

How God heals Broken Hearts

Shofar Tableview
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Dr Anel Keuck-Rademeyer

Psalm 147:3

He heals the brokenhearted and binds up their wounds



LIFE'S A JOURNEY!

We can be compared to a car when it comes to our JOURNEY to HEALING the hurts from the past.

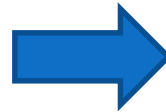
something happens that causes a breakdown.



We cruise along until...



We can fix the minor problems, but ...



bigger problems need the help of a mechanic.



WHAT PEOPLE DO WITH THEIR EMOTIONAL PAIN

- 1. Deny and Suppress**
- 2. 'Praying emotions away'**
- 3. More cognitive Biblical truth**
- 4. Perform and Pretend**
- 5. Deliverance ministry**
- 6. Angry or Passive victim**
- 7. Self comfort**

THE STORY OF EMOTIONAL PAIN

try harder

pray harder

repent of sin of fear

exorcise the demon

more Biblical teaching

work up more faith

combination of all

pop a pill

rather NOT take a pill

THE STORY OF EMOTIONAL PAIN

**We do not really know WHAT we are dealing with
We do not know HOW to heal or help with it**

FEAR = emotion rooted in a LIE

‘Something terrible is going to happen!’

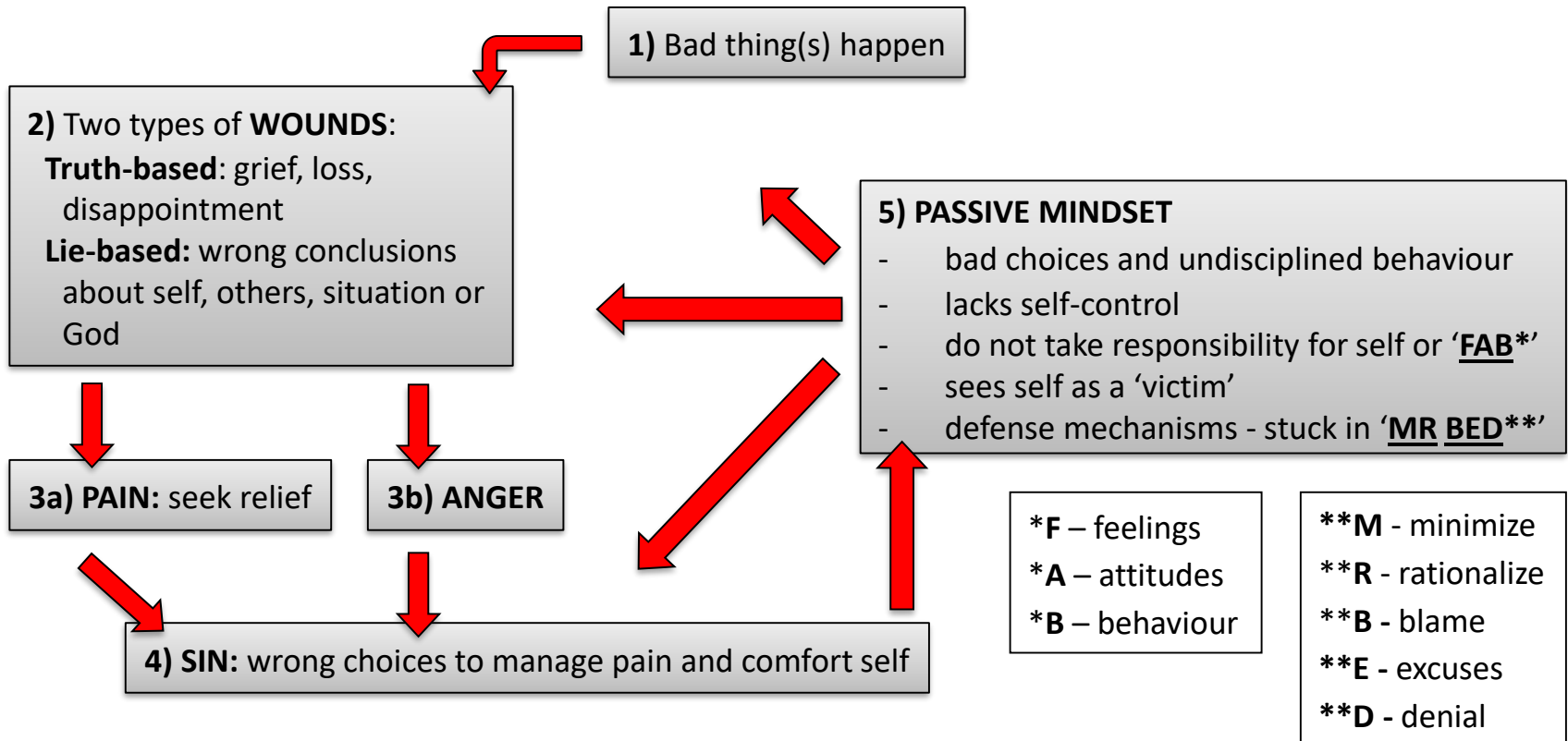
- **Need God’s truth**
- **NOT: chasing demon of fear, repentance, more Word, pray harder, more teachings on fear**

THE STORY OF EMOTIONAL PAIN

3 basic problems:

- **wounds: truth-based or lie-based**
 - **sin**
 - **passive mind-set**
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- **Each has own different cure or remedy. Can't apply remedy for one problem to other and visa versa. Solution must fit problem.**
 - **At times combination of remedies needed.**

THE STORY OF EMOTIONAL PAIN



1 Peter 5:7

Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

Psalms 55:22

Cast your burden on the Lord [releasing the weight of it] and He will sustain you; He will never allow the [consistently] righteous to be moved (made to slip, fall, or fail).

Psalm 107:19-20

Then they cry to the Lord in their trouble, and He delivers them out of their distresses. He sends forth His word and heals them and rescues them from the pit and destruction.

2 Samuel 22:7-8

In my distress I called upon the Lord; I cried to my God, and He heard my voice from His temple; my cry came into His ears. Then the earth reeled and quaked, the foundations of the heavens trembled and shook because He was angry.

Romans 12:19

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

1 John 1:9

If we freely admit that we have sinned and confess our sins, He is faithful and just (true to His own nature and promises) and will forgive our sins [dismiss our lawlessness] and continuously cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought, and action].

Romans 12:1-2 (extracts)

I appeal to you to make a decisive dedication of your bodies as a living sacrifice, consecrated and well pleasing to God. Do not be conformed to this world, but be transformed by the entire renewal of your mind so that you may prove for yourselves what is the good and acceptable and perfect will of God.

2 Cor 10:3-5

We take captive every thought to make it obedient to Christ.

Phil 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Numbers 6:24-26

The Lord bless you and watch over and keep you;

The Lord make His face to shine upon and enlighten you and be gracious (kind, merciful, and giving to you;

The Lord lift up His approving countenance upon you and give you peace continually.