



## When A Marriage Ends

### What To Do With Your Broken Heart:

#### 1. Get \_\_\_\_\_

• From \_\_\_\_\_

"If one person falls, another can reach out and help. But people who are alone when they fall are in real trouble... two can stand back-to-back and conquer. Three are even better." Eccl. 4:10, 12 (NLT)

"There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing." Prov. 12:18 (NAS)

• From \_\_\_\_\_

"My soul cleaves to the dust; revive me according to Your word." Ps. 119:25 (NAS)

"I stay awake through the night, thinking about your promises." Ps. 119:148 (LB)

• From \_\_\_\_\_

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express." Rom. 8:26

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Ps. 34:18

#### 2. Accept \_\_\_\_\_

"Three times I pleaded with the Lord... But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'" 2 Cor. 12:8-9a (NIV)

#### 3. Ask for and offer \_\_\_\_\_

"My guilt overwhelms me -- it is a burden too heavy to bear... But I confess my sins; I am deeply sorry for what I have done." Ps. 38:4, 18 (NLT)

"Get rid of all bitterness, rage and anger... forgiving each other just as in Christ God forgave you." Eph. 4:31-32 (NIV)

See also: Matt: 6:12-15

#### 4. Keep \_\_\_\_\_ on God's purpose for your life.

"I would have despaired unless I had believed that I'd see the goodness of the LORD in the land of the living." Ps. 27:13 (NAS)

"For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus." Phil. 1:6 (NAS)

### Recommended Reading:

*But I Didn't Want A Divorce*, André Bustanoby

*Growing Through Divorce*, Jim Smoke

*Single Again: An Uncertain Journey*, Jim Smoke

*Your Kids and Divorce: Helping Them Grow Beyond the Hurt*, Thomas Whiteman

### Daily Meditations

Here's a chance to spend some time each day this week meditating on today's topic!

Write your answers on another piece of paper this week.

#### This week's memory verse:

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Ps. 34:18

#### Monday

Look back over the notes from this past weekend.

Whether you are divorced or not, how can the points for a handling heartbreak apply to any relationship?

How can you apply these principles to your life this week?

*Thank God today for His care and love for you. Ask Him to open your heart to Him and to what He wants to teach you this week.*

## **Tuesday**

Get help. It sounds easy but it can be so difficult to act on. The sermon last weekend encouraged you to seek help from godly people, the Bible and God's spirit. How would you rate yourself when it comes to getting help - when trouble comes do you tend to turn inward or outward?

Read Eccl. 4:10, 12. Why is it difficult for you to ask for help?

Read Ps. 119:25. Recall a time when you sought help from God's word to help you handle a disappointment. How did that help you?

Read Ps. 34:18. How does knowing that God's spirit is interceding for you in your disappointment and close to you when you're brokenhearted help you handle disappointments?

*Thank God today that you don't have to walk alone. Ask Him to give you the courage to seek help. Ask Him to guide you to the right people and the right scriptures.*

## **Wednesday**

Read 2 Corinthians 12:8-9a. How does accepting reality help you when your heart is broken?

What do these verses teach you about reality with Christ?

Think about a situation you are currently in where you're struggling to accept reality. Spend some time in prayer today about that situation. Write down your prayer to God today. Write to Him about your disappointments - be honest. Pray specifically for "God's eyes" to see this situation the way He does. Ask God today to strengthen your dependence on His grace. Pray that you'll have the courage to stop trying to control your weaknesses and instead to allow Christ to pour His strength into you.

## **Thursday**

Today read Ps. 38:4, 18 and Eph. 4:31-32. What do these verses teach you about forgiveness?

Think first about asking for forgiveness. Take a moment to pray and ask God to put on your heart the name of anyone you need to seek forgiveness from.

What is most difficult about asking someone to forgive you? How can asking someone to forgive you help you deal with your broken heart?

Take an honesty inventory of your emotions. Is there any root of bitterness towards someone who has hurt you? How does bitterness hinder healing?

*Thank God today for His forgiveness of you. Ask Him to help you humble yourself and be willing to ask others to forgive you. Allow God to heal any bitterness that you are harboring in your heart. Pray that as you live a life of forgiveness and healing that God would heal your heart too.*

## **Friday**

Read Ps. 27:13 and Phil. 1:6. How would you describe your view of your future?

How has a past (or current) broken heart impacted your view of your potential?

What truths about your future do you see in the verses you read today? How can you apply those as a balm to your broken view of your purpose and potential?

*Thank God today that you're not on the shelf. Thank Him for His plans for you. Ask Him to use the hope of your purpose and future in Christ as healing for your broken heart.*

## **Saturday**

Please pray for the services this weekend and finish any devotions you may have missed. Thanks!