

# Healing a Broken Heart

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# Proverbs 15:13

A merry heart makes a cheerful countenance,  
But by sorrow of the heart the spirit is broken.

# Psalm 38:8

I am feeble and severely broken; I groan  
because of the turmoil of my heart.

# Psalm 69:20

Reproach has broken my heart,  
And I am full of heaviness;  
I looked for someone to take pity, but there  
was none;  
And for comforters, but I found none.

# Stages of the Grief Cycle

**"NORMAL"  
FUNCTIONING**



## Shock and Denial

- Avoidance
- Confusion
- Fear
- Numbness
- Blame

## Anger

- Frustration
- Anxiety
- Irritation
- Embarrassment
- Shame

- Empowerment
- Security
- Self-esteem
- Meaning

## Dialogue and Bargaining

- Reaching out to others
- Desire to tell one's story
- Struggle to find meaning for what has happened

## Depression and Detachment

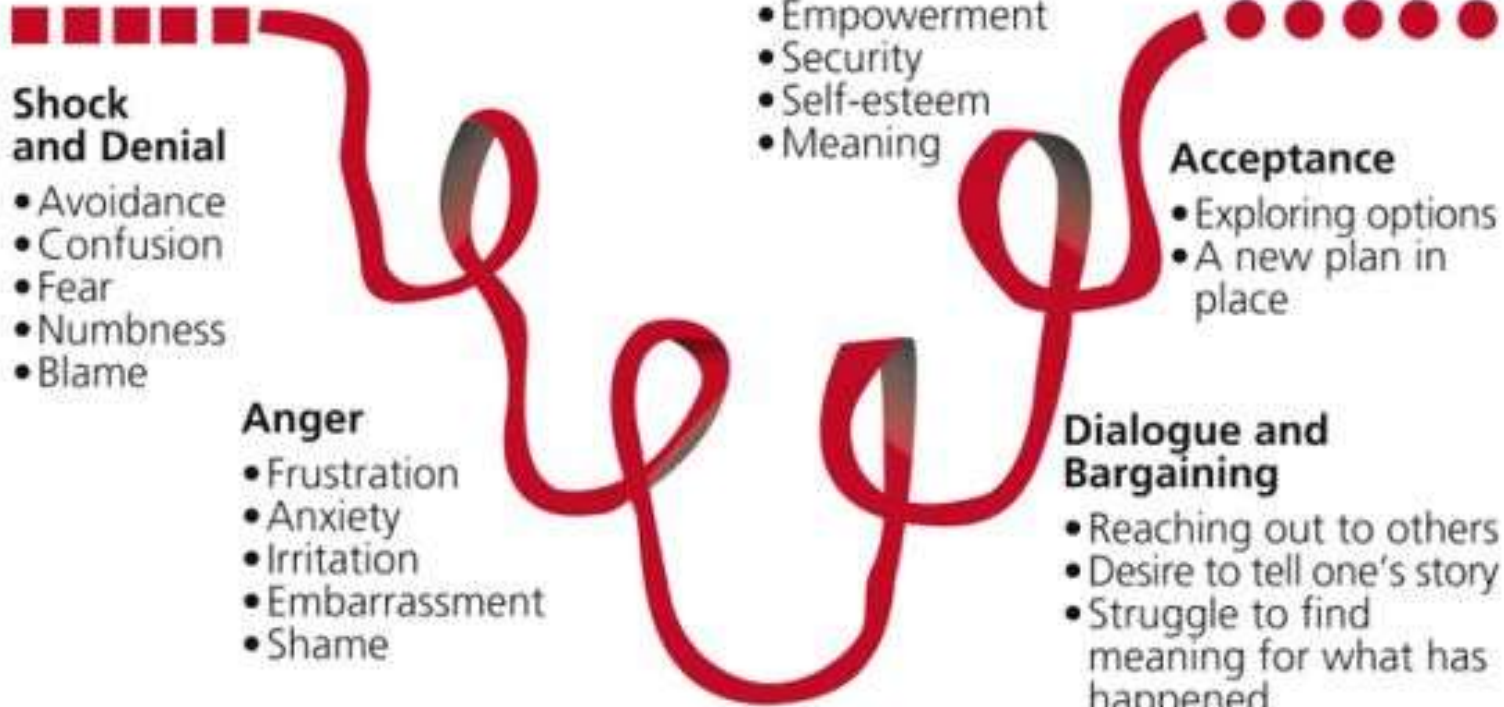
- Overwhelmed
- Blahs
- Lack of energy
- Helplessness

**RETURN TO  
MEANINGFUL LIFE**



## Acceptance

- Exploring options
- A new plan in place



# Broken Heart Syndrome

Temporary heart failure after a stressful event -- a sudden temporary weakening of the muscular portion of the heart.

Bulging of the left ventricle

The heart in such instances takes on a rounded shape with a narrow neck, resembling a traditional Japanese lobster trap (takotsubo).

# Psalm 34:17-19

The Lord is near to those who have a broken heart,  
And saves such as have a contrite spirit.

Many are the afflictions of the righteous,  
But the Lord delivers him out of them all.

# “Contrite”

“Broken down with grief and penitence; deeply sorrowful for sin because it is displeasing to God; humbly and thoroughly penitent.”

Webster's Revised Unabridged Dictionary



# What We Know...

Grief over sudden loss is normal.

Broken heart over sudden loss is possible.

Broken hearts can heal.

We can aid the healing process

# Healing Steps

Physical diet

Avoidance v. Acquisition

# Healing Steps

**Mental diet**

Avoidance v. Acquisition

**Proverbs 17:22**

A merry heart does good, like medicine, But a broken spirit dries the bones.

# Healing Steps

**Mental diet**

Avoidance v. Acquisition

**2 Timothy 1:7**

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

# Fear

Fear of the known

Fear of the unknown

False Evidence Appearing Real

# 1 John 4:18

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

# Healing Steps

Physical diet

Mental diet

Spiritual diet...

# Healing Steps...Spiritual Diet

Stay close to God

**James 4:7**

Therefore submit to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.



# Healing Steps...Spiritual Diet

Have personal goals

**Matthew 6:33**

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

# Healing Steps...Spiritual Diet

Be thankful for what we have

**Psalm 69:29-30**

But I am poor and sorrowful;  
Let Your salvation, O God, set me up on high.  
I will praise the name of God with a song,  
And will magnify Him with thanksgiving.

# Healing Steps...Spiritual Diet

Help others reach their spiritual goals

**1 Peter 3:8** Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous;

**Hebrews 10:24** And let us consider one another in order to stir up love and good works,

# Healing Steps

Physical diet

Mental diet

Spiritual diet...

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