

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"*

We need to find the ability to recover quickly and completely from these offences.

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"

God has never expected that we would attain to a state of life where we never made a mistake, or never offended anyone, nor did any wrong at all.

But He does anticipate that (we will develop a character) that is able to repair breaches.

"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."

The Bible shows us in **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.

Satan's 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;"

Is 1:5-6 "Your head is injured, and your heart is sick.⁶ You are battered from head to foot— covered with bruises, welts, and infected wounds— without any soothing ointments or bandages."

Prov 15:13 "A merry heart makes a cheerful countenance,
But by sorrow of the heart the spirit is broken."

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

Prov 18:14 "The spirit of a man will sustain him in sickness,
But who can bear a broken spirit?"

Prov 25:28 Whoever has no rule over his own spirit
Is like a city broken down, without walls."

This proverb is saying that when we lost control over our spirit, we become defenseless and vulnerable to the attack of the devil.

When our spirit is broken, and that damage begins to affect our lives in ways beyond our control, we find ourselves owners of attitudes we wish we didn't have.

Symptom; *"He has no rule over his spirit"* **Prov 25:28a**

-A damaged spirit becomes impatient and angry.

*"I have noticed this about people with unhealed broken spirits.
They are like echoes of unhealed pain.
Unhealed people don't listen with their ears.
They listen with their triggers.
They don't hear your words.
They hear their wounds.
They turn calm into criticism, honesty into attack, and silence into abandonment.
Every response is shaped by fear, not understanding.
You're having a conversation, but they're fighting battles from another time.
No matter how gently you speak. Pain speaks louder.
That's why healing isn't a luxury, it's a necessity.
It's necessary for connection, for clarity, for peace"*

A person becomes broken in spirit when;

1. Trust is broken or breached

- When our trust is betrayed, our spirit is broken.
- We place confidence in people with secrets about our life.
- If we discover that secret has not been kept, trust is breached.
- WE trust when we expect support from another when we're in a battle.
- If, however they let us down, fail to support us, or even turn against us, our trust is broken, our spirit is broken.

Mal 2:14b *“the LORD has been witness Between you and the wife of your youth, With whom you have dealt treacherously; Yet she is your companion And your wife by covenant.*

Vs 15 *“But did He not make them one, having a remnant of the Spirit?*

And why one? He seeks godly offspring.

*Therefore **take heed to your spirit**, and let none deal treacherously with the wife of his youth.*

Vs 16 *“For the LORD God of Israel says That He hates divorce,*

*For it covers one’s garment with **violence**,” Says the LORD of hosts.*

“Therefore take heed to your spirit, That you do not deal treacherously.”

Violence, Twot #678 Heb *ḥāmās* in the O.T. is used almost always in connection with sinful violence.

It is often a name for extreme wickedness. It was a cause of the flood.

Gen 6:11, 13.

Luke 17:27 *“They ate, they drank, they married wives, they were given in marriage, until the day that Noah entered the ark, and the flood came and destroyed them all.”*

-The capacity to trust is a spiritual strength.

-Our spirit is the reservoir for trust.

-If trust is broken our spiritual reservoir is depleted and dries up.

And then when dryness sets in, the spirit cracks easily and breaks.

It’s like the broken walls of a citadel.

Prov 25:28 *“Whoever has no rule over his own spirit*

Is like a city broken down, without walls.”

-If trust is broken our spiritual reservoir is depleted and dries up.

And then our defenses, our walls are broken down.

-We no longer can defend ourselves and we become open to the attack of the Enemy.

Mt 12:43 ““When an unclean spirit goes out of a man, he goes through dry places, seeking rest”

Matthew 18, where Jesus warns that failing to forgive from the heart leads to being handed over to "tormentors".

Matthew 18:33-35 “³³ *Should you not also have had compassion on your fellow servant, just as I had pity on you?*’ ³⁴ *And his master was angry, and delivered him to the torturers until he should pay all that was due to him.*

³⁵ “*So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.*”

This is a spiritual consequence that opens the door to demonic oppression, bitterness, and misery, effectively trapping the unforgiving person in a prison of their own making.

A person becomes broken in spirit when;

2. Failure

3. They have had greater responsibility than they could bear.

-Some people have been promoted beyond their competency or their capacity.

4. They have carried the responsibility for something which they did not have suitable authority for.

We know we've been broken in spirit;

-When we have lost initiative and motivation;

-When we have lost any creative urge;

-When even sunny days look like bad days.

-When depression and discouragement come easily;

-When we find it painful to be encouraged or raise faith that God will do good;

-When we are continually suspicious of everyone, even our closest friend;

-When we're feeling exhausted for no real reason, and when we react badly to people placing pressure on us for decisions or help or some sort.

“a broken spirit dries the bones.”

-The most common process causing a bad mood is when people adopt a cynical, untrusting, defense system, by which people and love are prevented from entering their lives.

-This blockage is similar to blocking an artery to the bone, as it prevents essential nutrition from entering a person's spirit.

-The emotional nourishment that comes from intimate relationships is cut off and the person just starves in those areas of their life.

-The disciplines of prayer, and Bible reading, restraint from things those are questionable in their Christian life.

-This kind of environment speeds up the restoration of a broken spirit.

-Church is like going to Physical Therapy with the therapist, but the real and lasting healing will take place at home with the exercises given to the patient by the therapist/pastor.

-Home visits can happen to, to encourage the person with a broken spirit.

The valley of dry bones vision in **Ezekiel 37:1-14** where God shows the prophet a valley filled with dry bones, representing those who felt hopeless and spiritually dead in captivity.

God commands Ezekiel to prophesy, causing the bones to assemble, cover with flesh, and receive breath (spirit/life), symbolizing God's promise to resurrect, restore, and return His people to their land.

EZ 37:1-14

The LORD took hold of me, and I was carried away by the Spirit of the LORD to a valley filled with bones. ² 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. ³ Then he asked me, “Son of man, can these bones become living people again?”

“O Sovereign LORD,” I replied, “you alone know the answer to that.”

*⁴ Then he said to me, “**Speak a prophetic message** to these bones and say, ‘Dry bones, listen to the word of the LORD!’ ⁵ This is what the Sovereign LORD says: Look! I am going to put breath into you and make you live again! ⁶ I will put flesh and muscles on you and cover you with skin. I will put breath into you, and you will come to life. Then you will know that I am the LORD.’”*

⁷ So I spoke this message, just as he told me. Suddenly as I spoke, there was a rattling noise all across the valley. The bones of each body came together and attached themselves as complete skeletons. ⁸ Then as I watched, muscles and flesh formed over the bones. Then skin formed to cover their bodies, but they still had no breath in them.

*⁹ Then he said to me, “**Speak a prophetic message** to the winds, son of man. Speak a prophetic message and say, ‘This is what the Sovereign LORD says: Come, O breath, from the four winds! Breathe into these dead bodies so they may live again.’”*

¹⁰ So I spoke the message as he commanded me, and breath came into their bodies. They all came to life and stood up on their feet—a great army.¹¹ Then he said to me, “Son of man, these bones represent the people of Israel. They are saying, ‘We have become old, dry bones—all hope is gone. Our nation is finished.’

¹² Therefore, prophesy to them and say,

‘This is what the Sovereign LORD says: O my people, I will open your graves of exile and cause you to rise again. Then I will bring you back to the land of Israel.

¹³ When this happens, O my people, you will know that I am the LORD. ¹⁴ I will put my Spirit in you, and you will live again and return home to your own land. Then you will know that I, the LORD, have spoken, and I have done what I said. Yes, the LORD has spoken!’

The Meaning: God can bring life out of deathly, hopeless situations!

