

# "Binding up the Broken-Hearted "



## Introduction

We've talked about a lot of issues. This may have left you feeling kind of low.

Isaiah 61:1 The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD's favor and the day of vengeance of our God, 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 gladness instead of mourning, and a garment of praise instead of a spirit of despair.

## I. What has broken your heart?

### 1. Shattered dreams

Moses and the promised land.  
My great grandfather

Your heart  
aches, hurts,  
is broken

### 2. Pain/mistreatment

### 3. Betrayal

The Judas in your life. Someone you trusted.  
They seemed so sincere. They promised.

### 4. Failure

A bad decision. Why did I do that? Why did I say that? If only you could blame someone else!

## II. What to do about it?

### 1. God wants to heal.

Time doesn't heal.  
Not just your body, but your heart as well.

**2. Doesn't mean you'll forget.** But the sting will be gone. Scar instead of an open wound.

### 3. How does God heal the heart?

The Word of God  
The prayer of faith.  
The sacraments  
The fellowship of believers

**4. Symptoms if not healed:** anger, depression, low self-image, addictive behavior

## III. Paul's Prayer for the Ephesians

Right in the middle of Ephesians Paul has a prayer. (Eph.3:14-21)

For this reason I kneel before the Father, from whom his whole family in heaven and on earth derives its name.

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.

And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge-- that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

1. Strengthened with power in your inner being
2. Christ dwelling in your hearts by faith
3. That you would be rooted and established in love
4. May have power to grasp the dimensions of the love of Christ
5. To know this love that surpasses knowledge
6. That you may be filled to the measure of all the fullness of God.

## Close