

What is a broken heart? Maybe more appropriately we should ask, what is the heart?

WHAT DOES THE BIBLE HAVE TO SAY ABOUT THE HEART?

The Bible mentions the heart almost 1,000 times. In essence, this is what it says: the heart is that spiritual part of us where our emotions and desires dwell.

Before we look at the human heart, we'll mention that, since God has emotions and desires, He, too, can be said to have a "heart." We have a heart because God does. David was a man "after God's own heart" (Acts 13:22). And God blesses His people with leaders who know and follow His heart (1 Samuel 2:35; Jeremiah 3:15).

The human heart, in its natural condition, is evil, treacherous and deceitful. **Jeremiah 17:9** says, "The heart is deceitful above all things and beyond cure. Who can understand it?" In other words, the Fall has affected us at the deepest level; our mind, emotions and desires have been tainted by sin. This is also an indication that our heart can be broken.

WHAT IS A BROKEN HEART?

Usually a broken heart stems from relationships (rejection, betrayal, shame). One thing for sure, it is always associated with pain. Pain is uncomfortable and in severe cases can be down right debilitating.

Seven ways to deal with a broken heart:

1. Vulnerability
2. Forgiveness
3. Gratitude
4. Love
5. Purpose
6. His presence
7. Hope

1. Vulnerability

We need to admit to God that we are hurting and broken in the first place. The Lord encourages us to cast our cares on Him.



“Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.” [1 Peter 5:6-7 NKJV](#)

Healing can't occur if we can't admit healing needs to happen in the first place; be it because of shame, pride, or guilt, we face the temptation when our hearts are broken to deny our brokenness. In an effort to appear strong, we may act like we're not weak. We avoid vulnerability to protect ourselves from further hurt. But **acting like we don't need to be healed is not healing**. We don't have to be strong in front of God, but we can be honest about our hurt and brokenness with Him because **a hard heart is not a healed heart**.

The gift that God grants us in our relationship with Him is the ability to be honest with ourselves and Him. We can lay all our broken pieces at His altar and allow Him into the most fragile parts of our hearts. Jesus tells us it's the truth that will set us free (John 8:32)

2. **Forgiveness**

- **God called us to forgive just as we have been forgiven:**

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” [Ephesians 4:32](#)

- **God will fight our battles for us:**

“Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written “Vengeance is mine, I will repay, says the Lord.” [Romans 12:19](#)

1. Forgiveness is a process. It doesn't happen overnight, but something we experience as we seek God for strength and power.
2. Sometimes the forgiveness we need to extend is not to another person, but to ourselves and God's grace is available for that too.

3. **Gratitude**

Bitterness can cause us to miss how God is blessing us even in the midst of a broken heart.

"She said to them, “Do not call me Naomi; call me Mara, for the Almighty has dealt very bitterly with me. I went away full, and the LORD has brought me back empty. Why call me Naomi, when the LORD has testified against me and the Almighty has brought calamity upon me?” [Ruth 1:20-21](#)



I know it's hard to look on the bright side when everything feels dark. When our hearts are broken, it's easy for jealousy, resentment, bitterness and defensiveness to fester. But when we take time to pause and really see how God was and is moving and protecting us, even in our heartbreak, we can move our hearts towards gratitude. We can slowly take our focus off the pain alone and see God's love and goodness to begin healing.

4. Love

Many times, our broken hearts come from a love lost. As much as that may hurt, we can't forget that although we may lose the love of people, we will never lose the love of God, and that is something we should cherish and never take for granted. God is not like man. (Number 23:19) He keeps His promises, He's faithful, and He's beyond patient, forgiving, kind and gentle. It's Christ's ultimate sacrifice on the cross that proves God's love for us. We are loved and there is nothing anyone can do or say to ever take that away.

5. Purpose

When our hearts are broken, life can feel like a waste. We may think what good is it when we're experiencing so much pain. But we must remember that God can turn our brokenness into beauty and our pain into purpose. Not only can God heal us, He often then uses our testimony to help others. You are not the only one who is experiencing this type of heartache and you won't be the last. When we trust God to bring us to healing and wholeness, we become a beacon of hope to others navigating the same dark season that they too can make it out. I'm not going to pretend to know why God has you going through a particular heartbreak, but I do know that when we lean into Him for healing, He has the power to turn any situation around for His glory and our good (Romans 8:28) because His Word says so, and His Word is always true.

Romans 8:26-30 "Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified."



Isaiah 61:3 “To grant to those who mourn in Zion—to give them a beautiful headdress instead of ashes, the oil of gladness instead of mourning, the garment of praise instead of a faint spirit; that they may be called oaks of righteousness, the planting of the Lord, that he may be glorified.”

6. His Presence

Psalms 34:18 “The LORD is near to the brokenhearted and saves the crushed in spirit.”

We are so blessed to serve a God that walks with us through our valleys. Because Christ knows suffering to the fullest, He completely empathizes with our pain. No matter how heartbroken we are, we are never alone. In fact, it is the heartbroken who God is near to. When we can quiet our souls and really pay attention, we can find healing in knowing God is always with us and He will never leave us. The more we make much of God in our hearts and believe that His presence is more than enough, we find hope despite anything we may have lost on this side of eternity.

Hebrews 4:15-16 “Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”

Hebrews 2:14-18 “Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil, and deliver all those who through fear of death were subject to lifelong slavery. For surely it is not angels that he helps, but he helps the offspring of Abraham. Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people. For because he himself has suffered when tempted, he is able to help those who are being tempted.”

7. Hope

Hope reminds us it won't be like this forever. **Roman 15:13** encourages us, “May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”



Hope gives us the will to keep walking in the dark until we find the light, because we believe there is light at the end of this tunnel, even if we can't see or feel it right now. Hope helps us not to stay stuck, but gives us reason unseen to believe the best and keep walking towards the light. And God is that light for us. He gives us reason to wake up in the morning and to continue to believe for the best. If God has given you breath today, you have hope for tomorrow because that means He's not finished with you.

James 1:2 says, "Count it all joy, my brothers, when you meet trials of various kinds..."

