

A Message to the Brokenhearted



2 Corinthians 10:3-6

For though we walk in the flesh, we do not war after the flesh. (For the weapons of our warfare are not carnal, but mighty through God to the **pulling down of strong holds.**) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, **and bringing into captivity** every thought to the obedience of Christ. And having in a readiness to revenge all disobedience when your obedience is fulfilled.

2 Corinthians 2:11

11 Lest Satan should get an advantage of us: for we are not ignorant of his devices.

Strongholds are a primary strategy of Satan, they distort our perceptions and prevent emotional and spiritual growth, maturity, and healing.

Tonight, we are going to talk about the stronghold known as brokenhearted or brokenness. Life throws a lot at us. Trials come our way, and Satan uses these opportunities to build a stronghold in our lives.

Brokenhearted: overcome by grief or despair.

Synonyms: cast down, depressed, gloomy, melancholy, miserable, sad, and unhappy.

Antonyms: blissful, chipper, delighted, happy, joyful, jubilant, and upbeat.

Stronghold: fortified places Satan builds to exalt himself against the knowledge and plans of God.

Key point! These strongholds create mindsets that are penetrated with hopelessness that causes a believer to accept that their situation cannot change. Something they know is contrary to the will of God.

One can experience brokenness from many different life experiences. Financial struggles, whether but for a moment or constant can cause brokenness. A change in relationship can cause brokenness. Whether that change is in a friendly, professional, personal or romantic setting the upset can cause things to be shaken around and emotions to become shattered. Death of a loved one, or close friend can cause someone to become brokenhearted. Many many other situations in life can cause a person to become brokenhearted.

Psalms 69:20

20 Reproach (*disappointments*) hath broken my heart, and I am **full** of heaviness: and I looked for some to take pity, but **there was none**, and for comforters, but I found none.

KJV

Usually, most times, when someone cannot quickly overcome being brokenhearted there is a root cause. That root has dug deep into their soul and has grabbed a hold of that person’s heart, leaving the person feel alone and helpless. The root cause of brokenness is oftentimes unhealed emotional wounds. When there’s an upset in your life, something gets triggered in your mind from a past emotional wound. This lets the root dig deeper into your soul and wraps brokenness around your heart creating spiritual cracks. The Lord needs to do some weeding and pull out that root cause, but some of us simply let that root grow and spread like cancer-consuming our heart and mind.

Symptoms of the brokenhearted:

- ❖ Full of heaviness
- ❖ Looking for compassion
- ❖ Hopelessness
- ❖ Depressed
- ❖ Loneliness
- ❖ Negative attention
- ❖ Emotional breakdowns
- ❖ Powerless to change a situation

There is hope! Scripture tells us that God is close to those who are brokenhearted. There is hope for you, to be healed from a broken heart and for the stronghold to be torn down. God has come to heal the brokenhearted!

Psalms 34:18

18 The Lord is close to the brokenhearted and saves those who are **crushed** in spirit.

NIV

Notes: _____

Luke 4:18

18 The Spirit of the Lord is upon me because he hath anointed me to preach the gospel to the poor; he hath sent me to **heal the brokenhearted**, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,

KJV

When someone is in complete despair they feel alone and that maybe God doesn't care about them or that God is far away. The scripture contradicts these negative thoughts.

Psalms 34:18

18 The Lord is **close** to the brokenhearted and saves those who are crushed in spirit.

NIV

Psalms 147:3

3 He healeth the broken in heart, and bindeth up their wounds.

KJV

There are three ways to biblically combat this stronghold of being brokenhearted.

- ❖ **Eliminate any Unforgiveness**
- ❖ **Praise God through the sorrow**
- ❖ **Declare the Word of God**

Declare the Word of God

Hebrews 4:12

12 For the **word of God is quick**, and **powerful**, and **sharper** than any twoedged sword, **piercing** even to the dividing asunder of **soul and spirit**, and of the **joints and marrow**, and is a **discerner** of the **thoughts and intents of the heart**.

KJV

Hebrews 4:12

12 See, the Word of God is **alive!** It is **at work** and is **sharper** than any double-edged sword — it **cuts** right through to where **soul meets spirit** and **joints meet marrow**, and it is **quick to judge** the **inner reflections** and **attitudes of the heart**.

CJB

When we speak the Word of God, it is alive! It goes deep into our souls and it is at work on the emotional hurts that have taken root. Repeating the Word of God is powerful and will cut down the stronghold that the enemy has built in your life. When you find yourself feeling brokenhearted like a situation is hopeless. Quote the scriptures. Use the sword against the enemy.



Notes: _____

Eliminate any Unforgiveness

Colossians 3:13

13 Forbearing one another, and **forgiving one another**, if any man have a quarrel against any: **even as Christ forgave you, so also do ye.**

KJV

2 Corinthians 2:10-11

10 If you forgive anyone, I also forgive him. And what I have forgiven — **if there was anything to forgive** — I have forgiven in the sight of Christ for your sake, 11 **in order that Satan might not outwit us. For we are not unaware of his schemes.**

NIV

When we forgive others, we take a hammer to the stronghold of brokenness. We release in ourselves shackles that we didn't know were holding us captive. We can find liberation through forgiveness!

Notes: _____

Praise God through the sorrow

Psalms 107:19-21 KJV

19 Then they **cry unto the Lord** in their trouble, and **he saveth them** out of their distresses.

20 He sent his word, and healed them, and delivered them from their destructions.

21 **Oh that men would praise the Lord for his goodness**, and for his wonderful works to the children of men!

Exodus 15:2 KJV The Lord is my strength and song, and he is become my salvation: he is my God, and I will prepare him an habitation; my father's God, **and I will exalt him.**

Psalms 34:1

34 I will bless the Lord at all times: his **praise shall continually be in my mouth.**

KJV

When we decide to take brokenness on. Fight it head on, we must be willing to praise God through it. The Lord is your strength and song! Sing to Jesus when you're feeling down. You can sing happy upbeat songs or sing songs that convey what you're feeling. Sing it to the Lord as a prayer and let God come in and bless your spirit.

Praise God during the good days and the bad days. Praise God continually. Let the praise always be on the tip on your tongue. I believe that if you declare Gods word, eliminate unforgiveness, and praise God continually you will and you can overcome being brokenhearted!

Notes: _____

You Say.... But God Says...

You say... "It's impossible."

God says... "All things are possible." Luke 18:27

You say... "I'm too tired."

God says... "I will give you rest." Matt. 11:28-30

You say... "Nobody really loves me."

God says... "I love you." John 3:16

You say... "I can't go on."

God says... "My grace is sufficient." II Corinthians 12:9

You say... "I can't figure this out."

God says... "I will direct your steps." Proverbs 3:5-6

You say... "I can't do it."

God says... "You can do all things." Philipians 4:13

You say... "I'm not able."

God says... "I am able."

II Corinthians 9:8

You say... "I can't forgive myself."

God says... "I forgive you." I John 1:9

You say... "I can't manage."

God says... "I will supply all your needs." Philipians 4:19

You say... "I'm afraid."

God says... "I have not given you a spirit of fear." II Timothy 1:7

You say... "I'm worried & frustrated."

God says... "Cast all your cares on Me." I Peter 5:7

You say... "I'm not smart enough."

God says... "I will give you wisdom." I Corinthians 1:30

You say... "I feel alone."

God says... "I will never leave you or forsake you." Hebrews 13:5



