

## Questions Posed for Study

**Question: How does one heal a broken heart?**

**Intro.** I doubt to many people can say they have never had to deal with a 'broken heart. Whether it was themselves or one of their teenage young people. Disappointments are part of this life and while some are minor, other disappointments can be overwhelming. When young people give a great deal of their hearts to a relationship to soon and that relationship breaks up, it can seem like the end of the world, life will never be the same. Some have even resorted to violence and others to suicide. Certainly it is most important for parents to take this into consideration when their daughters and sons begin to approach the teen years where emotions are untested and unfettered. They are obviously too young and too immature to handle relationships with the opposite gender during their teen years. It is amazing when one thinks about the need to be loved in order for self-affirmation to take place. The point being that if as teens this goes unchecked and without a clear understanding of this compulsion to link up as boyfriend and girlfriend, it will carry on into adulthood.

As adults, we have the possibility that we'll face broken hearts whether it is a marriage breakdown, the loss of a spouse or child, the loss of health, a missed promotion just to name a few. Broken hearts are a very real possibility when living in a fallen world.

So, the question posed for today is: 'How does one recover from a broken heart, if at all?'

**I. Recovery from a broken heart?**

- A. Understanding two important things concerning this very real \_\_\_\_\_,
1. \_\_\_\_\_ your heart – **Proverbs 4:23** – “**Keep thy heart with all diligence; for out of it are the issues of life.**”
  2. To understand what God is endeavoring to do at such times in our lives – God always has a \_\_\_\_\_ for what He does and what He allows to take place in our lives.
- B. One reason being, is that God uses this to \_\_\_\_\_ us closer to Him – **Phil. 3:10.**
1. “Know” – knowledge based in personal \_\_\_\_\_.
  2. God wants us to know Him from life's \_\_\_\_\_, that we can count on Him, that His promise are real, and that He does love us.
  3. And what better way than to be with us in our troubles, in our \_\_\_\_\_ and providing us with comfort. **(II Corinthians 1:3 – 6.)**

- C. Understanding that God's breaking process is \_\_\_\_\_ for us in order to be drawn closer to the Lord, so we can enjoy a unique relationship with the Lord that is only possible through suffering.
- D. This is what the Apostle Paul was \_\_\_\_\_ for when he penned **Philippians 3:10**. As we read it, we can see that he didn't just want to know of Christ, he wanted to know Christ at a level most Believers balk at, or avoid at all cost, settling for mediocrity.
1. It is very difficult to fully \_\_\_\_\_ what one goes through on behalf of another until we go through it ourselves.
  2. We realize then, and only then, the love and care they had for us in dealing with hardships and suffering on our behalf. **(Hebrews 12:2)** (*Endured*)

## II. Secondly, Understanding biblical examples.

- A. God does not always remove us from our broken circumstances.
1. Some times our circumstances are but for a \_\_\_\_\_ time. **(Job 42:12 – 17; John 11:34)**
  2. Other times they \_\_\_\_\_ with us and we learn to live with them. **(II Sam. 12:7 – 13)**
- B. We can see that God has preserved the historical record of others,
1. Adam and Eve had to live nine hundred years with the \_\_\_\_\_ that every funeral was their fault, every murder, every lost person who died and went to hell was because of the choice they made in the Garden of Eden. I'm sure that many of us have made decisions we would love to have a do-over with, they hang around in our memory not so much as a form of punishment, but to keep us close to the Lord, and so we can counsel others.
  2. Abraham had to live with the \_\_\_\_\_ of his nephew Lot who chose the plains of Sodom and Abraham knew the wickedness of those inhabitants. It began with Abraham's brining more than God had commanded. **(Genesis 12:1 – 3)**
  3. Sampson's parents had to live with a strong-willed child whom they knew was headed for \_\_\_\_\_. His birth was by divine appointment of God for a divine purpose as deliverer. Sampson had a fleshly problem with which his parents knew would lead him into a direct clash with God. **(Judges 14:1 – 4)**
  4. David's affair with Bathsheba - **II Samuel 12:10 - 12.**
- C. While we expect repentance to be an \_\_\_\_\_ delivery, or even an eventual deliverance, this is not always the case. **Psalm 51:17** as brokenness is God dealing with our \_\_\_\_\_. God quickens the spirit of a man when they come to a saving faith in Christ. Our will is something else to \_\_\_\_\_ with. God desires to break our wills that we may take on His will for our lives. Like breaking in a wild horse, when the will remains broken and humble, we will be continually reminded to keep our wills in check to His will. **(Mark 3:31 – 35)** and we will be more useable to Him for His plans. **(Psalm 34:18.)**