

Chapter 1 : Healing The Brokenhearted Sermon by Raymond Perkins, Mark - racedaydvl.com

Oh, the pain may endure this moment, but surely joy rises with You in the morning. Oh my Healer, fit back the pieces of this broken heart together.

On Easter Sunday, April 16, , after having been stabbed repeatedly by a man named Lewis Paine, Secretary of State William Seward, lay in a hospital bed physically crippled and emotionally drained. And to top it all off, he had not yet been told that his close friend, President Abraham Lincoln was dead. So, wanting a better view of the trees that were just beginning to bloom outside, he asked to have his bed moved closer to the window. As he gazed out upon the beautiful new life in the outside world, he spotted the flag atop the War Department building. It was flying at half-staff. He knew immediately what it meant, but it took a few minutes to sink in. When it did he began to weep and to cry out loud, "The President is dead. Overwhelmed by his own situation and his grief for President Lincoln, he began to cry uncontrollably, shaking and weeping until the bandages that held his wounds together were soaked with his tears and his blood. Jesus met many who were brokenhearted, but one that stands out in my mind is a solitary figure whose faith was greater than her affliction. Jesus brought her healing in more ways than one. I doubt seriously if any of us could even remotely identify with her physical struggles and shame. She was deathly ill and had been that way for 12 years. This was probably a third of her life, and it had been spent battling an embarrassing affliction that had ostracized her from everyone she knew. She could not be with her family and friends because she was unclean. No one was allowed to touch her, keep company with her, even speak to her because of her illness. The Law called for her to be cast out of the city until she was healed, and she might very well have been cast out at one time. The only ones who might even dare associate with her were the lepers. They had nothing to lose. She could not bring them any greater harm than the plague of leprosy had already brought. But they had enough problems of their own. Even the Temple was off-limits to her. If she entered it, she would defile it, and that simply would not do. Imagine how great her sorrow must have been. She was an outcast in the middle of outcasts with no one to turn to, no one to share her sorrow with, and no one to help her in any way. She was all alone in her misery and her affliction. I can see some of us in her story. No, not everyone has such a burdensome physical illness, but some of us do. Others carry spiritual illnesses that keep us brokenhearted and separated from family, friends and more importantly, God. At times her shoes fit us quite easily and there seems no way to find relief. King David wrote in Psalm 137:7 "She had gone out into the crowd knowing that she did not belong there, knowing that she would have to face more public humiliation as the crowd would shout, "Unclean! Oh, yes, she had sought help. She had been every where to see every doctor she could find, but not a one was able to bring her any measure of relief. In fact she was worse and all her money had gone to pay the medical bills. All she got in return was more pain and increased sorrow. The Bible tells us that she is in the middle of the crowd and that she pushes her way to the front to get to this man. A man who it is said can perform miracles, and a miracle is just what she needs. So pushing and straining through the press of humanity around Jesus, she reached for Him. She knew in her heart that if she could only touch the hem of His garment, the miracle would be.

Chapter 2 : Getting Over a Broken Heart - Heal and Don't Over Analyze

He heals the broken hearted, and he binds up their wounds. King James Bible Who is giving healing to the broken of heart, And is binding up their griefs.

Alamy Some relationships ebb away, petering to their end. There is loneliness and ambivalence after this kind of breakup, no doubt. But there is another altogether more visceral kind – the brutal, sudden and sometimes unexpected end to love, which is experienced like a death. For this, some serious heartbreak literature is required. The heroine in my new novel *Missing, Presumed*, suffers just such an emotional karate chop. Today, you can find yourself cut dead by WhatsApp. *Missing, Presumed* review – lonely detective seeks EM Forster fan! Read more In my novel, Manon Bradshaw is felled by the end of a relationship that had offered her great hope. She is 39 and once again facing loneliness, after brief respite. If I could hand her a stack of books to help her through the snotty-tissue stage, these are the ones I would choose. Books like these – which carry us through the worst of times – become lifelong friends. They offer wisdom in the dark, a voice saying you are not alone. And they touch on larger themes of grief and the inward-looking process of rebuilding oneself. They will hold your hand through the worst of it, my friend. Instead of a Letter: Instead of a Letter tells how he broke off the engagement – he abruptly stopped writing to her, then two years later she received a curt note asking her to release him from the engagement so he could marry someone else. Paul died overseas before she could confront or forgive him. In a sense, this is a memoir about hanging on when all is lost. Athill writes elegantly about the shabby gentility of her childhood and her later career as a literary editor, but the drama here is in her frankness about the struggle to rebuild a personality taken apart by sadness. Top 10 failed romances in fiction Read more 2. Solitude by Anthony Storr Did Beethoven compose great works before snuggling up in happy coupledom? While the world harps on about relationships being the key to happiness, psychiatrist Storr argues in this very kindly work that we pay far too little attention to some of the other great satisfactions of life – work and creativity. This book is a rallying cry for the irascible, lonely curmudgeons. We have stuff going for us too, says Storr, with much reference to psychoanalytic theory, and the twin human instincts – outward towards attachment yes, but also inward towards self-sufficiency and the kind of contemplation that can only happen when we are alone. It has all the grip of a psychological thriller, but the writing is drenched in loss and absence. The ambivalence on every page is doleful and humorous and real. Noting that men are like bloody buses, she writes: You look at them flashing their indicators, Offering you a ride. Rush descends into a desperate decline, in which he loses his connection to life, to literature and to himself. This account of a journey into the Cevennes, in the footsteps of Robert Louis Stevenson, takes him towards recovery and a realisation that the world still has riches to offer. The Days of Abandonment by Elena Ferrante A novel about the derangement provoked by abandonment – not a sanitised kind of madness, but the real, dark thing. The late Canadian novelist specialised in lonely misfits and the ordinary difficulties of human relationships. Like Solitude, its subject is the process of writing itself and of grief turning inward. Before We Met is creepy, tense, and closely observed. Hannah is less than 18 months into her marriage and waiting for her husband to fly in from New York. It is a still more wonderful book than Jane Eyre. There is something almost preternatural in its power. Villette tells the story of Lucy Snowe – a cauldron of repressed emotion and desire. Loosely at its centre is Jane Rosenal, a wisecracking single New Yorker who is suffering at the dating frontline and in some senses this book is a riposte to *The Rules* – a brutal and demoralising dating manual published five years earlier. Though shoehorned into the chick-lit genre by some reviewers, and inevitably lined up alongside *Bridget Jones*, Bank was also likened to *Lorrie Moore* for the gentle ironies in her literary style.

Chapter 3 : Home | Healing for the Broken-Hearted

It comforts me to know that Jesus promises us healing for the broken hearted. Even in the darkest of situations, there is hope. I have walked through some dark days and difficult circumstances yet Christ has brought healing to my life.

When your heart is broken, your dreams are destroyed and your mind is confused. There can be a deep feeling of being alone. Even when there are crowds of people around, the feeling of being alone invades and separates. Prayer for a Broken Heart: PAIN engulfing me, sharp, dull, continual, ever-present, ever-aching. Will life ever be normal again? Help me, please help me! I have tried to lift it up To you But it falls back down on me. It knocks me to the ground. It pins me to the ground. I thought that would be the worst time in my life. The Healing Process If we live long enough, we will experience a broken heart. In extreme cases, it takes a year or two to get out of the ditch and see the light of day. If you keep holding on to God, you will get out of the ditch. You will become strong again. Here are some suggestions to consider: Pamper yourself more than usual. Add extra sleep or give yourself extra treats. Remind yourself that healing will probably be slow. Ponder how big and powerful God really is. He is able to help you. He wants to help you. Stay close to God - even if you just rest in his arms and watch T. Give all your strength to protecting yourself against choosing sin as a comfort. Compliment and encourage yourself as you refuse the sin invitations that come into your life. Be wise in choosing your companions. Stay in church or get started going to church. Consider writing your own Prayer for a Broken Heart or writing your thoughts in a journal. The healing may be slow. Sometimes it may be imperceptible, but it is happening. Sometimes the best thing you can do is give yourself grace and pamper yourself some. Give all your strength to protecting yourself so that you do not fall into sin. Your companions will either encourage you to sin or encourage you to follow God. Your friendship choices will reap consequences. When you are weak, it is easy to fall into sins that you would otherwise reject. Consider writing your own Prayer for a Broken Heart. Sometimes expressing the pain - and realizing that you are allowed to express the pain - helps.

Home | Healing for the Broken-Hearted.

Some things on this list are warnings of things to avoid , some are ways to move on , but today I want to look at those things that will help you heal. Take heart, you will get through this. Having your heart broken over a relationship is going to hurt. You could lose your appetite, as well as your your desire to do much of anything but lay in bed and ache. It is possible that you may experience shortness of breath from crying. Your ribs may ache and your eyes may swell. Confusion might rule your brain. You might feel as bad as you have ever felt. It seems no one can help you. But you will get through this. These intense symptoms begin to subside a little bit at a time, just not soon enough for you. The problem is you may be letting this one event blind you so you cannot see the good things happening in your life. They made it and so will you. So take heart and hold on. Talk to someone who cares. The person you are sharing with is like a human crutch to help you through a time of brokenness. Two of his teammates get around him and help carry him off the field. When someone is there, they can help strengthen you when you hurt the most. The people who suffer the most from heartbreak are those who have no one to help them. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. A pastor or just a great friend who maybe is older than you and has more experience with heartbreaks is wonderful. They tell you how they lived and moved on and help you out very much. One of the ways we know we are human and truly alive is that we feel pain. Going through a break-up can be very difficult and touch raw emotions. This proves we are human. It is extremely important to let those raw emotions out. Find a safe place where you are comfortable and if possible, let the tears flow. Big girls are really healthy girls when they show emotion. Some people run from their hurts when really they should embrace them. Unfortunately, the best ways to block something like that out is through destructive behavior like substance abuse, cutting, and the like. There are those who may think this bit of advice is needless. Nothing could be further from the truth. You and I were created to love and be loved. When we get down to it, all we really want is to know there is someone who knows all about us and still loves us no matter what. Only God can love us this way. When we have that foundation of knowing we are loved no matter what, we can have the strength to face rejection from others. Only God can give us a deep sense of being loved because He always does, no matter what. With unfailing love I have drawn you to myself. Tell God everything you feel about your broken heart. He is there to listen and to help heal you. God is the ONLY one who will heal your broken heart. If your heart has been broken, it will take time for you to completely heal. At the time of the break-up, almost everyone thinks they will never feel normal again. But God has designed us so we will heal from wounds. Some people heal faster than others. The deeper your emotions, the longer it will take to heal. But sooner or later you will begin to feel alive again and you will learn to accept this new feeling. So be patient with yourself. You will get through this. It is inevitable that they will. The question is can we learn from the experience? So during this time of hurt, you might want to ask yourself some meaningful questions about your broken relationship. For example, did your relationship include these important things from both you and your partner: And if it is something that will change your life, then let it. Also check out my other blogs " 4 Things to Avoid to Save You From Further Heartbreak If you have the capacity to love, then you have the capacity to be hurt.

Chapter 5 : Prayer - Healer of the Broken-Hearted

Dear Lord, Thank you for today. I lift up anyone who is sad, depressed, or brokenhearted. These people are suffering silently beneath the weight of emotion and pain.

Mending a broken heart is never easy. There is no quick way to stop your heart from hurting so much. But that should not hold you back from loving deeply. The pain that comes from deep love makes your love ever more fruitful. Go through it, not around it. I realize the most difficult task for a person with a broken heart is to stand still and feel the crack. But that is exactly what she must do. Because no shortcut is without its share of obstructions. You have to grieve in order to move on. During the 18 months of my severe depression, my therapist repeated almost every visit: By going through the intense pain, I eventually surfaced as a stronger person ready to tackle problems head on. Soon the pain lost its stronghold over me. Detach and revel in your independence again. Attempting to fill the void yourself "without rushing to a new relationship or trying desperately to win your lover back" is essentially what detaching is all about. The Buddha taught that attachment that leads to suffering. So the most direct path to happiness and peace is detachment. Parachin tells a wonderful story about an old gardener who sought advice from a monk. How can I attain liberation? But I have learned over and over again that I can. It is my job to fill the emptiness, and I can do it creatively, and with the help of my higher power. And here you are, alive, after those 18 months of intense suicidal thoughts. Click here to learn how you build one. Guess what they all thought about? When you turn your attention to another person especially someone who is struggling with the same kind of pain you forget about yourself for a split moment. Nope, there are many physiological reasons that contribute to the healing power of tears. Some of them have been documented by biochemist William Frey who has spent 15 years as head of a research team studying tears. Among their findings is that emotional tears as compared to tears of irritation, like when you cut an onion contain toxic biochemical byproducts, so that weeping removes these toxic substances and relieves emotional stress. So go grab a box of Kleenex and cry your afternoon away. Make a good and bad list. Working out your grief quite literally "by running, swimming, exercising, walking, or kick-boxing" is going to give you immediate relief. Plus you can visualize the fellow who is responsible for your pain and you can kick him in the face. Create a new world. This is especially important if your world has collided with his, meaning that mutual friends who have seen him in the last week feel the need to tell you about it. Take this opportunity to try something new "scuba diving lessons, an art class, a book club, a blog" so to program your mind and body to expect a fresh beginning without him or her. But forgiveness requires hope: Therefore in order to forgive and to move past fear, you need to find hope. And remember to love again! Once our hearts are bruised and burned from a relationship that ended, we have two options: Or we can love again. Deeply, just as intensely as we did before. Henri Nouwen urges to love again because the heart only expands with the love we are able to pour forth. The more you have loved and have allowed yourself to suffer because of your love, the more you will be able to let your heart grow wider and deeper. When your love is truly giving and receiving, those whom you love will not leave your heart even when they depart from you. The pain of rejection, absence, and death can become fruitful. Yes, as you love deeply the ground of your heart will be broken more and more, but you will rejoice in the abundance of the fruit it will bear.

Chapter 6 : Top 10 books for the broken-hearted | Books | The Guardian

Healing for the Broken-Hearted. By The Reverend Canon Ruth Woodliff-Stanley. Both the Old Testament and the Gospel address keeping our focus on the law.

It has crushed me, it aches, I can no longer bear it. This pain of the past consumes my thoughts daily. It hurts so much, Father, these tears that fall long to see joy once again. He heals the brokenhearted and binds up their wounds. This battle in my mind torments me. Give me strength, give me courage, be my Comforter for I still have hope. I cling to You and You alone, my Saviour, my Friend. Guide me, ease this pain, mend this broken heart of mine. Transform me, make me whole and brand new. Surrendering all pain and hurt I will not give up but I will surrender my all to You. Oh Jesus, be the center. Help me to turn these negative effects into positive change. Help me to use it to become stronger, to thrive to be victorious. Oh, the pain may endure this moment, but surely joy rises with You in the morning. Oh my Healer, fit back the pieces of this broken heart together. I need You, Lord, right now. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. My suffering ends today! I am not going to fight Your hands, for they are the ones that hold me at my weakest. I will be still as You work this situation out for me. I await You patiently. Prayer €”
Healer of the Broken-Hearted Isaiah

Chapter 7 : 6 Bible Verses for Broken Hearts | racedaydvl.com

I'm beginning to think through my experiences that the true meaning of God's plan for us and even life itself is to mend the broken-hearted, not with the love we have devoid of God but the love he has planted in us, and to love others.

I suppose I thought it meant that Jesus would comfort people who were somehow sad, maybe due to a broken relationship, or something like that. I thought it probably was not talking about me. I was wrong about that. No words of Jesus are wasted. Our only problem now, we are told, is that we need the renewal of our minds so that we can be aware of who we really are now. It is believed that if our minds, which are part of our soul actually "if our minds are renewed then we will be as complete and perfect as we can be in this life. Some would suggest that all our problems would most likely go away also. While I am a great fan of renewing the mind, I do not believe that this renewing alone does everything that our hearts and lives require for full restoration of what was lost at the Fall of Man. Neither does the born-again experience alone solve all our spiritual problems, as important as it is. If we understand that the HEART refers to both the spirit and soul of man, then we will also understand that when Jesus offers healing to the brokenhearted He is most definitely proclaiming the need for the healing of our spirits as well. If your spirit is wounded, you will find it difficult or impossible to rejoice. This is difficult, because God actually commands us to rejoice! That command might seem very unreasonable indeed to a person with a wounded spirit. I know it seemed unreasonable to me for many years, in spite of all my earnestness in the things of God. You can do many things in God and know many things and still have a wounded spirit. The Good News is that this is possible because Jesus came to heal the brokenhearted. If Jesus said it, we can believe it. He wants to do it. We just need to call out in all honesty to Him for this aspect of salvation to work in our inner lives. It will result in a huge transformation. If it is indeed possible to be a born again Christian and yet have a wounded or damaged spirit, then this makes it clear why Paul said he prayed in 1 Thessalonians 5: Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. This implies that the spirit of a Christian "and the Thessalonians were certainly Christians "the spirit of a Christian might NOT be preserved blameless at all times. If it was automatically going to happen in every case, why pray for it? Perhaps the healing and sanctification and preservation of our spirits is something we ought to attend to after all! Maybe there is something along the lines of healing for our broken hearts that we need to receive as a gift from the Lord. I did not naturally smile much. But it was not always so. If I had been willing to face up to things earlier, my life may have gone better. I thank God for the life I have had, but as with most of us, things might have gone better. In fact, it is quite literally dangerous to your spiritual health. God wants to give us the Oil of Joy for mourning "see Isaiah This is actually a continuation of the Luke 4 quote that Jesus referred to from the Book of Isaiah. The Spirit of the Lord is given: To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; Oil is a symbol of the Holy Spirit. There are a few additional key elements to this which are all related. God commands thanksgiving, praise and sanctification through His Spirit. He does this not for His own sake only, but also for OUR sake. If nothing else, you can begin as a discipline to give thanks to God for every detail of your life and circumstances as often as you can. This the will of God for you and me according to 1 Thessalonians 5: And it lays an excellent foundation for our own personal happiness. In addition to this, we can certainly trust the promise of Jesus that He was sent to heal the broken hearted. This means you and me, in our innermost being! But this is a start. I am not keen to go beyond what is written in the Scripture on this subject. No doubt there are large tomes you can read on the subject of the wounded spirit and all this. Let us at least begin with the Scriptural basics, and take hold of the promise of God for the healing of our spirits. This is something for us to receive, to rejoice in, and thank God for. I believe it can make the difference in many, many aspects of our lives "even down to our ability to also receive physical healing from the Lord.

Chapter 8 : Healing for the Brokenhearted Archives - LIVE ABUNDANTLY NOW

Healing the Broken Heart and Wounded Spirit (Renewing the Mind by Removing Demonic Hooks through Prayer Dialogue with Jesus) In the New Testament, the Holy Spirit, through Paul, defines our existence and makeup.

Chapter 9 : Jesus Christ Came to Heal the Brokenhearted

Relationships are the building blocks of humanity, writes Dudley Rutherford, author of God Has an App for That, and senior pastor of the 10,member Shepherd of the Hills Church in Los Angeles.