

*The Lord is Near To
The Broken Hearted*

A Teaching Outline

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The Brokenhearted

Psalm 69:20

Reproach has broken my heart and I am so sick and I looked for sympathy, but there was none, and for comforters, but I found none.

What problems David faced! He was scoffed at, mocked, insulted, humiliated, and made the object of citywide gossip. But still he prayed.

When we are completely beaten down, we are tempted to turn from God, give up, and quit trusting him. When your situation seems hopeless, determine that no matter how bad things become you will continue to pray. God will hear your prayer, and he will rescue you. When others reject us, we need God most. Don't turn from your most faithful friend.

The Lord has sent me to bind up the broken hearted.

Isaiah 61:1

The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the afflicted; He has sent me to bind up the brokenhearted, to proclaim liberty to captives and freedom to prisoners;

Jesus quoted these words in Luke 4:18, 19. As he read to the people in the synagogue, he stopped in the middle of 61:2 after the words, "the time of the LORD'S favor has come." Rolling up the scroll, he said, "The Scripture you've just heard has been fulfilled this very day!" (Luke 4:21). The next phrase in 61:2, "and with it, the day of God's anger against their enemies," will come true when Jesus returns to earth again. We are now under God's favor; his wrath is yet to come.

Under the old covenant, God ordained the priests of Israel to stand between him and his people. They brought God's word to the people and the people's needs and sins to God.

Under the new covenant, all believers are priests of the Lord (1 Peter 2:5), reading God's Word and seeking to understand it, confessing their sins directly to God, and ministering to others.

The Lord is near to the broken hearted.

Psalm 34:18

The LORD is near to the brokenhearted and saves those who are crushed in spirit.

We often wish we could escape troubles—the pain of grief, loss, sorrow, and failure, or even the small daily frustrations that constantly wear us down. God promises to be "close to the brokenhearted" and to be our source of power, courage, and wisdom, helping us through our problems.

Sometimes God chooses to deliver us from those problems. When trouble strikes, don't get frustrated with God. Instead, admit that you need God's help and thank him for being by your side.

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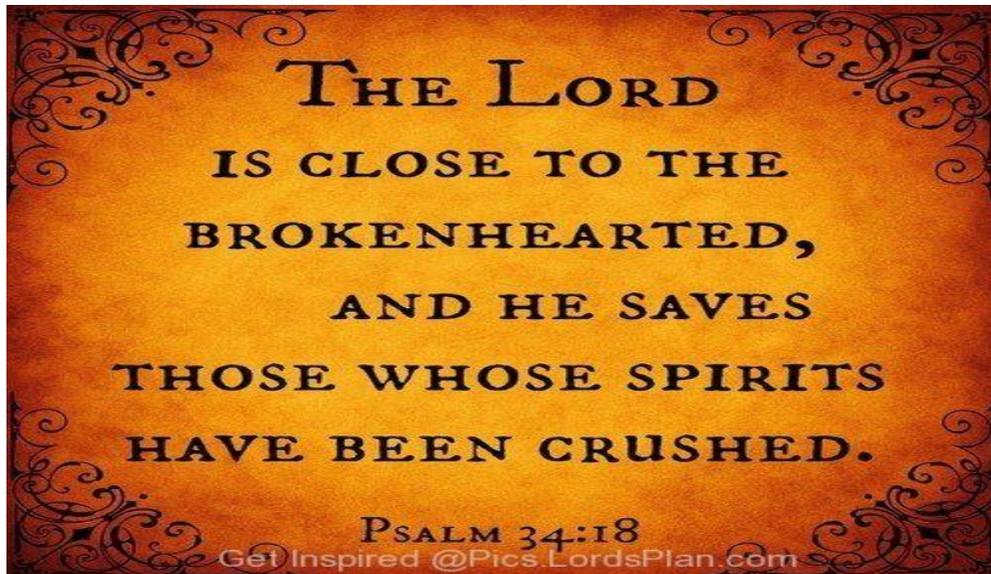
All who believe and accept Jesus will have eternal life.

John 3:16

"For God so loved the world that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.

The message of the Good News comes to a focus in this verse. God's love is not static or self-centered; it reaches out and draws others in. Here God sets the pattern of true love, the basis for all love relationships—when you love someone dearly, you are willing to give freely to the point of self-sacrifice.

God paid dearly with the life of his Son, the highest price he could pay. Jesus accepted our punishment, paid the price for our sins, and then offered us the new life that he had bought for us.



Trust in the Lord and lean not on your own understanding.

Proverbs 3:5-6

Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, And He will make your paths straight.

When we have an important decision to make, we sometimes feel that we can't trust anyone—not even God. But God knows what is best for us. He is a better judge of what we want than we are! We must trust him completely in every choice we make.

We should not omit careful thinking or belittle our God-given ability to reason; but we should not trust our own ideas to the exclusion of all others. We must not be wise in our own eyes but be willing to listen to and be corrected by God's Word and wise counselors.

Bring your decisions to God in prayer; use the Bible as your guide; and then follow God's leading. He will direct your paths by both guiding and protecting you.

To receive God's guidance, said Solomon, we must seek God's will in all we do. This means turning every area of life over to him. About a thousand years later, Jesus emphasized this same truth (Matthew 6:33). Examine your values and priorities. What is important to you? In what areas have you not acknowledged him?

You may already acknowledge God in many areas of your life, but the areas where you attempt to restrict or ignore him will cause you grief. Make him a vital part of everything you do; then he will guide you because you will be working to accomplish his purposes.

The Lord heals the broken hearted.

Psalm 147:3

He heals the brokenhearted and binds up their wounds.

Sometimes we feel as if we don't understand ourselves—what we want, how we feel, what's wrong with us, or what we should do about it. But God's understanding has no limit, and therefore he understands us fully. If you feel troubled and don't understand yourself, remember that God understands you perfectly. Take your mind off yourself and focus on God. Seek to become more and more like him. The more you learn about God and his ways, the better you will understand yourself.

God is the strength of my heart and my portion forever.

Psalm 73:26

My flesh and my heart may fail, But God is the strength of my heart and my portion forever.

Asaph declares his confidence in God's presence and guidance. From birth to death, we are continually in God's grip. But far more, we have the hope of the resurrection.

Though our courage and strength may fail, we know that one day we will be raised to life to serve him forever. He is our security, and we must cling to him.

God will wipe away every tear from your eyes.

Revelation 21:4

and He will wipe away every tear from their eyes; and there will no longer be any death; there will no longer be any mourning, or crying, or pain; the first things have passed away."

Have you ever wondered what eternity will be like? The "holy city, the new Jerusalem" is described as the place where God will remove all sorrows. Forevermore, there will be no death, sorrow, crying, or pain.

What a wonderful truth! No matter what you are going through, it's not the last word—God has written the final chapter, and it is about true fulfillment and eternal joy for those who love him.

We do not know as much as we would like, but it is enough to know that eternity with God will be more wonderful than we could ever imagine.

Jesus was sent to heal the broken hearted.

Luke 4:18

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,

Jesus was quoting from Isaiah 61:1, 2. Isaiah pictures the deliverance of Israel from exile in Babylon as a Year of Jubilee when all debts are cancelled, all slaves are freed, and all property is returned to original owners (Leviticus 25).

But the release from Babylonian exile had not brought the expected fulfillment; they were still a conquered and oppressed people. So Isaiah must have been referring to a future messianic age. Jesus boldly announced,

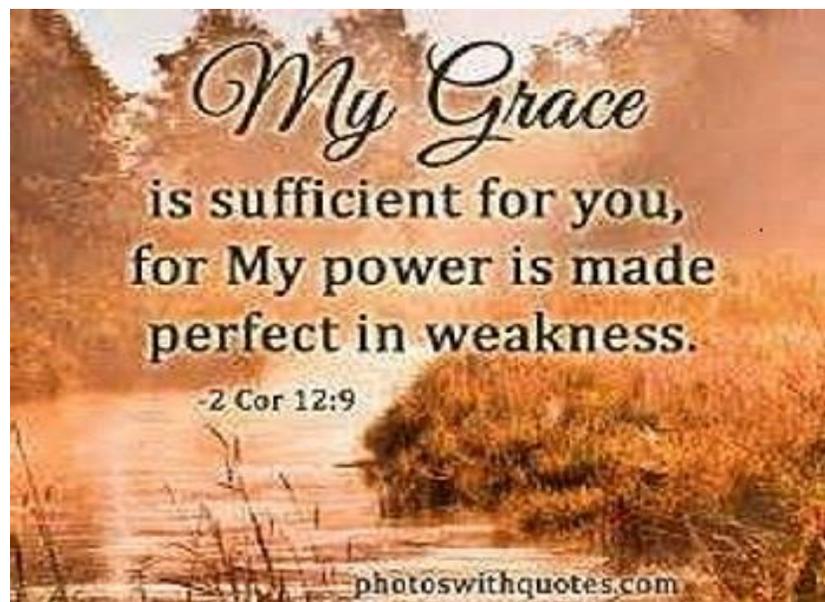
"The Scripture you've just heard has been fulfilled this very day!" Jesus was proclaiming himself as the one who would bring this Good News to pass, but he would do so in a way that the people were not yet able to grasp.

We must walk by faith.

2 Corinthians 5:7

For we walk by faith, not by sight—

Paul was not afraid to die because he was confident of spending eternity with Christ. Of course, facing the unknown may cause us anxiety, and leaving loved ones hurts deeply, but if we believe in Jesus Christ, we can share Paul's hope and confidence of eternal life with Christ. Death is only a prelude to eternal life with God. We will continue to live. Let this hope give you confidence and inspire you to faithful service.



Do not let your heart be troubled or fearful.

John 14:27

"Peace I leave with you; My peace I give to you; not as the world gives do I give to you Do not let your heart be troubled, nor let it be fearful.

The end result of the Holy Spirit's work in our lives is deep and lasting peace. Unlike worldly peace, which is usually defined as the absence of conflict, this peace is confident assurance in any circumstance; with Christ's peace, we have no need to fear the present or the future. Sin, fear, uncertainty, doubt, and numerous other forces are at war within us.

The peace of God moves into our hearts and lives to restrain these hostile forces and offer comfort in place of conflict. Jesus says he will give us that peace if we are willing to accept it from him. If your life is full of stress, allow the Holy Spirit to fill you with Christ's peace.

Cast all your cares on Jesus.

1 Peter 5:7

Casting all your anxiety on Him, because He cares for you.

Carrying your worries, stresses, and daily struggles by yourself shows that you have not trusted God fully with your life. It takes humility, however, to recognize that God cares, to admit your need, and to let others in God's family help you.

Sometimes we think that struggles caused by our own sin and foolishness are not God's concern.

But when we turn to God in repentance, he will bear the weight even of those struggles. Letting God have your anxieties calls for action, not passivity. Don't submit to circumstances but to the Lord, who controls circumstances.

The weary and heavy laden may come to Jesus.

Matthew 11:28

"Come to me, all who are weary and heavy-laden, and I will give you rest.

A yoke is a heavy wooden harness that fits over the shoulders of an ox or oxen. It is attached to a piece of equipment the oxen are to pull.

A person may be carrying heavy burdens of

(1) Sin, (2) excessive demands of religious leaders (23:4; Acts 15:10), (3) oppression and persecution, or (4) weariness in the search for God.

Jesus frees people from all these burdens. The rest that Jesus promises is love, healing, and peace with God, not the end of all labor. A relationship with God changes meaningless, wearisome toil into spiritual productivity and purpose.

Blessed is the man whose trust is in the Lord.

Jeremiah 17:7

"Blessed is the man who trusts in the LORD And whose trust is the LORD.

Two kinds of people are contrasted here: those who trust in human beings and those who trust in the Lord. The people of Judah were trusting in false gods and military alliances instead of God, and thus they were barren and unfruitful. In contrast, those who trust in the Lord flourish like trees planted along a riverbank (see Psalm 1). In times of trouble, those who trust in human beings will be impoverished and spiritually weak, so they will have no strength to draw on. But those who trust in the Lord will have abundant strength, not only for their own needs, but even for the needs of others. Are you satisfied with being unfruitful, or do you, like a well-watered tree, have strength for times of crisis and even some to share as you bear fruit for the Lord?

The Lord is my rock and my fortress.

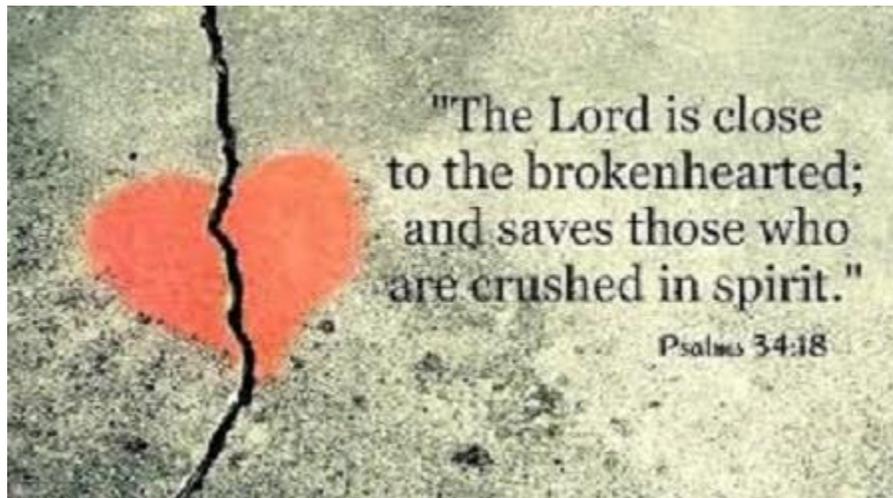
Psalm 18:2

The LORD is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold.

God's protection of his people is limitless and can take many forms. David characterized God's care with five military symbols.

God is like:

(1) a *rock* that can't be moved by any who would harm us, (2) a fortress or place of safety where the enemy can't follow, (3) a *shield* that comes between us and harm, (4) *power that saves*, a symbol of might that can save us, (5) a *place of safety* high above our enemies. If you need protection, look to God.



This is the day the Lord has made.

I will rejoice and be glad in it.

An invitation is given to open your heart's door to Jesus

Rev. 3:20

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

To ask Jesus to come into your heart please pray this Prayer:

Dear Lord Jesus, I believe you are the Christ, the Son of the Living God. I ask you to forgive me of my sins and coming into my heart. I accept you as savior and will follow you as Lord. Amen.

References:

Holy Bible: King James Translation

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Additional comments and charts are taken from: *Life Application Study Bible*. Illinois: Tyndale House
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