

Healing from a Broken Heart

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Scripture References

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| Psalm 71:20, <i>NLT</i> | Galatians 6:1-3, <i>NLT</i> |
| Genesis 2:18 | Philippians 3:13, <i>NLT</i> |
| Philippians 2:3, 4 | Ephesians 4:14, 15, 31, 32 |
| Philippians 2:3, 4, <i>NLT</i> | Ephesians 4:14, 15, <i>NLT</i> |
| Psalm 147:3 | |

Summary

It is impossible to go through life without suffering some sort of brokenness. Thankfully, we do not have to endure the pain all alone; Jesus died for broken people. He went to the cross for us so that we could be healed from this state, and move on with our lives. Relationships play a major part in the healing God wants to bring us. Not only does His presence restore broken relationships, but He also heals us emotionally through new relationships we form with other believers. Although true wholeness can only be found through Jesus Christ, God uses human care and ministry to assist us on our journey. This is how He heals our broken hearts.

A. It is not God's will that we go through life broken. He wants to heal and restore us.

1. You have allowed me to suffer much hardship, but you will restore me to life again and lift me up from the depths of the earth (Psalm 71:20, *NLT*).
 - a. Not only does God heal broken relationships, but He also uses healthy relationships to bring healing into our lives.
 - b. God is in the business of restoration. He uses relationships to lift us up.
 - c. There is no such thing as a successful Christian who goes through life alone. Healing comes through relationships with a community of believers.
 - d. Relationships are the context in which spiritual growth and change take place. This is why it was not good for Adam to be alone (Genesis 2:18).
2. Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others (Philippians 2:3, 4).
 - a. Healing begins when we stop focusing on ourselves and begin thinking of others first.
3. Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too (Philippians 2:3, 4, *NLT*).
 - a. When we are wounded by a broken relationship, those wounds can run deep. This can cause us to focus solely on ourselves.
4. He heals the broken in heart, and bindeth up their wounds (Psalm 147:3).
 - a. Pain can be considered as an unusual gift. It demands the attention crucial to recovery, and awakens our senses. It should not be ignored.
 - b. It may hurt, but we must face our pain directly. If we do not acknowledge our old wounds, they can resurface in our lives.

B. Two steps in the emotional healing process include acknowledgement and letting go.

1. When we have been hurt emotionally, the first step in recovery is to acknowledge the wound. We need to admit that we have been hurt, and allow others to share in our pain.
 - a. Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important (Galatians 6:1-3, *NLT*).
2. The second step in healing is to identify and let go of those relational patterns we fall into that re-open old wounds, even in current relationships. We need a trusted individual to help us do this.
 - a. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead (Philippians 3:13, *NLT*).
 - b. That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive; But speaking the truth in love, may grow up into him in all things, which is the head, even Christ (Ephesians 4:14, 15).
 - c. Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church (Ephesians 4:14, 15, *NLT*).
 - d. We must not be gullible about our relationships. It is important to pay attention to the warning signs that a relationship is toxic.

C. Other steps in our healing are forgiveness, and learning to love and trust others again.

1. To experience genuine healing and freedom from our painful past, the third step is to find a way to let go of dangerous emotions. Depending on the severity of the situation, the idea of forgiveness may seem unacceptable; however, choosing *not* to forgive is even more damaging. Forgiveness allows us to heal from the inside; it lets us turn over the bitterness and resentment to Jesus and let *Him* deal with it.
 - a. Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you (Ephesians 4:31, 32).
 - b. Forgiveness requires a supernatural ability to do so; God has already given us this ability.
 - c. Walking in unforgiveness will cost us our peace, and anything that costs us our peace is too expensive.
2. The fourth step, which is the key to healing from past hurts, is to find the courage to love again. This is an emotional risk in itself; it takes courage to open ourselves up to others.
 - a. We find the courage to take risks, trust others, make mistakes, and forgive ourselves through other people.
 - b. We cannot continue withdrawing from others because of our past. God sends us people to help us heal emotionally; we must not push away the ones who can be our greatest blessing.
3. There are twelve ways brokenness can be healed.

- a. Admit your brokenness.
- b. Let go of anything or anyone holding you back.
- c. Turn your failure into triumph.
- d. Even if you continue failing, stay positive.
- e. Do not apologize for going forward toward holiness.
- f. Spend time with yourself and with God.
- g. Avoid worrying about not having anyone to hang out with; your way of thinking will draw like-minded people to you.
- h. Learn how to love unconditionally; we have been given the ministry of reconciliation.
- i. Stop blaming others for your brokenness.
- j. Forgive, release the emotional anchor holding you back, and go forward.
- k. Dissolve all toxic relationships; this helps us to step away from the source of our brokenness. We must be able to distinguish between a good relationship that blesses us and one that is toxic.
- l. Remember that wholeness is already available, and we receive it by faith. Only *Jesus* can make us whole.

For more on how to begin healing after being wounded emotionally, click on the link below for the DVD, *Healing from a Broken Heart*.

<https://bit.ly/HealingfromaBrokenHeartDVD>

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