

Our Problem

How many of us have ever used this little poem? Sticks and stones May break my bones But names will never harm me. Everyone you will ever meet, has a broken heart. We all have wounds no one can see. Some are hidden so deep we don't think about them much. But our wounded broken hearts still shape our lives. They bind us with invisible chains. Is it possible to receive healing for these wounds? Can we be released from the chains of our broken hearts?

Our Symptoms

Author Marcus Warner outlines the spiritual view of our broken hearts in his book, *Understanding the Wounded Heart*. He describes wounds, lies, vows and strongholds.

A Glimpse of Hope

2 Corinthians 10:4-5 NET

for the weapons of our warfare are not human weapons, but are made powerful by God for tearing down strongholds. We tear down arguments and every arrogant obstacle that is raised up against the knowledge of God, and we take every thought captive to make it obey Christ.

Causes and Complications

Some of us were wounded by words. Some of us were hurt by actions and words. We bear physical scars that mask the unseen wounds inside our hearts. Some of us were crushed by disappointing relationships. Some of our parents were distant, distracted or disinterested in us. Some of our friends, family members or spouses let us down. Sometimes they did it intentionally. At other times they simply could not meet our needs. Friends moved. Family members died. Spouses were unfaithful or unavailable. We all have wounded broken hearts. Unfortunately our wounds can shape our relationships and our actions in unhealthy unholy ways. We often hurt others in the same ways we were hurt. Inadequate ideas about our problem.

1. "My wounds aren't as bad as theirs so I don't need healing."
2. "My wounds are so bad I'll never be healed."

We have excuses for not dealing with our broken hearts.

1. It hurts to face the wounds of our past.
2. It won't do any good.
3. The one who hurt me is gone.
4. Nothing will change.
5. I don't remember all the details and I don't want to remember them.

Sermon in a Sentence:

Jesus can heal your bitterness and burdens, your disgrace and distress.

God's Healing Grace

Psalms 147:1-6 NIV

Praise the lord. How good it is to sing praises to our God, how pleasant and fitting to praise him! The lord builds up Jerusalem; he gathers the exiles of Israel. He heals the brokenhearted and binds up their wounds. He determines the number of the stars and calls them each by name. Great is our Lord and mighty in power; his understanding has no limit. The lord sustains the humble but casts the wicked to the ground.

STEPS IN GOD'S HEALING PROCESS

1. ADMIT MY HURTS.
2. RELEASE THOSE WHO'VE HURT ME.
3. REPLACE OLD TAPES WITH GOD'S TRUTH.
4. REFOCUS ON THE FUTURE.
5. RECEIVE SUPPORT FROM MY SMALL GROUP.
6. REACH OUT TO HELP OTHERS.