

The Institute of Self-Worth®
Teaching Notes

Healing the Broken Hearted

In John 10:9 Jesus said, “I am THE door”. Notice, He didn’t say, “I am A door”. There are many doors but only one “THE door”. It’s like truth, Jesus said, “I am THE truth”. There are many “a” truths in our lives but there is only one truth.

It’s true that we face a lot of “stuff” in our lives that do not live up to or agree with the Word. All of these things are considered “a” truths. They really happen. However. They are not THE truth. When we take our “a” truths and submit them to THE truth, the “a” truths have to bow their knee to THE truth of the Word of God.

Pour You Out

In Malachi 3:10 we find these words, “Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.”

Generally we refer to this verse when we talk about tithes and offerings and it is talking about our money. However, this verse is speaking of more than money; it’s, also, speaking about the Lord using you and me as vessels to bless those we come in contact with.

What if we read this verse another way; by placing a comma after the words, “if I will not open you, the windows of heaven, and pour YOU out...” This changes the whole meaning of the verse, doesn’t it?

God wants to fill us up with Himself and pour us out as a blessing to everyone we come in contact with.

Door and Windows

Remember Jesus said I am THE door? What if we are the windows? The reason most people get saved is by watching our lives or looking through the windows before they decide to go through “THE” door. For the most part, the unsaved respond to what they see in our lives.

Jesus, the Anointed One

In Luke 4:18-19 we find Jesus saying that He was anointed to do six things:

1. Preach the gospel to the poor
2. Heal the brokenhearted
3. Preach deliverance to the captives

4. Recovering of sight to the blind
5. Set at liberty them that are bruised
6. Preach the acceptable year of the Lord

Jesus was anointed to preach the gospel (good news) to the poor. The word “poor” refers to being lost or unsaved (spiritually poor). The first and most important thing Jesus was anointed to do was to save the lost.

Jesus was to heal the brokenhearted. When a person, saved or unsaved, has a broken heart, they don’t function properly. If something is broken it doesn’t work well. Your heart consists of you mind, will, emotions, thoughts, and feelings.

Jesus is anointed to set the captives free. Who are the captives? They are the ones with the broken heart. Once a broken heart is healed, we’ve been delivered from being held captive.

Be Like a Duck

Several years ago I started my first church and it was going quite well. A pastor from another community became jealous of our success. This pastor said some very unpleasant things about me from the pulpit and when I found out what he said, it hurt very deeply. As I was praying about this, I told the Lord that I would never get hurt in the ministry again. I decided that I would become an “arm’s length” pastor. I wasn’t going to get close to people again because it was too painful. I went on with life for about a week thinking the Lord would speak to me to comfort me. He hadn’t said a word to me about my pain or my decision to become an “arm’s length” pastor. So I asked Him what He thought of my decision to avoid being hurt again in the ministry. His response was, “I heard you say you didn’t want to be in the ministry”. I answered, “Oh no, I do want to be in the ministry; I just don’t want to get hurt in the ministry”.

Then the Lord asked me a strange question; “Vic, have you ever wondered why a duck doesn’t drown when it goes under the water?” My response was “no”. He told me, “the duck doesn’t drown because there is oil released out of its body and the oil covers it’s feathers and repels the water. Of course, I questioned what that had to do with me. The Lord then spoke to me and said, “ the oil you have is the Holy Spirit that comes to dwell inside you when you are born again. If you will release the Holy Spirit when you are about to drown that oil will protect you, too.”

David’s Broken Heart

When Saul was chasing David and wanted to kill him, David found himself in a cave He was tired, hungry, dirty, his teeth weren’t brushed, his clothes were torn and dirty, and his heart was broken. We pick up the story in Psalm 31:9-13. In verse 9 we hear David saying, “I AM IN TROUBLE”. In some circles today we are not allowed to things like that. However, if a person has a broken heart, **THEY ARE IN TROUBLE!**

David, then says, that all he sees is consumed with grief. Sometimes, when you're locked up, all you can see is grief.

David says it is affecting my soul (or what I think), which is affecting my belly (or my flesh, physical body). This is a very key point: What a person sees affects his thinking which affects his body.

If you only look at the outward appearances of life and what you see is not in line with the Word of God, you limit your ability to walk in faith.

Verse 10 David says, "my life is spent". There are two things you can do with your life; you can either spend it or give it. When your heart is broken you will end up spending your life; not giving it. We are designed to give our lives away to people. When all you're doing is spending your life, you're in trouble.

We are like a Styrofoam cup. We are containers designed to supply refreshment to others. However, when our heart is broken (or our cup has a hole in it), all of the refreshment runs out on the ground. This is called spending your life. The cup is still yours; it's just broken and can't be used. Jesus came to fix what is broken.

Verse 13 David has heard of the "slander of many" and he's afraid for his life. Where did this fear come from?

The purpose of fear is to control your life and to keep you from doing the will of God. Fear steals your joy.

When a thief breaks into a house he does four things:

1. Breaks the locks
2. Enters the house
3. Steals what he wants
4. Leaves

The devil has only two tricks. Those two tricks are found in Mark 4:17.

1. Affliction
2. Persecution

Afflictions are the different circumstances we face. Persecutions are people problems and broken relationships. Both are designed to break our heart.

The devil does the same thing the thief does; he breaks, enters, steals, and leaves.

1. He breaks the heart through afflictions or persecutions.
2. He then enters the realm of thoughts and feelings. He's hunting for only one thing: your joy.
3. He steals your joy, which is your strength (Nehemiah 8:10).
4. Then he leaves fear in the place of joy.

People say, “ the devil’s been chasing me all the time.” If your heart is broken, he doesn’t have to chase you. Now fear is controlling your life. Your “glad” has turned to “sad” which is his goal for your life.

Now that we have discovered the problem, how do we fix it? Only God can fix a broken heart.

Isaiah 40:31 “But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

The Hebrew word for “wait” means to “minister”. The word, “renew”, means to “exchange”. As we minister to or worship the Lord; He begins to heal our broken heart. As we minister to the Lord, He exchanges our hurt and fear for His joy (which is our strength). Once our heart is healed and we begin to give our joy away, we change from spending our life to giving our life. As we worship the Lord, He touches our heart and slowly removes the pain. We can come to a place in our lives where we can say, “It just doesn’t hurt anymore”.

Keeping Your Joy

John 15:11 Jesus said He wants His joy (or strength) to remain in us so that our joy (or strength) will be full. In Acts 20:35 Jesus said, “It is more blessed to give than to receive”. The principle of sowing and reaping works in every area of our life. When you give you receive joy. This is how you keep your joy full.

The Institute of Self-Worth®
Exam

Healing the Brokenhearted

1. In John 10:9 did Jesus say, “I am a door” or “I am **the** door”?
2. We added a comma in Malachi 3:10. Where did we add a comma and why?
3. What do the words “gospel” and” poor” mean in Luke 4?
4. In Psalm 31:9 David said, "Have mercy upon me, O Lord, for I am in trouble." Why was David in trouble?
5. Psalm 31:10 speaks of two things you can do with your life. What are they?
6. Name the four things a thief does.
7. What does the devil steal and why?
8. What does fear keep you from doing?
9. What does fear replace in a person's heart?
10. How do you get back what was stolen? Give scripture reference.

Name: _____

Date: _____

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Answer Sheet

Healing the Broken Hearted

1. “THE” Door
2. “If I will not open you, THE windows of Heaven”
3. GOSPEL: Good News POOR: Spiritually Bankrupt
4. Because his heart was broken
5. Give your life or Spend your life
6. Breaks Enters Steals Leaves
7. Your Joy, because that’s your strength
8. The will of God
9. Joy or Strength
10. Through Worship Isaiah 40:31