



NO LIMITS

WITH PASTOR DELMAN

how to

heal

a

**wounded
heart**

S E R M O N G U I D E

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How To Heal A Wounded Heart

Genesis 29:16-35

INTRODUCTION

While having your heart broken may not be preventable, it is conquerable. You can make it after disappointment, and today’s key Scripture passage shows us what makes it possible to move through, rise above, and thrive after disappointment. It’s like what Paulo Coelho once said, “Disappointment, defeat, and despair are the tools God uses to show us the way.” What determines whether you move on or whether you shut down after heartbreak depends upon how you assess the situation. If you view the event positively, seeing it as an opportunity for growth, versus viewing it negatively and seeing it as a moral judgment, then you are more inclined to grow through what you go through.

KEY POINTS

1. Don’t Let Disappointment Destroy Your Confidence

What Leah wanted was for her husband to love her. It wasn’t just enough for them to simply be married, pay bills, and have children. She wanted the affection of her husband. And when life delivers circumstances on our doorstep that don’t line up with what we desire, the disappointment of it all can be so heavy that it can literally cause us to fall apart.

I imagine that could have happened to Leah as verses 32 and 33 tell us that Leah knows she is unloved and hated. But what I like is that while she does not deny what has happened to her, somehow, somehow, she doesn’t let it destroy her confidence. What keeps Leah alive is the conviction that even though the one to whom she is married does not love her, that does not cause her not to love herself.

Oftentimes, when we are rejected or when we experience disappointment when life sends something we had not anticipated, it is easy to lose our sense of confidence; blaming ourselves for what happened or comparing ourselves to others, but nowhere in this entire narrative do we get a sense that Leah compromises herself. Nowhere do we sense that she starts to look down on herself, and that because she did not let a moment of heartbreak break her.

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2. Focus On The Lord's Favor

God saw Leah. He saw her circumstances. He saw her pain. He saw her situation. He saw her struggle. He saw her heart, and He did not leave her or abandon her. At a time when Jacob was focused on Leah's looks, God was opening her womb. This opening of the womb is both physical and spiritual. God opened Leah's womb at a time when the woman Jacob favored was barren. In the middle of her disappointment, God was up to something, birthing nations and entire generations through her when others had given up on her. And that's favor. Isn't that just like the God we serve? He sees us even when others don't, and that's favor.

3. Rearrange Your Priorities

After the births of each of her first three children, Leah made comments alluding to her desire for her husband to love her. She thought that with each child she bore, she had a better chance that Jacob would love her. But notice what Leah says after the birth of her fourth child. Her response shows a shift from the horizontal to the vertical. She somehow turned her focus from being outward to being upward.

Before, she thought that what mattered was acceptance from her husband, but now she realizes what matters most. Acceptance from her husband may be preferred, but it's not the priority. Leah reached a point in her life where she realized that what she was trying to get from a man could only come from God! Leah came to realize that while Jacob did not love her, God did. This is the same shift that each of us needs to make when our hearts have been wounded or when we are disappointed. We need to realize what matters most by rearranging our priorities.

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QUESTIONS TO CONSIDER

1. What is something you've been heartbroken or disappointed about recently?
2. How have you seen the Lord's favor in the midst of your heartbreak and disappointment?
3. In what ways do you need to rearrange your priorities so you can realize what really matters?
