



Day 10: COURAGE TO OVERCOME A BROKEN HEART

Scripture Reading:

Proverbs 3:5-6 (ESV)

Psalms 34:18 (ESV)

Psalms 147:3 (ESV)

Observation:

He stood there and cried. I had not seen him for a while, so when he called and asked if we could get together. I said, "Sure." What I did not know was that Frank had lost his son earlier that month. Frank began to share with me, "I find myself angry at God. My heart is broken. How could He have taken the life of my son, my joy, my pride in life?" As he shared his feelings with me, he wept bitterly. What do you say to a father who has lost his son? I wanted to take his pain away, but the only thing I could do was to pray with him and share God's Word about the brokenness of his heart. I shared with my friend, "God Himself can feel your pain. His own Son died so we could live eternally with God. God's Word says there is a time for everything under the sun, and yes, even a time to mourn." There are no easy answers for a broken heart, but we can stand upon God's Word and take comfort that He heals the brokenhearted. We can find the courage to know that God will make our paths straight when we acknowledge Him through our pain.

Application:

- Describe a time when your heart has been broken.
- Have you ever held any resentment in your heart against God? Why?
- How have you found the courage to move past the pain?

- Who do you know that has a broken heart and could use a prayer partner? Will you commit to be that prayer partner for another man? When will you begin?

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