

## UNBREAK MY HEART! Part 2

Scripture used: Psalms 23:3-6 (NKJV)

### OVERVIEW

The Big Idea from this sermon series is that we can get better! No matter what we are dealing with in life, God is walking with us. That is what King David described in Psalms Chapter 23 when he wrote about walking through “the valley of the shadow of death” (Psalms 23:4). David tried to honor God, and sometimes this led him into difficult situations where he was hurt. Sometimes his heart was even broken, even though he was on a God-honoring path! Each of us has felt these wounds and wondered why it is that God allows them. In these short verses, David clarifies that we cannot avoid life’s trials and also reinforces the need for restoration through the only true source of healing, God Himself!

### KEY POINTS

- 1) *We will walk through valleys throughout our lives.* There is no way to avoid painful trials at every stage of life. The presence of God is the only mechanism by which we can remain optimistic and loving. We need God to routinely restore our souls, otherwise we will become lost, disconnected, confused, and worse.
- 2) *God restores our souls after each journey through each valley.* Billy Graham explained that “Mountaintops are for views and inspiration, but fruit is grown in the valleys.” Every path, even the ones that honor God, will cause us some damage. There are many realities of life that are beyond our control. He is the source of the restoration that we clearly and regularly crave. That is what David describes in these scriptures. The rest and the silence helps us to heal.
- 3) *We need God connections for that restoration.* Our bodies are mortal, yet we often behave as if we can’t be hurt. We mask our pain and falsely rely on our own strength to move past the pain and anguish in this world. This is not a solution, though. Only God has the power to restore our souls.
- 4) *We connect to God in three ways.*
  - *Prayer.* Only one being in the universe can answer the three most important questions. “Am I loved?” “Am I seen?” And “Who can I trust?”. God answers these questions and others through honest conversation with Him. That is what it means to pray. We reconnect to the light that is God.
  - *Worship.* We don’t always have to be glad, or even sing His praises out loud. Sometimes we are so deep in a valley that the best we can do is just show up. And that’s enough for God! Even that small act can create the space in your heart to directly experience His love.
  - *Silence.* God often has to listen to our requests and our problems. We are never fulfilled or happy in this life, and our complaints can drown out the still, small voice of the Almighty. Instead we can try to listen for His wisdom and see what He is trying to tell us right now.

### DISCUSSION

- 1) **HEAR** - When we are healed by God, we will still end up wounded again. Earthly life will break our hearts time and time again. Do you live your life in such a way that you routinely ask God to restore your soul?
- 2) **UNDERSTAND** - We love being on the mountaintops and hate walking through the valleys. As Billy Graham reminds us, however, fruit is produced in the valleys. What valleys are you walking through? What fruit is God trying to produce through your difficulties?
- 3) **DO** - God connections are the only way to restore our souls, and we are constantly in need of such restoration. Take 10 minutes on 3 days this week to pray to God. Have an authentic conversation with Him about your struggles and ask for His blessings and grace. Follow up each prayer by worshipping Him, and experiencing His love for you. Lastly, take a few minutes to quiet your mind and listen for His voice. God may be speaking to you right now, trying to restore your soul!