

Heal My Broken Heart

Facing Disappointment and Loss? Discover the God who Understands Your Pain and Wants to Heal Your Broken Heart.

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A Rescue Mission Revealed

Isaiah 61

*The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me
to proclaim good news to the poor.
He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,^[a]
² to proclaim the year of the Lord's favor
and the day of vengeance of our God,
to comfort all who mourn,
³ and provide for those who grieve in Zion—
to bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a garment of praise
instead of a spirit of despair.
They will be called oaks of righteousness,
a planting of the Lord
for the display of his splendor.*

*⁴ They will rebuild the ancient ruins
and restore the places long devastated;
they will renew the ruined cities
that have been devastated for generations.*

*⁷ Instead of your shame
you will receive a double portion,
and instead of disgrace
you will rejoice in your inheritance.
And so you will inherit a double portion in your land,
and everlasting joy will be yours.*

*⁸ “For I, the Lord, love justice;
I hate robbery and wrongdoing.
In my faithfulness I will reward my people
and make an everlasting covenant with them.
⁹ Their descendants will be known among the nations
and their offspring among the peoples.
All who see them will acknowledge
that they are a people the Lord has blessed.”*

I love this passage of the Bible. Because when Jesus first started his outreach ministry to lost and hurting people, he stated exactly why he came and what his purpose was from God. It is as if God, himself, was sending a LOVE NOTE down from heaven, addressed directly to us. His message of hope is still relevant for us today.

Sometimes, it helps me to paraphrase the Bible verse I am reflecting on and write it out in my own words to better understand what I am reading. It helps me to make it more personal, so that I can apply it to my life today. I have paraphrased the above passage and written it in letter form so you can better hear what God is saying to you. I hope this will encourage you on your healing journey.

My Beloved,

I am bringing you “Good News”...

I will bind up your broken heart and proclaim freedom for you who are held captive by your pain.

I will release you from darkness and rescue you in prison, even the prison of your own mind.

For MY favor, MY blessing, is upon you.

I will bring justice to those who deserve it. They will not get away with it. I will hold them accountable for their actions.

I will comfort you when you cry.

I will provide all you need for healing.

I will crown you with beauty, instead of ashes.

I will give you joy . . . TRUE JOY.

You will sing to me. Your face will no longer be downcast and your heart full of despair.

For I am so proud of you and what you are becoming. You may not realize it, but you reflect Me and display my goodness for others to see.

For I will rebuild and restore those places in your life long devastated. I will renew those things in your life and in your family that have been devastated even for generations.

I will bring others alongside you to help. You, too, will HELP others. Many will come to know Me as a result of you sharing OUR LOVE story.

Instead of your shame, I will give you a double blessing. Instead of disgrace, you will rejoice at the future I have planned for you.

This is my promise to you.

And everyone who sees YOU will know that you are MINE. You are MY BELOVED.

**Sincerely,
God**

Preface

Today is not a good day. I feel discouraged. Have you ever had those days? Days where you just want to curl up under the covers and let the day pass away. Days where no amount of talking to friends will cheer you up? Days where you just want to be alone and cry? Today is one of those days. A day when your world is turned upside down.

Your head is spinning trying to make sense of it. Everyone around you is busy going about their day. But your world has stopped. Something terrible has happened. You didn't see it coming. You weren't expecting it to turn out this way. But it has taken your breath away. You are tired and grieving. You feel alone and afraid. You don't know how to get out of this mess or what to do next. You are facing a valley of dry bones.

"Dry bones?" you ask. Let me explain.

Ezekiel was a man, just like us, who faced similar devastating circumstances. In Ezekiel 37 it explains his ordeal in what is called, "The Valley of Dry Bones." Nice title, huh? That pretty much sums up what he was facing. The situation did not look good. Ezekiel was sad and felt hopeless. But God shows up in the midst of his loss and walks beside him. By examining his story, God gives us a plan on how to get back up after suffering a loss or terrible set-back. Seeing how God responds to us in our pain, reveals His true character.

Over the next several pages, you will be given an opportunity to respond to God's love by inviting him into your healing journey.

1.

I realize that some of you may be feeling UNCOMFORTABLE right now. It may be hard for you to believe that God could love you, much less care. You may even wonder what difference it could make in your situation. That is an honest response. That is OK. God is WILLING TO WAIT for you. He loves you that much.

2.

Others are WANTING to believe. You may even feel SCARED thinking, "Is this too good to be true?" But you realize you are miserable inside. Everything you've tried has left you feeling EMPTY. You know

you are MISSING SOMETHING. You WANT TO BELIEVE, but you don't want to be hurt again. God understands your pain.

I would like to challenge you to GO AHEAD and take the risk. I can tell you from my own experience and many others would agree, that it was the BEST DECISION I ever made.

In Psalm 103 it says, "The Lord satisfies our desires with Good Things... (things that won't leave us feeling EMPTY and FULL OF REGRETS.) God knows what we need and how to satisfy us!

3.

Some of you have been Christians for a long time. But somehow through the pain and circumstances of life, you have forgotten HIS LOVE. The "Good News" of the Gospel has lost its impact on your life. You have become apathetic in your relationship with God. He longs to RE-CONNECT with you. Right now, make a commitment to spend time with Him again. Are you willing to do that?

Psalm 22:24 New International Version (NIV)

*²⁴ For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help.*

Proverbs 3:5-7, 11-12 The Message (MSG)

*⁵⁻¹² Trust God from the bottom of your heart;
don't try to figure out everything on your own.
Listen for God's voice in everything you do, everywhere you go;
he's the one who will keep you on track.
Don't assume that you know it all.
Run to God! Run from evil!
...But don't, dear friend, resent God's discipline;
don't sulk under his loving correction.
It's the child he loves that God corrects;
a father's delight is behind all this.*

Lesson 1

Let God be in Charge of Your Recovery

"The hand of the Lord was upon me, and HE BROUGHT ME out by the Spirit of the Lord and set me in the middle of a valley; it was full of bones." (vs. 1)

Psalm 121:1-3 New International Version (NIV)

*¹ I lift up my eyes to the mountains—
where does my help come from?
² My help comes from the Lord,
the Maker of heaven and earth.*

*³ He will not let your foot slip—
he who watches over you will not slumber;*

Psalm 116:2 Living Bible (TLB)

² *Because he bends down and listens, I will pray as long as I breathe!*

Lesson 2

Take Time to Grieve

“He led me BACK and FORTH among them...” (vs. 2)

2 Corinthians 1:8-9 New Living Translation (NLT)

⁸ *We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. ⁹ In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead.*

Lesson 3

Inventory your Losses

“...I saw a GREAT MANY BONES on the floor of the valley,” (vs 2)

John 10:10 Amplified Bible (AMP)

¹⁰ *The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance [to the full, till it overflows].*

Lesson 4

Face the Truth

“...bones that were VERY DRY.” (vs. 2)

2 Chronicles 7:14 New International Version (NIV)

¹⁴ *“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”*

Isaiah 55:6-11 New International Version (NIV)

Invitation to the Thirsty

⁶ *Seek the Lord while he may be found;
call on him while he is near.*

⁷ *Let the wicked forsake their ways
and the unrighteous their thoughts.*

*Let them turn to the Lord, and he will have mercy on them,
and to our God, for he will freely pardon.*

⁸ *“For my thoughts are not your thoughts,
neither are your ways my ways,”
declares the Lord.*

⁹ *“As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.*

¹⁰ *As the rain and the snow
come down from heaven,*

*and do not return to it
without watering the earth
and making it bud and flourish,
so that it yields seed for the sower and bread for the eater,
¹¹ so is my word that goes out from my mouth:
It will not return to me empty,
but will accomplish what I desire
and achieve the purpose for which I sent it.*

Lesson 5

Dare to Believe!

“He asked me, ‘Son of man, CAN these bones live?’” (vs. 3)

Isaiah 41:9-10 New Living Translation (NLT)

*⁹ For I have chosen you
and will not throw you away.
¹⁰ Don’t be afraid, for I am with you.
Don’t be discouraged, for I am your God.
I will strengthen you and help you.
I will hold you up with my victorious right hand.*

Isaiah 43:1-5 New Living Translation (NLT)

*43 “Do not be afraid, for I have ransomed you.
I have called you by name; you are mine.
² When you go through deep waters,
I will be with you.
When you go through rivers of difficulty,
you will not drown.
When you walk through the fire of oppression,
you will not be burned up;
the flames will not consume you.
³ For I am the Lord, your God,
the Holy One of Israel, your Savior.
⁴ because you are precious to me.
You are honored, and I love you.*

⁵ “Do not be afraid, for I am with you.

The Message (MSG)

When You’re Between a Rock and a Hard Place

*43 ¹⁻⁴ “Don’t be afraid, I’ve redeemed you.
I’ve called your name. You’re mine.
When you’re in over your head, I’ll be there with you.
When you’re in rough waters, you will not go down.
When you’re between a rock and a hard place,
it won’t be a dead end—
Because I am God, your personal God,
The Holy of Israel, your Savior.*

*I paid a huge price for you!
That's how much you mean to me!
That's how much I love you!
I'd sell off the whole world to get you back.*

⁵⁻⁷ "So don't be afraid: I'm with you.'"

Lesson 6

Don't Get Stuck in FEAR

"I said, 'O Sovereign Lord, you ALONE KNOW.'" (vs. 3)

Deuteronomy 30:11-19 New International Version (NIV)

The Offer of Life or Death

¹¹ Now what I am commanding you today is not too difficult for you or beyond your reach. ¹⁴ No, the word is very near you; it is in your mouth and in your heart so you may obey it.

¹⁹ I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.

John 8:32 New International Version (NIV)

³² Then you will know the truth, and the truth will set you free."

Lesson 7

Speak the Word of God over Your Circumstances

"Then he said to me, 'Prophesy to these bones and say to them, 'Dry bones, hear the word of the LORD! (vs. 4)

Psalms 27:13 Amplified Bible, Classic Edition (AMPC)

¹³ [What, what would have become of me] had I not believed that I would see the Lord's goodness in the land of the living! (... in my lifetime.)

1 Corinthians 2:9 Living Bible (TLB)

⁹ That is what is meant by the Scriptures which say that no mere man has ever seen, heard, or even imagined what wonderful things God has ready for those who love the Lord.

Hebrews 11:1 New International Version (NIV)

¹ Now faith is being sure of what we hope for and certain of what we do not see.

Lesson 8

Proclaim Your Future

"This is what the Sovereign LORD says to these bones:

I WILL make breath enter you, and YOU WILL come to life.

I WILL attach tendons to you and make flesh come upon you and cover you with skin;

*I WILL put breath in you, and you will come to life.
Then you will know that I am the LORD.” (vs. 5-6)*

2 Corinthians 4:8-9, 13-14, 16-18 New International Version (NIV)

⁸ *We are hard pressed on every side, but not crushed; perplexed, but not in despair; ⁹ persecuted, but not abandoned; struck down, but not destroyed.*

¹³ *It is written: “I believed; therefore I have spoken.”^[a] Since we have that same spirit of^[b] faith, we also believe and therefore speak, ¹⁴ because we know that the one who raised the Lord Jesus from the dead will also raise us...*

¹⁶ *Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*

Romans 4:17-21 New International Version (NIV)

¹⁷ *As it is written: “I have made you a father of many nations.”^[a] He is our father in the sight of God, in whom he believed—the God who gives life to the dead and calls into being things that were not.*

¹⁸ *Against all hope, Abraham in hope BELIEVED and SO BECAME the father of many nations, just as it had been said to him. ¹⁹ Without weakening in his faith, he faced the fact that his body was as good as dead—since he was about a hundred years old—and that Sarah’s womb was also dead. ²⁰ Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, ²¹ being fully persuaded that God had power to do what he had promised.*

Lesson 9

Obey Despite How You Feel

“So I prophesied as I was commanded.” (vs. 7)

Zechariah 4:10 New Living Translation (NLT)

“Do not despise these small beginnings, for the LORD rejoices to see the work begin.”

Psalms 40:1-5, 11-13 New Living Translation (NLT)

¹ *I waited patiently for the Lord to help me,
and he turned to me and heard my cry.*

² *He lifted me out of the pit of despair,
out of the mud and the mire.*

*He set my feet on solid ground
and steadied me as I walked along.*

³ *He has given me a new song to sing,
a hymn of praise to our God.*

*Many will see what he has done and be amazed.
They will put their trust in the Lord.*

⁴ Oh, the joys of those who trust the Lord,
who have no confidence in the proud
or in those who worship idols.
⁵ O Lord my God, you have performed many wonders for us.
Your plans for us are too numerous to list.
You have no equal.
If I tried to recite all your wonderful deeds,
I would never come to the end of them.

¹¹ Lord, don't hold back your tender mercies from me.
Let your unfailing love and faithfulness always protect me.

¹² For troubles surround me—
too many to count!
My sins pile up so high
I can't see my way out.
They outnumber the hairs on my head.
I have lost all courage.

¹³ Please, Lord, rescue me!
Come quickly, Lord, and help me.

Lesson 10

Give it Time! Healing is a Process.

"And as I was prophesying, there was a noise, a rattling sound, and the bones came together, bone to bone. I looked, and tendons and flesh appeared on them and skin covered them..." (vs. 7-8)

Genesis 50:19-20 Amplified Bible (AMP)

¹⁹ But Joseph said to them, "Do not be afraid, for am I in the place of God? [Vengeance is His, not mine.]

²⁰ As for you, you meant evil against me, but God meant it for good in order to bring about this present outcome, that many people would be kept alive [as they are this day].

Isaiah 30:21 Living Bible (TLB)

²¹ And if you leave God's paths and go astray, you will hear a voice behind you say, "No, this is the way; walk here."

Lesson 11

Expect Obstacles

"... but there was no breath in them." (vs.8)

Habakkuk 2:3 New American Standard Bible (NASB)

³ "For the vision is yet for the appointed time;
It lastens toward the goal and it will not lfail.
Though it tarries, wait for it;
For it will certainly come, it will not delay.

Psalms 142 New Living Translation (NLT)

A psalm of David, regarding his experience in the cave. A prayer.

¹ I cry out to the Lord;
 I plead for the Lord's mercy.
² I pour out my complaints before him
 and tell him all my troubles.
³ When I am overwhelmed,
 you alone know the way I should turn.
 Wherever I go,
 my enemies have set traps for me.
⁴ I look for someone to come and help me,
 but no one gives me a passing thought!
 No one will help me;
 no one cares a bit what happens to me.
⁵ Then I pray to you, O Lord.
 I say, "You are my place of refuge.
 You are all I really want in life.
⁶ Hear my cry,
 for I am very low.
 Rescue me from my persecutors,
 for they are too strong for me.
⁷ Bring me out of prison
 so I can thank you.
 ..for you are good to me."

Psalm 143:8 New Living Translation (NLT)

⁸ Let me hear of your unfailing love each morning,
 for I am trusting you.
 Show me where to walk,
 for I give myself to you.

Lesson 12

Don't Give Up Before God is Done with You!

"Then he said to me, 'Prophesy to the breath... and say to it, 'This is what the Sovereign LORD says:
 Come... O breath, and breathe into these slain, that they may LIVE.'"' (vs. 9)

Jeremiah 29:11 New Living Translation (NLT)

¹¹ For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to
 give you a future and a hope.

The Message (MSG)

¹¹ I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to
 give you the future you hope for.

Isaiah 43:18-19 Living Bible (TLB)

¹⁸ But forget all that—it is nothing compared to what I'm going to do! ¹⁹ For I'm going to do a brand-new
 thing. See, I have already begun! Don't you see it? I will make a road through the wilderness of the world
 for my people to go home, and create rivers for them in the desert!

Isaiah 43:16-19 The Message (MSG)

*¹⁶⁻²¹ This is what God says,
the God who builds a road right through the ocean,
who carves a path through pounding waves,
The God who summons horses and chariots and armies—
they lie down and then can't get up;
they're snuffed out like so many candles:
"Forget about what's happened;
don't keep going over old history.
Be alert, be present. I'm about to do something brand-new.
It's bursting out! Don't you see it?
There it is! I'm making a road through the desert,
rivers in the badlands.*

Lesson 13

Stand Up and Get Moving

"So I prophesied as he commanded me, and breath entered them; they came to life and STOOD UP on their feet -- a vast army." (vs. 10)

Psalm 141:3 (NIV)

*³ "Set a guard over my mouth, Lord;
keep watch over the door of my lips."*

Psalm 13 The Message (MSG)

*¹³ ¹⁻² Long enough, God—
you've ignored me long enough.
I've looked at the back of your head
long enough. Long enough
I've carried this ton of trouble,
lived with a stomach full of pain.
Long enough my arrogant enemies
have looked down their noses at me.*

*³⁻⁴ Take a good look at me, God, my God;
I want to look life in the eye,
So no enemy can get the best of me
or laugh when I fall on my face.*

*⁵⁻⁶ I've thrown myself headlong into your arms—
I'm celebrating your rescue.
I'm singing at the top of my lungs,
I'm so full of answered prayers.*

Lesson 14

Stop Complaining

“Then he said to me: ‘Son of man, these bones are the whole house of Israel. THEY SAY ‘Our bones are dried up and our HOPE IS GONE; we are cut off.’ (vs. 11)

Isaiah 46:4-5, 9-11 New International Version (NIV)

*⁴ Even to your old age and gray hairs
I am he, I am he who will sustain you.
I have made you and I will carry you;
I will sustain you and I will rescue you.*

*⁵ “With whom will you compare me or count me equal?
To whom will you liken me that we may be compared?*

*⁹ I am God, and there is no other;
I am God, and there is none like me.*

*¹⁰ I make known the end from the beginning,
from ancient times, what is still to come.
I say, ‘My purpose will stand,
and I will do all that I please.’*

*¹¹ What I have said, that I will bring about;
what I have planned, that I will do.*

Lesson 15

Transform Your Negative Mindset

“Therefore prophesy and say to them: ‘This is what the Sovereign LORD says: O my people, I am going to open your GRAVES and bring you UP from them; I will bring you back...” (vs. 12)

Psalms 103:2-6, 8-12 New International Version (NIV)

*² Praise the Lord, my soul,
and forget not all his benefits—
³ who forgives all your sins
and heals all your diseases,
⁴ who redeems your life from the pit
and crowns you with love and compassion,
⁵ who satisfies your desires with good things
so that your youth is renewed like the eagle’s.*

*⁶ The Lord works righteousness
and justice for all the oppressed.*

*⁸ The Lord is compassionate and gracious,
slow to anger, abounding in love.*

*⁹ He will not always accuse,
nor will he harbor his anger forever;*

*¹⁰ he does not treat us as our sins deserve
or repay us according to our iniquities.*

¹¹ For as high as the heavens are above the earth,

*so great is his love for those who fear him;
12 as far as the east is from the west,
so far has he removed our transgressions from us.*

Lesson 16

Remember God!

“Then you, my people, will know that I am the LORD, when I open your graves and bring you up from them. I will put my Spirit in you and you will live.... Then you will know that I the LORD have spoken, and I have done it, declares the LORD.” (vs. 13-14)

This Story reveals a lot about God...

- a. We Discover a God who Wants to Help us and **Be Involved** in our lives.
- b. We Discover a God who **Understands Our Pain** and knows Our Story.
- c. We Discover a God who wants to **Walk Beside Us** as we grieve and give us HOPE for our future.
- d. We Discover a God who asks us **Tough Questions** so that we can learn from our mistakes and stirs up in us a *Desire for Change*.
- e. We Discover a God who sees **Behind our Masks** -- our well-put-together life -- and sees our wounded heart and our lifeless spirit. He wants to heal our deep inner places and breathe life back into us.
- f. We Discover a God who knows our **Negative** and **Self-destructive Thoughts**, and wants to change the way we think about ourselves SO THAT we don't end up back in the same mess we came from.

Zechariah 9:16-17 Living Bible (TLB)

16-17 The Lord their God will save his people in that day, as a Shepherd caring for his sheep. They shall shine in his land as glittering jewels in a crown. How wonderful and beautiful all shall be!