

A Word on Wednesday from Pastor Tonia

"God Is Close to the Brokenhearted" 8/3/22

*When the righteous cry for help, the LORD hears
and rescues them from all their troubles.*

The LORD is near to the brokenhearted and saves the crushed in spirit. (Psalm 34:17-19)

No matter what happens to us, how difficult life is, God is present. He can deliver us. He can bring peace. Set us free. God is with us in all we face and carries us through the most difficult things. He wants to lift the burdens from us. He wants to heal the aches, the pain, the fears. Even telling us to bring every thought captive, so the memory can be healed.

We carry so much we were never created to carry. The Holy Spirit, the Comforter, comes to accompany and strengthen us. To lift our burden. He is with us in the middle of our heart break. He cares for us in the midst of despair. When we are most hopeless, God comes to love us and to give us hope.

God knows our deepest pain. He revives us when we don't think we can continue. Mending our heart, when it feels beyond repair. This is more than words, this is truth. This is our reality, living in the presence of God. Think back, can you see where God has carried you. When you didn't think you could go one more step. When you felt all alone, unable to continue, that God didn't even care. That God had withdrawn His love and compassion.

When we are crushed in spirit and it feels like God has left us, remember the words of deliverance and love David penned for us. Take comfort in the truth, God is near and He will never abandon us.

God gives us His promise of comfort and hope to see us through our broken hearts. The Lord hears us when we call and saves us from our trouble. This is as true for us today as it was for David.

Take it to God, He will free you from your fears. No shadow of shame will cover your face. Call out - God IS near. God hears the groaning of our hearts. He is not pleased to see our spirits crushed, our hearts broken. God has compassion on His children. He loves us and wants to shine His light into our darkness.

Many relationships and events will crush us, hurt our hearts, this is the world in which we live. Love makes us vulnerable. God reaches into the depth of our pain to mend us, to bring peace and healing.

Wisely choose how you will medicate your broken heart. Turn to God for healing when you have lost hope. Seek solace from the faithful, those who can help bring God's truth and love to you. Instead of turning to dangerous places of escape, turn to God. Go to worship, even when it's the last place you feel like being, for there lies consolation and promise. There we find God and reconciliation. There, when we are unable to pray, we hear the prayers of others. There we are in a place of thanksgiving, even if we are unable to offer it ourselves. There we lift up our wounded hearts to receive healing. There we find comfort.

Hold on to hope and know God is near and will mend your broken heart. Rest in faith and wait. Do not focus on the cause of your pain, but focus on God - the cause of your healing. God knows the plans He has for us, plans with hope and a future. Being weighed down with grief and sorrow is not how God plans for us to live. God sent His Son into the world to bind up the broken hearted.

Jesus endured abandonment, betrayal, degradation. In the garden Jesus' heart was broken and He sweated blood. At the foot of the cross, His mother and followers endured broken hearts. Hanging on the cross, as His Father turned His back on Him, Jesus died of a broken heart.

When wounded we turn to others for comfort and healing. In the same way we offer soothing words of healing to those who have been wounded. No judgment, for shame shall not be upon the face of the broken hearted. In comforting and offering love to others, we heal, also.

Please pray with me

God of comfort. Thank You for coming near, for Your presence in my pain, for using what breaks my heart to heal my heart. Thank You for the feeling of completion as my broken heart is mended. Lord of healing, thank You for coming to me with words of promise and Your touch of love upon my crushed spirit. I lift my eyes to Your face and pray for You to shine Your light upon me. **Amen**