

life|GROUPS
40's & 50's
Building Strong Families

How can you mend a broken heart?

3/8/17

In 1971, the BG's released a song entitled, "How can you mend a broken heart". In many ways, the song resonated with broken hearted people everywhere. Why do I feel like this? Is there hope for me? The good news is God specializes in fixing that which is broken.

What creates a brokenness inside us?

- Exploitation as a child
- Abuse
- Neglect
- Betrayal
- Rejection
- Embarrassment
- Loneliness

What problems accompany those wounds?

- We tend to filter life thru those wounds
- We bring them with us into every relationship
- We often pass on the affects to others/
children

- We struggle to enjoy life
- We take it out on others
- We get angry easily
- We become controlling

We believe some wrong things?

- I'll never be well
- I somehow deserve this
- No one can be trusted
- My wounds won't affect others

How does the mending of our hearts happen?

1. Begins with Jesus Luke 4:18
2. Spiritual battle 2 Cor. 10:4-5
3. Healing now or then 1 Peter 5:10
4. God's grace is sufficient for now 2 Cor. 12:9
5. Trusting God and moving on Phil. 3:13-14

Examples of broken hearts/ spirits that God healed

- Joseph Gen. 37
- Jacob Gen. 25-32
- Jephithah Judges 11:1-3
- David 1 Sam. 16-17
- Woman @ the well John 4

Questions:

Why do you think it's so difficult for us to feel healed?

Why do you think soul wounds seem to stay with us so long?

How have you seen a soul wound affect others around you?

Why is it important to know God will ultimately heal us, whether it be now or later?

What does "God's grace being sufficient for me" mean for my daily life?

Walk thru the examples of those whom God has healed; what stands out to you about them and why?