

# HOW TO REHAB YOUR HEART

**BISHOP RC BLAKES, JR.**

At some point everybody has to learn how to minister to your own heart when it's broken. Life will discover ways to break you.

## **Psalms 34:18-19**

**The Lord is nigh unto them that are of a broken heart; and saveth -- such as be of a contrite spirit. Many are the afflictions of the righteous: but the Lord delivereth him out of them all.**

Many are the afflictions of the righteous. The world will break you but it's your job to know how to pull yourself together. Your life depends on it.

## **Proverbs 17:22**

**A merry heart doeth good like a medicine: but a broken spirit drieth the bones.**

A spirit broken with sorrow, whether on spiritual or temporal accounts; as it weakens the nerves, it dries up the marrow in the bones, and emaciates the body, and reduces it to a skeleton: the joy or grief of the mind, those passions of the soul, have a very great influence upon the body, either for its good or hurt.

# IMPACT OF BROKEN HEARTEDNESS

## **A. You Are Dislodged From Your Sense Of Purpose**

### **Job 17:11**

**My days are past, my purposes are broken off, even the thoughts of my heart.**

## **B. You Live With A Spirit Of Depression And Self Pitying**

**Psalms 69:20**

**Reproach hath broken my heart; and I am full of heaviness: and I looked for some to take pity, but there was none; and for comforters, but I found none.**

## **C. It Makes You Irrational In Your Future Relationships**

# **HOW TO REHAB A BROKEN HEART**

## **1. ACKNOWLEDGE YOUR PAIN**

**Many times we are heartbroken and won't admit it because of pride or shame. We never believed that we would be the one heartbroken.**

### **IMPACT POINT!**

**Some Of The Most Broken People Carry The Countenance Of A Perfect Life**

**At the end of the day you can live your life to impress people which is never healthy or you can live your life for true happiness and authenticity Desires truth in the inward parts**

### **IMPACT POINT!**

**The Soul Requires Expression To Stay Healthy**

**When Jesus felt human emotions he expressed himself. When your heart is broken you can't contain that pain without it changing you for the worse.**

**James 5:16**

**Therefore, confess your sins to one another [your false steps, your offenses], and pray for one another, that you may be healed and restored. The heartfelt and persistent prayer of a righteous man (believer) can accomplish much [when put into action and made effective by God—it is dynamic and can have tremendous power].**

The term confess is the Greek homologeo - To day the same as. It means to call it exactly what God calls it or to call it what it is. The urban dictionary would paraphrase James 5:16 like this KEEP IT REAL.

## **2. OWN YOUR MISTAKES**

One of the biggest mistakes we make is when we put total confidence in people. People ultimately fail us because people are human. And just because somebody hurt you doesn't mean that they always intended to hurt you.

### **IMPACT POINT!**

**You Heard Your Heart Cracking Long Before It Broke. It Wasn't A Surprise**

**Psalms 118:8-9**

**It is better to trust in the Lord than to put confidence in man. It is better to trust in the Lord than to put confidence in princes.**

**Another aspect of your mistake is that you've ALLOWED A PERSON TO ABUSE YOU WHILE YOU PARTICIPATED IN YOUR OWN HUMILIATION BY RETURNING FOR MORE OF THE SAME.**

## **COMMON MISTAKES**

- A. Expecting people to be to me what I need to be to myself.**
- B. Giving my all to people who have nothing to give back.**
- C. Ignoring the signs that were clearly displayed.**
- D. Trying to change the nature and will of a person**
- E. Not learning your lesson sooner**

**Proverbs 17:10 AMP**

**A reprimand goes deeper into one who has understanding and a teachable spirit Than a hundred lashes into a fool.**

### **3. EMBRACE THE PROCESS**

The process of healing from a broken heart is as simple as this: **LEARNING TO BECOME A HEALTHY AND HAPPY INDIVIDUAL** without the presence or assistance of a person you thought would be in your life.

#### **IMPACT POINT!**

**Most People Are Not Individuals. Most People Have No Self Concept Apart From Others**

When you are emotionally disturbed by the behavior of others it means that you are struggling with your individuality. Individuals are never moved by external sources or forces. Individuality breeds contentment.

**Philippians 4:11 AMP**

**Not that I speak from [any personal] need, for I have learned to be content [and self-sufficient through Christ, satisfied to the point where I am not disturbed or uneasy] regardless of my circumstances.**

#### **IMPACT POINT!**

**You Will Never Be A Healthy Individual Searching For Meaning Outside Of God**

**Acts 17:28**

**For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.**

Sometimes the breaking of your heart is really the healing of your soul.

### **4. PUT YOUR LOVE WALK IN ORDER**

A broken heart is mostly the consequence of an out of order love life.

**Matthew 22:36-38**

**Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment.**