



HEALING THE WOUNDED HEART

**FOR THOSE WHO ARE STRUGGLING
WITH HEARTBREAK**

Over the last 40 years I have been privileged to be admitted into the private world of many people, an honour I never take lightly. And as I've watched the Lord heal in the most amazing ways, it has been like walking on holy ground.

When Jesus, quoting from Isaiah 61, announced His mission, He said specifically...

***He has sent me to bind up the broken-hearted,
to proclaim freedom for the captives
and release from darkness for the prisoners...***

Isaiah amplifies that promise further:

***to comfort all who mourn,
and provide for those who grieve in Zion -
to bestow on them a crown of beauty instead of ashes,
the oil of joy instead of mourning,
and a garment of praise instead of a spirit of despair.
[Isaiah 61:1-3]***

When Jesus died on the cross, it wasn't just about dealing with sin, but the consequences of sin, the devastations we experience in time and space in a fallen world. Isaiah 53 tells us that the Suffering Servant took our emotional pain with Him on the Cross.

***Surely He has borne our griefs
And carried our sorrows...
And by His stripes we are healed
[Isaiah 53:4,5 NKJV]***

Jesus knew all about human grief. He knew what it was to be rejected, labelled as demonic, hunted down, misunderstood, and alone. He wanted us to learn to walk free so the wounds given by this fallen world—and sadly, by our families and other Christians—do not result in bitter roots which defile us and those around us [Hebrews 12:15].

Not everyone has access to a prayerful counsellor, especially in these times of lockdown. So these are the steps I use personally, and with other people...

Stop

Find a quiet place where you won't be interrupted, and get very quiet inside.

Turn

Turn the gaze of your heart towards the Lord; thank Him for being there with you.

Lay it all out

Tell Him how you are feeling.

Focus on the people who have hurt you

Speak aloud to them as though they were present. It is important that we name the sin, or issue; and acknowledge its effect on us. Forgiveness isn't waving a

wrong away (or shoving it down) and saying 'it doesn't matter'; it is bringing something into the light and choosing to deal with it.

The Greek word *aphiemi* used for 'forgive' in the New Testament means 'to send away'; when we choose to forgive someone, we are 'sending away' their sin and its effects—so that it no longer has power to harm us.

It's important to speak these things aloud, for our words have power. [See [The Power of the Spoken Word](#) under the [Mindsets](#) tab on this website.]

- o (Name) I believe you have sinned against me***
- o This is what you have done***
- o This is how it has affected me***
- o I choose to forgive you now. I bear witness before heaven that your sin towards me is sent away; you do not owe me any debt.***

Turn back to the Lord

Get very still again. Ask Him to show you any unhealthy reactions the situation has caused in you, and then ask for His forgiveness and cleansing.

Breathe in

Taking deep breaths through the nose, ask the Holy Spirit, who is the Breath of God, to heal your wounds, and fill you with His life. As you breathe out, let go of all the hurts.

Wait

Then wait quietly in the Lord's presence, not talking, just being.

Respond

Give thanks that you are a new creation, forgiven, cleansed, restored and healed; a beloved child of God, clothed with His grace and the righteousness of Christ. Then release rivers of grace, through your blessing, into the situation.

But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you...

[Matthew 5:44]

[See also [The Power of the Cross](#) under the [Foundations](#) section tab on this website].