people or circumstances, but by our relationship with God.
 - a. No single individual can be the main source of our self-worth; only Jesus can fill that role.
 - b. To avoid brokenness later, we should never ignore the warning signs and red flags of a toxic relationship. We need to pay attention to the signals; this kind of relationship devalues us.
3. Accept that God may not restore the relationship, and that *our* self-efforts to fix it may not work.
 - a. We need to accept all the good *and* the bad things God allows in our lives—including broken relationships.

C. What we focus on determines how fast we heal, or whether we heal at all.

1. Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee (Isaiah 26:3).
 - a. We need to keep our minds on *God*, not on the broken relationship. This gives us peace.
 - b. The mind is the arena of faith.
 - c. For as he thinketh in his heart, so is he... (Proverbs 23:7).
2. This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success (Joshua 1:8).
 - a. After a relationship ends, we will have good success because we meditate on God's Word, not on ourselves or what happened.

D. Trusting in God and in His Word helps us to live again after a relationship ends.

1. My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh (Proverbs 4:20-22).
 - a. We need to ask ourselves what we are attending to and paying attention to. In a broken relationship, sometimes we simply need to let it go and move on.
 - b. The world may provide some relief, and dull the pain to a certain degree. However, only God can provide complete and total healing.
 - c. Spending time in the Word daily brings us emotional health, which leads to physical health.

2. We must know the difference between being content in all circumstances and being complacent. We can be content regardless of whether something good or something bad happens; however, complacency is when we stop trying to improve.
 - a. Paul was able to be content because he trusted God.
 - b. But godliness with contentment is great gain (1 Timothy 6:6).
 - c. Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me (Philippians 4:11-13).
 - d. We cannot repair what happened in the past; we have to move forward. It is essential not to let the circumstance paralyze us.
 - e. Other people cannot change us; we have to make the decision to accept God's help in changing and improving ourselves.

For more on how to handle the emotional pain from a broken relationship and begin the healing process, click on the link below for the DVD, *When God Doesn't Restore a Broken Relationship*.

<https://bit.ly/WhenGodDoesntRestoreaBrokenRelationshipDVD>

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