

## Healing a Broken Heart and a Wounded Spirit

### Introduction:

1. Question: Do you find it difficult to relate to others and to fit into the world about you?
2. **"Keep and guard your heart with all vigilance and above all that you guard your heart, for out of it flows the springs of life." (Proverbs 4:23)**
3. God "breathed" His own "breath of life" into the man
4. Soul in Hebrew is *nephesh*, meaning "an animated, breathing, conscious, and living being."
5. The Hebrew word for spirit is *ruach*, which means "wind, breath, air, spirit." -
6. If the spirit is damaged, wounded or corrupted in any way, and the Bible says it can be our ability to relate normally to others, to ourselves and to God is hampered.
7. For a small minority of the wounded the damage is only slight; they can get on with their lives with the hurt causing only a minimum of irritation or inconvenience.
8. Many more are affected and limp through life wounded. Then there are those with severe damage to their spirit who are greatly incapacitated and dysfunctional

### **The Complexity of the Inner Life:**

1. The question - what do you do to keep your inner being from deteriorating?
2. So what do you do to keep your inner being from deteriorating?
3. The Bible's understanding of human nature, understanding of what goes wrong inside is more nuanced, more multifaceted, more multidimensional, more complex
4. Emotional unhealth leads to physical unhealth in all kinds of ways, disintegration, deterioration
5. A crushed spirit may have an emotional, relational aspect
6. **Proverbs 12:25 "An anxious heart weighs a man down ..."**
7. Sometimes you do not need medicine or therapy or complicated reflection - you just need arms around you - you need intimacy.
8. A crushed spirit may have a moral aspect
9. **Proverbs 28:1 "The wicked man flees though no one pursues, but the righteous are as bold as a lion."**
10. People who say, "Well, I don't believe I was created. I believe I'm here by accident, and I believe when you're dead, that's it. You rot. That's it. You're gone. I understand that, but the point is have fun while you're here." - no moral boundaries
11. The heart is your core commitments, the things you most fundamentally trust, the things you most fundamentally love, the things you're most fundamentally living for, the things you most fundamentally hope in.
12. Unless you're living with every aspect of your being before God, you are going to have despondency and you have out-of-control emotions and going a crushed spirit you will not be able to remedy.
13. Solitude of the inner life
14. **Proverbs 14:10 "Each heart knows its own bitterness, and no one else can share its joy."**
15. Here's what this is saying - your insides, the movements and motions of your heart, are so complex, they are so inward, and so hidden, there's an irreducible, unavoidable solitude about human existence.
16. If God is only somebody you believe in, if he's an abstraction or maybe He is somebody you don't believe in at all - if God is not a friend, if God is not someone you know personally, if God

isn't someone you have a personal relationship with, if you don't have a sense of God really with you, if you don't have an intimate, personal relationship with God, you will be alone

#### **Guilt:**

1. There is a close association between unresolved guilt and physical and inner sickness.
2. ***"My guilt has overwhelmed me like a burden too heavy to bear. My wounds fester...I am bowed down and brought very low...there is no health in my body...even the light has gone from my eyes" Psalm 38:4-10.***
3. ***Romans 2:15 "They show that the work of the law is written on their hearts, while their conscience also bears witness, and their conflicting thoughts accuse or even excuse them"***
4. If the conscience is "seared"—literally "cauterized"—then it has been rendered insensitive
5. ***1 Timothy 4:1-2 "The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron."***

#### **Unkind Words:**

1. ***"The tongue has the power of life and death" Proverbs 18:21.***
2. ***"The tongue that brings healing is a tree of life but a deceitful tongue crushes the spirit" Proverbs 15:4.***

#### **Abuse:**

1. Abuse takes on three forms: verbal, physical and sexual.
2. ***"Scorn has broken my heart and has left me helpless. I looked for sympathy, but there was none, for comforters, but I found none" Psalm 69:20.***
3. Media reports of physical abuses - children injured, wives beaten, and people are attacked
4. ***"...the unfaithful have a craving for violence" Proverbs 13:2.***
5. Statistics of Chicago *"we either die or go to jail"* - the consequences and long-term effects
7. Sexual abuse, rape and incest are also major problems within our society.
8. Amnon, the son of David, became infatuated with his half-sister Tamar and raped her. In spite of her protestations, her brother, Absalom, convinced her to conceal the assault.
9. ***"And Tamar lived in her brother Absalom's house, a desolate woman" 2 Samuel 13:20.***
10. Intimate partner violence is recognized as a public health issue.
11. A recently described phenomenon is when male violence against females occurs within intimate relationships during youth, and it is termed adolescent or teen dating violence
12. In times of abuse there is a great need for support

#### **Sorrow:**

1. ***"A happy heart makes the face cheerful, but heartache (sorrow) crushes the spirit" Proverbs 15:13.***
2. ***Matthew 18:35 "My heavenly Father will deal with every one of you if you do not freely forgive your brother from your heart his offences"***

#### **The Promise of Healing:**

1. ***"The Lord is close to the broken hearted and saves those who are crushed in spirit." (Psalm 34:18) "He heals the broken hearted and binds up their wounds" Psalm 147:3.***
2. ***"The words I have spoken are spirit and life" John 6:63.***
3. We must walk in forgiveness and don't expect perfection from others.
4. Read, learn and speak out the word of God - it is the source of truth, wisdom and blessing.



