

This morning the Lord comes to heal you.

What the Lord shall have you know about your hurt, your pain and your broken heart.

“Healing from heartbreak or past hurt is a journey that requires time, patience, and intentional steps toward emotional and spiritual well-being.

Betrayals / hurt has a way of giving you a different identity from who you really are, if you let it.

So many people have suffered from heartbreak that they never recovered from.

No matter what has broken you, you have the choice to heal and move on from the pain that has been inflicted.

Here are few steps on how to heal from heartbreak and past hurt.

1. Acknowledge the Pain

It's important to recognize and accept your feelings. Suppressing or denying the pain prolongs the healing process.

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” – Psalm 34:18

Let yourself grieve, knowing that God is near to you in your hurt.

2. Lean on God for Strength

Seek God's comfort and strength during this time. Pour out your heart to Him in prayer, knowing that He hears you.

“Cast all your anxiety on Him because He cares for you.” – 1 Peter 5:7

Trust that He is working to heal you and restore your peace.

3. Practice Forgiveness

Forgiveness is a crucial step in healing, not just for others but for your own peace. Holding onto bitterness or resentment will hinder your healing.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:32

Let go of past offenses, trusting that God will handle justice and healing.

4. Seek Support from Others

God often provides comfort and encouragement through others. Don't isolate yourself; instead, reach out to trusted friends, family, or spiritual leaders.

“Carry each other's burdens, and in this way you will fulfill the law of Christ.” – Galatians 6:2

Allow others to help carry your burden as you navigate this difficult season.

5. Find Purpose in the Pain

God can use every hardship to mold us into the people He created us to be. Trust that He is working even in the midst of your pain.

“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.” –

Romans 8:28

6. Reflect on the lessons learned and seek how God may be shaping your future through this experience.

7. Give Yourself Time to Heal

Healing takes time. Be patient with yourself and don't rush the process. Focus on allowing God to renew your heart and mind.

“He heals the brokenhearted and binds up their wounds.” – Psalm 147:3

Trust that God is carefully mending your heart, even when the healing feels slow.

8. Rebuild Your Identity in Christ

Heartbreak can cause us to doubt our worth, but your identity is found in Christ, not in past relationships or hurt.

“But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of Him who called you out of darkness into His wonderful light.” – 1 Peter 2:9
You are loved, valued, and precious in God's sight.”



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