

# PARK HEIGHTS CHURCH OF CHRIST

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*Thus Saith the Lord*

## HEALING A BROKEN HEART

By Jeff Sweeten

How does one heal a broken heart? Disappointments in life and the combination of wounds, baggage and stigma can be overwhelming. *"The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?"* (Proverbs 18:14). What is a Christian to do?

First, **concentrate on Heaven**. *"Set your minds on things that are above, not on things that are on earth"* (Colossians 3:2). This world provides evil enough to occupy us with gore, violence and horrors unspeakable until the day we die; and, our entertainment is saturated with it. What we think about defines who we become (Philippians 4:8). David cried out, *"I am severely afflicted; give me life, O LORD, according to your word!"* (Psalm 119:107). Jesus tells us, *"I came that they may have life and have it abundantly"* (John 10:10). That life is available through His Word (John 5:24).

Second, **clean up your life**. Sin brings us grief; it separates us from God (cf. Isaiah 59:1-2). *"Good understanding giveth favor: but the way of transgressors is hard"* (Proverbs 13:15). Life is full of enough blight without adding self-inflicted consequences. Know that our God is a forgiving God. David cried out: *"As for you, O LORD ...your steadfast love and your faithfulness will ever preserve me!"* (Psalm 40:11). Besides, *"What fruit did you have then in the things of which you are now ashamed? For the end of those things is death"* (Romans 6:21).

Finally, **focus on today**. *"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble"* (Matthew 6:34). Satan wants you to believe that because of yesterday's sins, you have no hope today for a decent tomorrow. Not true! It is the lie the Devil has been telling since the Garden. *"Therefore know that the Lord your God, the faithful God who keeps covenant and mercy for a thousand generations with those who love Him and keep His commandments"* (Deuteronomy 7:9).

One of the greatest gifts God ever gave was hope; it will heal a broken heart. This hope began in the Garden (cf. Genesis 3:15) when sin appeared and will continue until Judgment (Hebrews 10:29). YOU can have hope because yesterday is gone, you are breathing today, and an eternal tomorrow is promised in Christ Jesus (John 3:16-19).

**JOIN US ON SUNDAY AND WEDNESDAY!**

**SUNDAY: 9:30 a.m. Bible Study • 10:25 a.m. Morning Worship • 1:30 p.m. Bible Study**

**WEDNESDAY: 7:00 p.m. Bible Study • Contact the minister at 254-370-4130**