



NEW HEART BEAT DEVOTIONS

A Broken Heart

Some of us have a broken physical heart, which includes me. I really should not be alive, but by the grace of God, He has given me a new heartbeat through a pacemaker. But all of us have a broken spiritual heart. However, by the grace of God, He can give us a new heart. Ek 36:26 There is yet another type of broken heart, that will happen many times to each one of us. It can be very mentally and emotionally stressful even physically distressing. When not handled correctly, it will harm us the rest of our lives. The loss of a romance, or engagement, a death, or a divorce will trigger it. My Junior High broken heart was crushing, but a year later it led me to accept Christ.

Billy Graham fell in love while he attended Bible College. She sang for him at his early preaching events. When she broke the engagement, he went into a deep depression asking God why. This could have side tracked the future of one of the greatest Evangelists. However, it made him stronger for the Lord. My Mother knew that female.

[George Matheson](#), at age 20, was engaged to be married but began going blind. When he broke the news to his fiancée, she decided she could not go through life with a blind husband. His heart was greatly broken. However, totally blind, he became a well-known preacher and writer. In 1879, the University of Edinburgh conferred upon him the honorary degree of Doctor of Divinity. With his broken heart, he wrote "[O Love That Would Not Let Me Go.](#)"

Control: You may experience the feelings of hurt, depression, anger, loss of interest, guilt, worthlessness, powerlessness and thought of self-harm. Take control of your mental, emotional, physical, and spiritual state. Do not sit in pity, but go do something you enjoy. Ask the Lord to give you the fruit of the Spirit Gal 5:22, 23.

Let Go: "Both the good and bad memories may feel as though they're playing on an endless loop in your mind. You won't be able to move on with your own healing if you're constantly being drawn back"¹ "Hanging on to things that constantly remind you of them will only stifle your recovery."² "But this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before." Phil 3:13

Avoid: "Delete them from your phone and do your best to stay off social platforms as you process your emotions and focus on your healing."³ If they are already in a new relationship, try to avoid the same places you would see them. Out of sight, out of mind is true. Close the chapter but open a new one by seeking Christ, going to new places and being with new friends. "Therefore, if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. II Cor 5:17

Reach Out:: "[Social support](#) involves having a network of family and friends that you can turn to in times of need. In addition to relying on others, you also serve as a form of support for many people in your life."⁴ Do not be afraid to ask for Christian professional help. "Where no counsel is, the people fall: but in the multitude of counsellors there is safety." Prov 11:14

Forgive: "Forgiving them may take time and may not come easily, especially if you were hurt or betrayed. It's important to note that [forgiving someone](#) does not mean that you condone their hurtful behavior and actions. "Sometimes, it's hard to remember that forgiveness benefits the forgiver more than the one who is forgiven."⁵ "But if ye forgive not men their trespasses, neither will your Father forgive your trespasses." Matt 6:15 Remember - God is the revenger Rom 12:19 - and not us. The best way to forgive is to pray for them.

Wait: The worst thing you can do is jump into another relationship before you recovered from the last. Your unresolved issues will follow you. Try to figure out what went wrong and what changes are needed for your future relationships. Do not go looking for human love, because it will not satisfy you. God knows what you need and when you need it, even before you ask Matt 6:8. Trust in the Lord with all thine heart; and lean not unto thine own understanding. Prov 3:5 God's love will not give you a heartbreak. Heb 13:9 The only thing you can do is deny it.

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^{1 4} verywellmind.com/how-to-heal-a-broken-heart-1065395

^{2 3} verywellmind.com/i-still-love-my-ex-what-to-do-if-you-feel-this-way-5206979

⁵ verywellmind.com/the-benefits-of-forgiveness-3144954

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