

Healing the Brokenhearted

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Healing the Brokenhearted

Session 1

I. Jesus came to Heal the Brokenhearted

Luke 4:18-19 "The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; To proclaim the acceptable year of the LORD."

Isa 61:1-3 "The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound;
To proclaim the acceptable year of the LORD, And the day of vengeance of our God; To comfort all who mourn, 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; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."

A. Luke 4:21 "Today this Scripture is fulfilled in your hearing."

II. Types and shadows

A. 1 Cor 10:11 Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come.

B. Rm 15:4 For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.

C. Old testament is full of types and shadows

D. Eden is a type of our heart

a. The Parable of the Sower; seed sown on good ground

b. Luke 8:15 "But the ones that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience.

E. Satan's goal is a broken heart

a. Ps 109:16 Because he did not remember to show mercy, But persecuted the poor and needy man, That he might even slay the broken in heart.

b. His aim is to kill all brokenhearted

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III. Gen 1:26-28

26 Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth." 27 So God created man in His own image; in the image of God He created him; male and female He created them. 28 Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth."

- A. Be fruitful and multiply
- B. Subdue it
- C. Have dominion
 - a. To tread down (as a winepress), To subjugate, Subdue, To rule, Cause to rule and reign; to prevail against; to take

IV. Gen 1:29-30

29 And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. 30 Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food"; and it was so.

- A. Multiplying principle of the kingdom of God
 - a. Seed planted
 - b. No limits

V. Gen 2:4-5

4 This is the history of the heavens and the earth when they were created, in the day that the LORD God made the earth and the heavens, 5 before any plant of the field was in the earth and before any herb of the field had grown. For the LORD God had not caused it to rain on the earth, and there was no man to till the ground;

- A. No man to till the ground
 - a. God was creating and preparing everything for man to have dominion

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VI. Gen 2:8-9

8 The LORD God planted a garden eastward in Eden, and there He put the man whom He had formed. 9 And out of the ground the LORD God made every tree grow that is pleasant to the sight and good for food. The tree of life was also in the midst of the garden, and the tree of the knowledge of good and evil.

A. God created the garden and assigned Adam (mankind) to it.

VII. Gen 2:15

15 Then the LORD God took the man and put him in the Garden of Eden to tend and keep it.

A. To tend it

- a. #5647 abad pronounced avad
 - i. To tend (dress) it – to manage the ground (to steward)
 - ii. labour, work, do work
 - iii. to work for another, serve another by labour

B. To keep it

- a. #8104 shamar pronounced sha-mare
 - i. To keep it; guard it; to keep safe; preserve; to protect; to watch; hedge around
- b. First occurrence of shamar, sense of tending or exercising great care over the garden
- c. Ps 121: 4 .. He that keeps Israel.. (shamar)

C. God took Adam (man) and put him in the garden

D. Prov 14: 30 A sound heart is life to the body, But envy is rottenness to the bones.

- a. life proceeds from the heart
 - i. Prov 12: 25 Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.
 - ii. Prov 15: 13,15 A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken. All the days of the afflicted are evil: but he that is of a merry heart *hath* a continual feast.
 - iii. Prov 17: 22 A merry heart doeth good *like* a medicine: but a broken spirit drieth the bones.
 - iv. Prov 4:23 Keep your heart with all diligence, For out of it *spring* the issues of life.

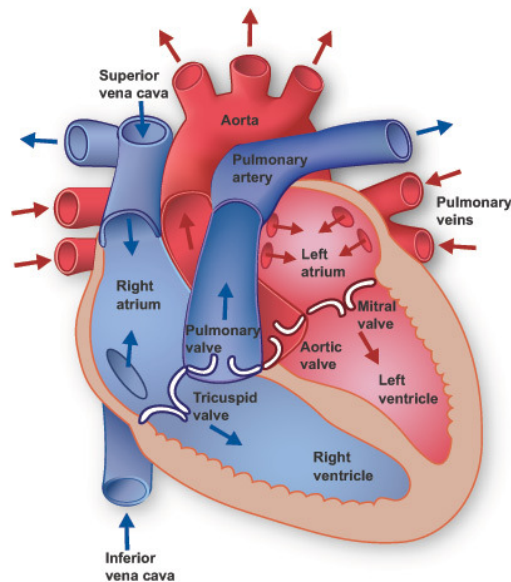
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Session 2

I. The Heart of Man

- A. Definition of the heart from Strong's Concordance
Hebrew #3820 leb (pronounced lave)
Greek #2588 kardia
- a. inner man, mind, will, heart, understanding
 - b. inner part, midst
 - c. midst (of things)
 - d. heart (of man)
 - e. soul, heart (of man)
 - f. mind, knowledge, thinking, reflection, memory
 - g. inclination, resolution, determination (of will)
 - h. conscience
 - i. heart (of moral character)
 - j. seat of appetites
 - k. seat of emotions and passions
 - l. seat of courage
- B. The soul and the spirit make up the heart
Heb 4:12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.
- a. Merimos - To distinguish one part from another
- C. Heart reflects the man
Proverbs 27:19 As a face is reflected in water, so the heart reflects the real person. NLT
- D. Heart effects our behavior
- a. We do can do something with our whole heart Ps 111:1
 - b. We reason in our heart Lk 5:22
 - c. We say things in our heart Lk 12:45
 - d. Heart can be divided Hs 10:2
 - e. Heart can be broken Ps 34:18
 - f. Heart can be hard Job 41:24
 - g. We can harden our heart; Hbr 3:15 While it is said, Today if ye will hear his voice, harden not your hearts, as in the provocation.
- E. The heart is like a vessel, it can hold things and it can be broken, it can be softened, it can be hardened, it can be healed and made whole.
Ps 31:12 I am forgotten like a dead man, out of mind; I am like a broken vessel.

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- F. Heart has rooms and doors, just like the atrium, ventricles and valves
- a. Pro 18:8 The words of a talebearer *are* as wounds, and they go down into the innermost parts of the belly.
 - i. H2315 chedar - chamber, room, parlor, innermost or inward part, within
 - b. Psa 24:7-9 Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in. Who *is* this King of glory? The LORD strong and mighty, the LORD mighty in battle. Lift up your heads, O ye gates; even lift *them* up, ye everlasting doors; and the King of glory shall come in.
 - i. gates here refers to the opening and closing of our heart
 - ii. Our will opens and closes the door of our heart
 - c. Cain: Gen 4:7 If thou doest well , shalt thou not be accepted? and if thou doest not well , sin lieth at the door.
 - d. Rev 3:20 Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.
 - e. Jesus comes through the door, enemy looks for places that are broken to enter
 - f. Luke 8:28 Man in the tombs, "What do we have in common," there is no place for me in you.
 - g. Heart can be good and noble Lk 8:15
- G. Heart stores what we treasure, what we believe, what we count as true or of value
Mat 12:34-35 "Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of the heart brings forth good things: and an evil man out of the evil treasure brings forth evil things.

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- H. Heart follows after what it treasures (values)
Mat 6:21 For where your treasure is, there will your heart be also.

- I. Types and Shadows of the healing of the broken heart
 - a. Nehemiah rebuilding the walls
 - b. Is 54: 11-12 rebuilding
 - c. Song of Solomon 7:10 "I am my beloved's, And his desire is for me."
 - d. Ps 23: 3 He restores my soul

II. Heart Check

- A. Sometimes we know what is in our heart and sometimes we bury things so deep they are no longer part of our conscious mind.
 - a. Ask God
Ps 44:20-21 If we have forgotten the name of our God, or stretched out our hands to a strange god; Shall not God search this out? for He knows the secrets of the heart.
 - b. Gifts of the Holy Spirit
 - i. word of knowledge, word of wisdom, discerning of spirits
 - c. Listening
 - i. Jesus said, For out of the abundance of the heart the mouth speaks.
Matt 12:34
 - ii. What is in our heart comes out when we are shaken.

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Session 3

I. The Broken Heart

A. The heart of man was not made to endure sin and death. Man was created in the image of God, placed in the Garden of Eden to live forever and was never meant to experience sin and death. Sin and death breaks the heart.

- broken relationships
- disappointments
- betrayals
- misunderstandings
- discouraging words
- rejection
- chronic unforgiveness
- being blamed
- being accused
- contempt
- shame
- failure
- violation of trust
- loss and grief
- trauma

B. Symptoms of a broken heart can be:

- Remembering/meditating past hurts
- Talking about past hurts
- Self pity, no one cares
- Sighing
- Sadness
- Depression, heaviness
- Chronic Sickness
- Chronic Fatigue
- Loss of joy
- Guilt, condemnation
- Inability to move on, they forgive but it comes back
- Grief
- Easily offended
- offensive behavior toward others
- Does not laugh

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Brokenness leaves areas open for the enemy to find a place to torment a person. The enemy never has a legal right to torment a Christian. Just because you leave the door of your home open or leave your car unlocked does not give anyone a legal right to come in and steal from you. It may be easier for them, but they still do not have a legal right to do so. The devil is not God's repo man. He is a thief, he does not get permission. John 10:10.

We can make it easier for him by what we say; Pro 18:21 says Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

Rom 14:8 For if we live, we live to the Lord; and if we die, we die to the Lord. Therefore, whether we live or die, we are the Lord's. Who do we belong to?

Luke 13:16 - "So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?"

II. What causes the heart to stay broken?

A. My personal story - Search me O Lord

- a. By faith I open my heart to You, Lord.
- b. NKJV - Pro 20:27 - The spirit of a man is the lamp of the LORD, Searching all the inner depths of his heart (Literally the rooms or chambers of the belly).
 - i. The light of the Lord comes from our spirit, from within; God is a spirit and speaks to our spirit. Rom 8:16 The Spirit Himself bears witness with our spirit, that we are the children of God
 - ii. NLT - Pro 20:27 - The LORD's light penetrates the human spirit, exposing every hidden motive.
 - iii. NKJV - 1Cr 2:11 - For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God.
 - iv. Psa 139:23-24 - Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any hurtful way in me, And lead me in the everlasting way.
 - v. Brokenhearted people live in the past or the future
 - vi. Brokenhearted people have difficulty receiving

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Session 4

Healing the Heart

I. Deut 30:19 – You Choose

Deut 30:19 “I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live;

- A. The privilege, the right, and the power to decide has been delegated into the hands of man by God.
- B. Col 1:12 giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light.
 - a. qualified means to make competent and sufficient and secondarily to entitle, authorize or enable
 - b. God can do everything for us, but decide
He is not going to force the inheritance on us

II. Ps 69:20 Reproach has broken my heart

- A. Ps 69:20 Reproach has broken my heart, and I am full of heaviness; I looked for someone to take pity, but there was none; And for comforters, but I found none.
 - a. Reproach causes shame which erodes confidence
 - b. Reproach – to find fault, to blame or discredit, to cause disgrace, shame, revile, defame, rail at, chide, upbraid, taunt
 - c. Depression, heaviness

III. Psalm 31:11-12

Psalm 31:11-12 I am a reproach among all my enemies,
But especially among my neighbors,
And am repulsive to my acquaintances;
Those who see me outside flee from me.
I am forgotten like a dead man, out of mind;
I am like a broken vessel.

- A. Will not receive the love of God
 - a. Nobody cares about me
 - b. No one pays attention to me

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c. I am all alone

A. Iniquity – fault or crack

Ps 66:18 If I regard iniquity in my heart, The Lord will not hear.

a. Regard – to see, to perceive, have a vision, discern it

IV. If it still hurts, it is still broken, wounded or bruised and painful when touched

A. John 6:63 "It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and [they] are life.

a. Words are spirit, they touch the heart

b. Words heard or spoken

c. Prov. 18:8 The words of a talebearer are like tasty trifles

And they go down into the inmost body.

B. Matt 6:31 Therefore take no thought, saying.

a. Take ownership of your mind

C. Jere 31: 34 No more shall every man teach his neighbor, and every man his brother, saying, 'Know the LORD,' for they all shall know Me, from the least of them to the greatest of them, says the LORD. For I will forgive their iniquity, and their sin I will remember no more."

a. Memory – healing

b. once the heart is healed, "I will to forgive and I will to remember it no more"

V. Ps 34:18 The Lord is near to those who are brokehearted.

A. Is 53: 3-5

He is despised and rejected by men, A Man of sorrows and acquainted with grief. And we hid, as it were, *our* faces from Him; He was despised, and we did not esteem Him.

Surely He has borne our grief And , carried our sorrows;

Yet we esteemed Him stricken, Smitten by God, and afflicted.

But He was wounded for our transgressions, He was bruised for our iniquities;

The chastisement for our peace was upon Him, And by His stripes we are healed.

B. Holy Spirit will show areas of brokenheartness and how the healing is to manifest

C. Anointing with oil, pray with laying on of hands

D. Healing by just hearing the Word