“How to Heal a Broken Heart”, Don't Worry - Be Happy! Part 2 of 8 – Sept. 15. 2013 at SBC

 Matthew 5:4

We're in this series, . . . on the Eight Keys to Happiness, . . . that, Jesus gave. We said last week, that the word "blessed", means "happy". Today, we're going to look at, . . . how to heal, a broken heart. Jesus teaches, how to be happy, . . . in spite, . . . of our circumstances.

How many of you, can remember, your first, broken heart? Mine, was in 4th grade, and her name, was Melissa. I will never, forgive her! She dumped me. Puppy love? It was real, for the puppy! I was learned, later in life, . . . that, puppy love, . . . leads, to a dog's life!

Here is an excerpt, from a girls’ seventh grade diary. All of the names, have been changed, to protect the guilty. "August 14th. Dear Diary, I got my first kiss today. Gosh, . . . I waited long enough!" Three days later, "August 17th. Bill T. has kissed me six times, since Wednesday. Wow! I don't know, if I like him, though. He's moving today. I kind of miss him." "Dear Diary, tonight was not good. I could have bawled, because Bobby, brought Patty S. I've always, hated her." "Today, is my birthday. Tom makes me sick." "April 18th. Diary, . . . I'm in love again. This time, with Terry Jackson. He sat behind me, tonight. I'm not afraid, to kiss him. "I saw Terry tonight, Whee! He likes Mary. I think I'll cry." "Dum Debbie. She has Carrie, upset. She likes Terry. I think I'll hit her!" "I think David likes me, again. I hope not. Sheila would kill me." "I can't wait, until tomorrow. It will be a blast. You know who, is coming over." "Dear Diary, . . . He didn't come!"

Don't you wish, all the heartbreaks, of life, were as easy, as 7th grade? The fact is, as you grow older, . . . life is tough, . . . and, there are a lot worse heartbreaks, . . . than, 7th grade.

\*\*\* The Bible, never tries to explain, . . . suffering. But, what it does teach us, . . is how, . . to handle it. Jesus said, in Matthew 5:4 – *"Happy are those who mourn, for they will be comforted."*  How can I be happy, after a loss, . . . after, a broken heart? **By receiving, . . . the comfort, of God**. Today, we want to look at, . . . how you experience, . . . the comfort, of God.

**1. Realize that God, . . . is with me.**

When we're hurting, we forget, where God is. We think, He seems distant, . . . or, that, He doesn't care. But, the fact is, . . . He's there. Psalm 34:18 – *"The Lord is close, to the brokenhearted, and saves those, who are crushed, in spirit."* God is with you, in your pain. You need to remember, **three things**, when you're in pain:

**1) God is aware.**

Job 13:27 – *"You keep a close watch, on all my paths."* God is watching, over you. Nothing escapes, His eye. The Bible says, your very tears, every tear, you've cried, . . . is numbered. Some of you say, "Nobody knows, . . . what I'm going through." God knows. God cares.

**2) God, . . . cares.**

Nahum 1:7 – *"The Lord is good, a refuge, in times of trouble. He cares for those, who trust, in Him."* We have a sympathetic, Heavenly Father, who really cares. Your pain, . . . matters, to God. It, really does. You can talk to Him, . . . about, your hurt.

**3) God wants to, . . . help you out.**

Hebrews 4:16 – *"Let us approach God with confidence, so we may receive mercy, and find grace, to help us, in our time of need."* God not only, offers us, . . awareness, . . . He offers us, . . . assistance. God not only, cares about your hurt, . . . He wants to help you, with your hurt. He doesn't, just write you a note, "I'm thinking of you, during this time." The word "comfort", comes from the word, "confortus" -- Old English . . . "with strength". God wants to strengthen you, . . . and, give you, comfort.

\*\* Some people, grow through, their pain, . . . and, some people, get stuck, in their pain. Some people, go on, through their hurt, and some, get stuck in their hurt, . . and, never get past it. Why? Because, they never take, the second step. Step one, . . realize, that God, is with me. He cares, He's aware, He wants to help me. If I just, said that, alone – that, God is with you, in your pain – that, would be enough. But, how do you get on, . . . out of the pain, . . . and, get on, with life?

**2. Release, . . . the hurt.**

Let it go. How? I must, stop focusing on, what's lost, and start focusing on, what's left. Isaiah 43:18 – *"Do not dwell, on the past. See, I am doing a new thing" (says, the Lord).* God says, your past, is past; let it go! It can't hurt you, any more. Some of you, are letting people, . . from your past, . . . continue, to hurt you. That’s, not smart! They can't, hurt you, . . . unless, you let them. That's, a choice. Let it go! I realize, God is with me, . . . and, I release, . . . the past.

\*\*\*\* Here are the options, . . . what you can do, . . . with your hurt:

**1) Repress it.** Push it down, swallow it. If you swallow your feelings, . . . your stomach, keeps score. If you pretend, it doesn't exist, . . and hold it in -- that's unhealthy. We meet, walking wounded, all of the time, because, . . . they've never let go, of their hurt. They keep, . . . repressing it.

**2) Rehearse it.** They go over, and over it, in their mind. They torture themselves, by thinking about it, . . . over and over. God says, . . . “Don't dwell, on the past. Don't let it, . . . consume, your thoughts.” There's a big difference, between mourning, and moaning. Mourning is, legitimate grief. Jesus said, *"Blessed are those, who mourn, I will comfort them."* God wants to comfort you, . . . in your grief, . . your heartache.

There's a difference, between mourning, and moaning. Moaning is "Oh, poor me! Poor me!" And, you want to keep, a hold of it. You're having, a pity party. God says, you don't repress it, and, you don't rehearse it.

**3) Resent it.** Don't resent it. When somebody, has hurt us, when the pain, is caused, by somebody else, . . . we fantasize about, how we can get back, at that person, in the same way, they got us, . . . or, got somebody, that, we love.

Several years ago, they executed Ted Bundy, and if anyone deserved it, he did. But, outside, there was a party, laughing and shouting, "Burn, Bundy, burn!" Those people, full of resentment, will pay for it, longer, than he will. Resentment, . . . eats you up. It kills you, inside. It's like cancer; it eats you alive, and destroys us.

**4) Release it.** Release, the hurt, to God. What does, that mean? Romans 12:19 – *"Dear friends, never avenge yourselves. Leave that to God, for He has said, He will repay those, who deserve it."*

Are you glad, that verse, is in the Bible? If you want to let go, of your hurt, . . you must let God, settle the score. If somebody's hurt you, let God handle it. Who do you think, could do a better job, at getting even? The hurts, that hurt the most, are those, that are out of our control. Someone, did something to us, that we couldn't control, and they hurt us, and it's out of our control. But, it's not, out of God's control. Give it, to God.

 Thank you Lord, . . . for fighting, . . . my battles. Forgive me, . . . for getting, . . . in the way.

Never forget, that God, is aware, . . of everything, people do to you. Everything. The Bible says, He's keeping, a record. Read Psalm 10, . . . the Victims Psalm, . . . . . . . "Lord, there's those guys out there, and they're hurting people, and they're hurting the helpless, and they're taking advantage, of others. They say, `Oh well, God's not watching, I can do whatever I want to, . . and, get away with it.' They're bowling people over, and destroying lives, and then saying, God doesn't care, . . . God doesn't see it."

But, in Psalm 10:14, it says, *"But You, O God, do see the hurt, the grief, and the pain, and you will, call that person, into judgment, and avenge the helpless, and the victims."*  Leave it, in God's hands, and let God, be God, . . . and, let Him, fight your battles. He can do a better job of it, . . . than, you can.

What do you do, with the anger, inside? When we lose something, or something is taken away from us, . . we're angry at the person, who took it away. What do I do, . . . with that anger? Turn it into, constructive use. Use that energy, . . . to help, other people.

A good example of that, is M.A.D.D. -- Mothers Against Drunk Driving. Angry, . . . and, they have every right, to be angry, because children, husbands, or whoever, . . were killed, by a drunk driver. But, they channeled that anger, . . . in a right way, to try to reduce, the number of drunk drivers, on the road. That's a legitimate use, of anger. If you're mourning, in grief, hurting, . . realize, that God, is with you. He's close, to the brokenhearted.

If you're in mourning today, if you're hurting today, . . . God has never, been closer, to you. Realize, that He is aware, He cares, and He wants to help you. Give Him, the hurt. Release it, to Him. Don't dwell, on the past, don't resent it, and don't rehearse it, and don't repress it. Release it, to God. Let Him, . . . have it.

 **Lay it in, . . . this altar! Too proud?**

**3. Rely on, . . . God's Resources**

Rely on, God's resources, to comfort you. *"Blessed are those who mourn, for they will be comforted."* How do we be happy, in the midst of trial, and tragedy? Receive, God's comfort. God uses three things, to comfort us.

It's amazing, what some people try, . . . to be comforted by. Some people, take pills. Some people, get drunk. Some people, try affairs. Some people, watch TV, all the time. Some people, read novels, fantasize in novels. Some people, sleep, all the time. All, trying to get rid, . . . of, all the pain, in their life.

God says, Don't look to those things. They are just, . . . quick fixes, they don't last. What are the comforters, . . that, God uses?

**1) God's Word.** Fill your mind, . . . with Scripture. David said, in Psalm 119:25, 52 – *"I am completely, discouraged, . . . Revive me, by Your Word. Your Word, has been my comfort."* Read through, the book of Psalms, . . . and highlight, all the verses, . . . that, comfort you. Then, you will have them, in those times of trouble, . . . to read what God says to you.

 Psalms was written, to comfort us. There are over 7000 promises, . . . in this Bible. Underline all the promises, . . . so, you'll know, where they are. And, claim them. With everyone of us, there's most likely, . . a lot, of hidden hurt. Behind, our pretty faces, . . . is a lot of pain.

You come to church, saying, "Does God, have a Word, for me?" The answer, is "Yes, He does have a word, for you. The word is, . . your pain, . . matters to God." He sees it, He understands it, He feels it. He'll help you, in that frustration, that pain, that hurt. Look to, God's Word, . . and, become a student, of this book.

**2) God's People.** We need, each other. We were not made, to be isolated, from each other. There is no such thing, as a Lone Ranger Christian. We need each other, to make it. If you don't have any family, we are your family. This church, . . . is a family. That's what God meant, . . . the church, to be. You need to be, in a family.

You need to be, in a small group, so you can have those people, to encourage you, in tough times, . . . and, to be there for you. Can you imagine, being part of a family, where, every Sunday, you ate together, for a meal, and immediately left? And, you never even stop, . . . to find out the names, . . . of your brothers and sisters.

2 Corinthians 1:3-4 – *"The God of all comfort, comforts us, in all our troubles, so that, we can comfort others, with the comfort, we ourselves, have received, from God."* If you're hurting today, . . . you are not alone, in your hurt. You think, your problem, is unique. That, is not true. No matter, . . . what problem you have, . . . it is not unique. Hundreds, thousands, maybe millions of people, over the history of humanity, . . . have had the very same problem, . . . you have, right now.

The chance is, that there are many other people, here in this room, who have already gone through, what you're going through, right now. You just, need to open up, and share, . . . where you're hurting, so they can be with you, and help you out. That's the value, of a small group, . . . or, a Sunday School class.

You have heart to heart, and face to face, conversations. When somebody says, "I'm having a tough time, with my teenagers, " . . . others say, "We have too. We've been there." For your own sake, . . . you need, a church family. Don't just be, a spectator, . . . be a participator. Open up, to others, . . . so that, when you go through, a crises in your life, . . . there are people, . . . there, to help you.

\* And, . . . if you're not, in pain, what does this verse say? Can you remember, that pain, you went through, . . . months ago, or years ago? If you can, . . . then, you have an obligation, to help other people, through the same hurt, . . . you've gone through. God allows us, to go through problems, comforts us, so we can turn around, and comfort other people, . . . with the same comfort, . . . we've received.

People in pain, don't need advice. They just need, someone to say, "I understand. I know what it's like, . . . to have a child die. I know what it's like, to go through a divorce. I know what it's like, to lose your job, . . overnight. I know what it's like, to miss a goal, a dream." God never wastes, a hurt. If you have had a problem, in your life, that you have gone through, you have an obligation, to other people, to help them, through it, too. That's, . . . your ministry.

God wants to use, the hurts you've had in your life, . . . to encourage others. Whether, you've learned anything, or not, . . . just, the very fact, that you can say, "I understand. I know, . . . where, you're coming from.

I remember, . . . the loneliness. I remember, the pain. I remember, the rejection. I remember, what it felt like, to be brought up, in the home, . . . of alcoholic parents. I know, what it's like, to be brought up, where my mom, walked out the door, and never came back. I know, what it's like." Setting in this very room, . . . there are other people, going through, that very experience, right now. They need, your comfort. They need, your help.

**3) God's Spirit, is our comfort.** This is the greatest, comfort of all. God, Himself, . . wants to be, your friend. Two thousand years ago, Jesus walked around, in a body, here on earth, and said, to His disciples, "I'm going to go back, to heaven, but when I go, I'm going to come back to earth, in another form, in the form of a Spirit, . . so, I can be with you, and in you." That's, the Holy Spirit. Jesus Christ coming, in another form. He’s called, the Holy Spirit, the Comforter. One of the jobs, of the Holy Spirit, is to comfort us.

When we invited Jesus Christ, into our life, we committed ourselves to Him. We began, a personal relationship. I'm not talking, about religion. I'm talking, about relationship. Jesus put His spirit, in our life. We don't always feel it, all the time, but it strengthens us, . . to make it through, the tough times in life. It helps us.

The Holy Spirit comes into your life, not to make you some kind of religious fanatic, . . . not to scare you, not to turn you into some kind of an oddball, . . . but, to comfort you, and help you become, . . what God wants you, to become. You don't have to, be afraid, of any of that.

I didn't feel, any different, when I made, that commitment. But, I have noticed the results, over the years, in my life. When I didn't think, . . . I could make it, . . . anymore. God’s spirit, . . . was there, for me.

You can have, that same power, in your life. He wants to, live in you. He wants to, be your friend. He wants to, have a relationship with you, so that when the tough tragedies of life come, . . you have, some inner strength.

Romans 15:13 – *"May the God of hope, fill you with all joy, . . . that, by the power of the Holy Spirit, your whole life, and outlook, may be radiant, with hope."* When God puts, His spirit, in your life, your whole life, and outlook, . . . may be radiant, with hope. And, that's what you need, . . . something, to hope in.

As Christians, . . . if we’ve allowed God, to use us, . . . then, we've been able, to walk with a lot of people, . . . through, a lot of grief. People suffer, from financial pain, relational pain, physical pain, emotional pain, marriage pain, parenting pain, . . . you name it.

The test, of a person’s faith, . . is at the funeral. How does, he handle it? It breaks my heart, to see at a funeral, where nobody there, was a believer, . . . and, they had no hope, and nothing to comfort them. There is nothing, more pathetic, than being at a funeral, and seeing people, try to cheer themselves up, . . with nothing. No hope.

The Bible says, when Jesus Christ comes into our life, we have a hope. Revelation 21:4 says, that someday in Heaven, for believers, . . . there will be a place, of no more pain, no more sorrow, no more suffering, no more grief, no anger, no more resentment, . . . no more victims. We should, . . . look forward, to that.

And, I'm not trying to scare you, into Heaven. I urge you, to invite Jesus Christ, into your life, . . . not because, you're going to die tonight, . . . because, you're probably, not going to. But, because, . . . you've got to live, tomorrow. Between today, and the time you do die, whenever that may be, . . . you will have to face, some major tragedies, in life. If you don't believe so, . . . you're just, kidding yourself.

You will face, . . . major tragedies, in your life. The question is, what are you going to have, to hold onto, when that comes? What is going to motivate you, . . . to get up, get out of bed, and go on, when your whole world ends, because of the death, of a loved one, a major crisis, or a tragedy? What is going, to give you hope?

We see people, facing tragedies, and falling apart, and it’s senseless! When God says, I'm aware, I care, I want to help you out, to be your friend. I will strengthen you, and help you." God will help you, . . . if you let Him.

Some people, are only a short distance, . . . away from collapse. You may have come in here, today, and you're hurting, . . . and, it's just about, all you can do, to hold the tears back. What we want you to see, . . . is that God cares, and your pain matters, to God. He is aware, of the frustration, in your life. He is aware, of the hurt, . . . the frustration, . . . the guilt, . . . the anger, . . . the resentment, . . . the fear, . . . the depression.

He says, . . . I want to help you out. *"Blessed are those who mourn, for they shall be comforted."* Comfort, is available. Not in pills, or drinking, or affairs, or movies, whatever, . . . but, in God, in Himself. If you will turn to Him, . . . you will make it, through the pain.

\*\*\* I want to invite you, . . . to make three commitments:

1. First, I invite you, to open up your life, to Jesus Christ's Spirit. Just say, "Jesus Christ, put Your Spirit, in my life. I don't, understand it all. I don't know, what it all means. But, I realize, . . . I'm not making it, on my own. I need God, in my life. Jesus Christ, put Your spirit, in my life, and give me the strength, I need, . . . to be the person, You want me to be, and to help me, through this pain. Or, the pain, that may come, this next week, or next month, or next year." Open up your life, to Jesus Christ, . . . and say, Yes.

When you go down, in a submarine, they pressurize, the cabin. The pressure, on the outside of the cabin, would implode the submarine, if they didn't equalize, with pressure, on the inside. When you're going, through the pain, the only way to equalize the pressure, put on you, from the outside, . . . is to be filled, with God's Spirit, on the inside. That, equalizes the pressure, . . . so, you don't cave in, in a crisis.

2. Find a church family. You need to find a church, where you can say, "That's, my family. That's, where, I feel comfortable. I'm not going, . . . just, be a spectator. I'll be a participator. I'm going to join, and get to know, some people." If you don't, get to know, your church family, . . . who's going to be there, . . . in your crisis? Who's going to help you? You help them, . . . and, they help you?

3. I challenge you, to give your life, . . . away. Realize, that if God has helped you, in a crisis, He wants you, to share that, . . with other people. If you've had kids, that have gone off the deep end, . . . open up, and let people know about it, because everybody else has kids, . . . and, some of them, may go off the deep end, and, they need somebody, who knows their pain.

If you've gone, through a divorce, . . . or, had a problem with alcohol, . . . or, you've gone through, a failure at work, . . or, you've been through a major problem in life, and lost a loved one, . . . let that, become a ministry, in your life, . . . encouraging others.

At any given time, there’s going to be pain, . . . in all of our lives. We want you to know, . . . that, God cares.

The Bible says, that He has seen everything, that's ever taken place, in your life. He has hurt, when you've hurt.

Some of the things, that have happened in our life, . . . we're never going to get, an explanation for. Life is, just, . . . not fair. God's will, . . . is not, always done. That's why, we're to pray for it, to be done. We have a choice, and, when people make bad choices, . . . sometimes, innocent people, . . . get hurt.

The Bible, does tell us, how to handle, the hurt. Would you, right now, open your life, to Jesus Christ? Maybe, you've never, done it, before. You may be, a religious person. Say Yes, to Jesus Christ. He loves you. Say, "Yes, Jesus Christ. I need, Your help, Your hope, Your healing in my life. Would You, put Your power, in me. Would You, come into, my life? I don't understand it all, . . . but, I want You to be number one, and call the shots, . . . to be the Lord, of my life.

God, I've held on to that hurt, for so long, would You help me, to let go of it, so I can get on, with the future? I want to stop repressing, rehearsing, and resenting, . . . and, I just want to release it, today. I want to stop, focusing on what I've lost, . . . and, start focusing on, what's left. Jesus Christ, I give my life, to You."

\* Would you take, a second step? Would you say, in your heart, "Jesus Christ, today I'm going to find a family, a spiritual family, I can be a part of, . . . and, join that church, that family. Here, or somewhere else, I'll get to know some people, some groups, . . . there are people there, who care about me, and will support me, and be there. And, I can help others." Would you make, . . . that commitment?

\* And, would you make, the final commitment? "God, I want You to use the hurt, that I've gone through, . . . to help, . . . other people. The difficulties, the sins, the dumb things I've done, . . . I know You can use. Those things, I wish, had never happened. God, somehow use me, . . to be an encouragement, to others. Let that be, . . . my ministry." Would you, pray that?

“How to Heal a Broken Heart”, Don't Worry - Be Happy!, Part 2 of 8

Matthew 5:4 – "Happy are those who mourn, for they will be comforted."

HOW TO EXPERIENCE GOD'S COMFORT

1. Realize \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Psalm 34:18 – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Things I Need to Remember:

\* God is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job 13:27 – “You (God) keep a close watch on all my paths.”

\* God \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nahum 1:7 – “The Lord is good, a refuge in times of trouble. He cares for those who trust in Him.”

\* God \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hebrews 4:16 – “Let us approach (God) with confidence, so we may receive mercy and find grace to help us in our time of need.”

2. Release \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How?

I must stop focusing on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and start focusing on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Isaiah 43:18 – “. . . Do not dwell on the past. See, I am doing a new thing!” (says the Lord)

Romans 12:19 – “Dear friends, never venge yourselves. Leave that to God, for He has said He will repay those who deserve it.”

Psalm 10 - Victim's Psalm

3. Rely on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Three "Comforters":

\* God's \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Psalm 119:25, 52 – “I am completely discouraged . . . Revive me by your Word . . .Your Word has been my comfort.”

\* God's \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 Corinthians 1:3-4 – “. . . The God of all comfort comforts us in all our troubles, so that we can comfort others with the comfort we ourselves have received from God.”

\* God's \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Romans 15:13 – “May the God of hope fill you with all joy . . . that by the power of the Holy Spirit, your whole life and outlook may be radiant with hope.”

Revelation 21:4

 Next Week’s Sermon: “Controlling My Reactions”, Matthew 5:5