

Prov 15:4 *"A wholesome tongue is a tree of life, But perverseness in it **breaks the spirit.**"*

Pro 17:22 *"A merry heart does good, like medicine, But a **broken spirit** dries the bones."*

Alienation from God and people can happen because of offense and offenses are unavoidable and inevitable.

Luke 17:1a *"Then He said to the disciples, "It is impossible that no offenses should come"*

Matt 5:48 *" But you are to be **perfect**, even as your Father in heaven is perfect."*

Young's Analytical Concordance defines this word '*perfect*' as the ability to repair and adjust"

We must participate in the healing that takes place when offense or bruising takes place.

"A "breach in the spirit" refers to a spiritual break, vulnerability, or separation from God often caused by sin, leading to a loss of peace, protection, and divine connection. It represents a "broken wall" in one's inner life, allowing dysfunction to enter, which can be repaired through repentance, forgiving and God's grace. "

Pro 25:28 Amp *"Like a city that is broken down and without walls [leaving it unprotected] Is a man who has no self-control over his spirit [and sets himself up for trouble].*

Forgiving others is a path we take to bring healing back into our spirit.

If it doesn't it leaves us with dry bones."

If not, it leaves us with a broken wall and dry bones

Pro 17:22b *"But a broken spirit dries the bones."*

Ez 37:2 Nlt *“He led me all around among the bones that covered the valley floor. They were scattered everywhere across the ground and were completely dried out.*

‘Slain’ means to smite with deadly intent: destroy, kill, put to death.

1. We become distant from God.
2. We become distant from other believers.

It’s his intent to bring the bruises of offenses and bitterness.

Heb 12:15 *“looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;”*

Healing our Bruised Spirit.

Is 42:3 *“A bruised reed He will not break, And smoking flax He will not quench; He will bring forth justice for truth.”*

‘They are a smoldering wick – they are bruised reed’

Feeling useless causes these people to feel that God has no use for them either, and it may be normal to expect that God would just break off a bruised or snuff out the smoking flax.

But this is not the case! NOT AT ALL!

Is 53:5 *“But He was wounded for our transgressions,
He was bruised for our iniquities;
The chastisement for our peace was upon Him,
And by His stripes we are healed.*

Healing the Poisoned Spirit

Heb 12:15 *“looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;”*

Provers 25:23 *"The north wind brings forth rain, And a backbiting tongue an angry countenance."*

How do we get rid of the poison?

1. Feed on the Word of God;

Jn 15:3 *"You are already clean because of the word which I have spoken to you."*

2. Let the Holy Spirit wash through you in worship;

Titus 3:4-5 *But when the kindness and the love of God our Savior toward man appeared, not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit,*

3. Fellowship with other good, strong positive believers this brings cleansing;

1 John 1:7 *"But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin."*