

OVERCOMING BROKEN HEART

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

The Oxford English dictionary defines broken heart as "a feeling of great sadness, especially when somebody you love has died or left you." Broken heart in general may be brought by countless number of causes such as disappointment in a child's lifestyle, loss of possession or loss of job; but in today's world, broken heart usually describes someone who has suffered a failed relationship or loss of a loved one.

A search of the internet today appears like majority of heartbreaks come from divorce or a person being dropped by a lover. Sometimes the hurt of heartbreak is so great it prevents people from functioning properly and in some extreme cases, can result in mental breakdown or even a desire to commit suicide. It is therefore important to consider how people can overcome the hurt of broken relationships and move on in life.

Now some people suggest various ways of relieving the pain of a broken heart. These include taking antidepressants, going on a shopping spree, getting a makeover among others. These suggestions may help in some way but they mostly do not completely heal a broken heart. However, children of God can experience complete recovery from heartbreaks because we have the Holy Spirit, who is able to completely heal the brokenhearted and bind up their wounds.

In this study we shall consider some four ways one can overcome a broken heart and move on in life. Let us begin.

1. TALK TO GOD ABOUT YOUR FEELINGS

Jesus understands the pain of broken heart, for He had become man before. He understands the pain of rejection, for "He came to that which was His own, but His own did not receive Him" (John 1:11).

He therefore understands the pain of heartbreak and rejection, and is able to heal the brokenhearted and bind up their wounds. 1 Peter 5:7 says; "give all your worries and cares to God, for He cares about you." It

is therefore good in times of heartbreak to talk to God in prayers and express to Him how we feel, and He who understands us will heal our hearts, bind up our wounds and give us the grace to move on.

2. ENCOURAGE YOURSELF WITH GOD'S WORD

Of course it is painful when your love is betrayed, it really hurts when your trust meets disappointment, but the Bible says; "all things work together for good to them that love God, to them who are the called according to His purpose" (Romans 8:28). This means not everything may seem to be good, but both the good and what seems bad at the end all work together to them that love God. The blessings of God is not always what He gives, sometimes it's what He takes. God sometimes separates us from some people and relationships just to save you from a lifetime pain.

It is therefore good to try to understand the good part of every situation even when it doesn't seem good, like a broken relationship. You may not understand how and why it all happened, but still trust God's word that all things work together for your good as a child of God. Some broken relationships do not make sense at the beginning but they really make sense at the end. For God's plan for His children is always good, and comes from His love and protection.

3. FORGIVE AND LET IT GO

Colossians 3:13 says; "bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you." Forgiveness is very important in healing a broken heart. Holding on to offenses poisons our own hearts and robs us of our joy in the Lord. Yes, you may have been truly offended, and, yes, the pain is real, but there is freedom in forgiveness. Forgiving your offenders helps you more than them; it frees up your heart, improves your health and restores your joy in the Lord.

Forgive therefore; just as in Christ God forgave you. Whatever the case was, no matter how cruel and unfair it was, just forgive, let it go, and move on. Whatever happened is now a thing of the past, and it's unhealthy to spend the rest of your life fighting the past. Don't waste your strength on something you cannot change, invest it in building a better future. Empty your heart of any bitterness, drop that load of offenses, forgive and live freely and healthy to the glory of God.

4. LET GO OF THE PAST

In Isaiah 43:18 God says; "forget the former things; do not dwell on the past." The lives of many people today are static because they are stuck in the pain of a broken relationship. The truth is your life cannot go forward when you are still living backward, and you cannot open a new page when you are still reading the old one. In fact, experiencing heartbreak is very painful but take courage, and don't waste the rest of your life on something you cannot change about the past. Having Christ is enough to start anew.

In Philippians 3:13 Apostle Paul said; "one thing I do: Forgetting what is behind and straining toward what is ahead". Life story is full of expected and unexpected events, but they all work together for good to them that love God. Close therefore those dark chapters, open a new page and write your story. Never let a past broken relationship hold you back; forget the dark past so it won't block your bright future. For the life ahead is greater than the life behind.

Now forget the past but don't forget what the past thought you. You cannot do the same thing in the same way and expect a different result. Let the broken relationship teach you how to live in your next relationship and things will be better. Learn from your mistakes, and repeat them not in your next relationship.

A broken relationship is painful, but the Lord is still gracious. He will heal our broken hearts and bind up our wounds if we seek His help in the face of heartbreaks. The Lord is merciful, and can take our brokenness to strengthen us and make us the kind of people He wants us to be. Having Christ is enough to start anew.