

# HEALING A BROKEN SPIRIT

**Proverbs 4:20-23** *(nlt)* My child, pay attention to what I say. Listen carefully to My words. 21: Don't lose sight of them. Let them penetrate deep into your heart, 22: for they bring life to those who find them, and healing to their whole body. 23: **Guard your heart above all else, for it determines the course of your life.**

The condition of our heart often determines our behaviour and responses to life's circumstances.

Scriptures refer to two types of '**Broken Spirits.**'

## 1. The brokenness of spirit that is **POSITIVE and ENCOURAGED.**

**Psalms 51:17** *(nlt)* The sacrifice You want is a **broken spirit**. A broken and **repentant heart**, O God, You will not despise.

*(nkjv)* "contrite" - Expressing remorse by recognising one has done wrong.

A broken and repentant heart reveals our willingness to be vulnerable unto God.

## 2. The brokenness of spirit that is **DAMAGING to the SOUL.**

Where a person's spirit and motivation is broken, resulting in a sense of hopelessness or despair.

***Proverbs 15:13** (nas) A joyful heart makes a cheerful face, but when the **heart is sad**, the spirit is broken.*

***Proverbs 17:22** (nas) A joyful heart is good medicine, but a broken spirit **dries up the bones**.*

***Proverbs 18:14** (nkjv) The spirit of a man will sustain him in sickness, but **who can bear a broken spirit**?*

***Job 15:18** (niv) Why is **my pain unending** and **my wound grievous and incurable**? Will you be to me like a deceptive brook, like a spring that fails?*

A broken spirit can cause us to become susceptible to the attacks of our enemy.

***Proverbs 25:28** (mev) He who has **no rule over his own spirit** is like a city that is broken down and without walls.*

**A major cause of a broken spirit is when TRUST has been BROKEN.**

The shock of betrayal is like sitting on a tree branch and when it breaks, it causes us to fall without being able to brace for the impact.

When our spirit is broken, our ability to trust and to be vulnerable can be broken too.

## **The Effects of a Broken Spirit**

- Chips away at our confidence, self-image, and our motivation.

- Keeps truth from being spoken to us – becoming defensive.
- Become closed from fear of being hurt again – becoming suspicious.
- Prevents us from giving and receiving love.
- Can lead to disguising our pain with performance.
- Leads us to isolation, loneliness, and unhappiness.
- It slows down our spiritual growth.

## **The healing process for broken bones is similar to healing a broken spirit.**

God never designed us to live life in isolation but connected with others.

*Galatians 6:2 (ncv) By helping each other with your troubles, you truly obey the law of Christ.*

*Hebrews 12:15a (tlb) Look after each other so that not one of you will fail to find God's best blessings...*

The most common process causing a bad emotional mend is when people adopt a cynical, non-trusting, defensive attitude that doesn't allow the support of others.

Genuine relationships provide the care and support we need to stay on course and to withstand the pressures that life throws at us.

*Ecclesiastes 4:12 (niv) A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.*

## **WHY DOES GOD ALLOW SUFFERING?**

*John 16:33 (nlt) “... here on earth you will have many trials and sorrows...”*

Although suffering is not nice, God can use it to accomplish good in our lives.

**God uses our pain to draw us to Himself.**

*2 Corinthians 7:10a (ph) The sorrow which God uses means a change of heart and leads to salvation...*

**God uses our pain to change our character – to become more like Him.**

*Romans 5:3 (niv) We also rejoice in our suffering because we know that suffering produces perseverance, perseverance character, and character hope.”*

*Hebrews 5:8 (tev) Even though He was God’s Son He learned to be obedient because of His sufferings.*

Our suffering fades in comparison to what God has in store for His followers.

**2 Corinthians 4:17** *(niv)* For our light and **momentary troubles** are achieving for us an eternal glory that **far outweighs them all**.

**Romans 8:18** *(niv)* I consider that our present sufferings are **not worth comparing** with the glory that will be revealed to us.

**1 Corinthians 2:9** *(niv)* No eye has seen, no ear has heard, no mind has conceived what God has **prepared for those who love Him**.

**We decide whether to turn bitter, or better by turning to Jesus for peace and courage.**

Jesus said; *These things I have spoken to you, that in Me you may have **peace**. In the world you will have tribulation **but take courage**. I have overcome the world.*” **John 16:33** *(nasb)*

Jesus will provide us the peace and courage to push through our present and future suffering.

Jesus is the answer to the question of suffering.

Nazi concentration camp survivor, Corrie Ten Boom wrote “No matter how deep our darkness, **God is deeper still.**”

**Psalms 34:18** *(niv)* The Lord is **close** to the brokenhearted and **saves** those who are crushed in spirit.

**Psalms 147:3** *(niv)* He **heals** the brokenhearted and **binds up** their wounds.