

How to Heal a Broken Heart
Heart
Discover Church
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Mark Phillips

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“The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.”
Psalm 34:18

- Don't **Hide** it

“A happy heart makes the face cheerful, but heartache crushes the spirit.” Proverbs 15:13

“My grief is beyond healing; my heart is broken.” Jeremiah 8:18

“I have cried until the tears no longer come; my heart is broken.” Lamentations 2:11

- Don't **Deny** It

“What sorrow for those who say that evil is good and good is evil, that dark is light and light is dark, that bitter is sweet and sweet is bitter.” Isaiah 5:20

“The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.” Psalm 51:17

- Reject **Bitterness**

“Each heart knows its own bitterness, and no one else can fully share its joy.” Proverbs 14:14

“When times are good, be happy; but when times are bad, consider this: God has made the one as well as the other. Therefore, no one can discover anything about their future.” Ecclesiastes 7:14

- Receive **Healing**

“He heals the brokenhearted and bandages their wounds.” Psalm 147:3

“The Spirit of the Sovereign Lord is upon me, for the Lord has anointed me to bring good news to the poor. He has sent me to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed. ² He has sent me to tell those who mourn that the time of the Lord's favor has come, and with it, the day of God's anger against their enemies. ³ To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of

mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the Lord has planted for his own glory.” Isaiah 61:1-3

“I have fought the good fight, I have finished the race, I have kept the faith.” 2 Timothy 4:7