The Prayer for the Brokenhearted

“God I confess my sin to you and repent of it. I believe that Jesus Christ shed His blood on the cross and died for my sin. I now confess Jesus Christ as my Lord and Savior and realize that I now have eternal life with you as my Father God.

I ask you as Father God that you heal my broken heart. I forgive all that broke my heart. Please heal it of fear, anxiety, terror, hate, depression, bitterness and rejection, and free me of drugs, alcohol and all addictions. Thank You for sending Jesus Christ to free me of sin and heal my broken heart.”

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,

By John P. McTernan

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Jesus Christ Came To Heal The Brokenhearted

Luke 4:18
...he hath sent me to heal the brokenhearted... (KJV)

Isaiah 61:1
...he hath sent me to bind up the brokenhearted...

GOD can heal the broken heart, but he has to have all the pieces

Today there is a crisis of drug use, depression and suicide. Usually, when talking about drugs, people think cocaine, crack, heroin or marijuana. This is only part of the problem. The big picture also involves prescription drugs like Prozac and other antidepressants, along with Valium and other anxiety related drugs. If heavy alcohol use is added, millions upon millions of Americans are using drugs of all types.

Added to this picture are the numbers of people who are depressed, suffering from anxiety and under severe stress, but are not taking any drugs. The numbers of people afflicted with these issues are increasing every year. There also is the ever increasing suicide rate. These issues are serious and can lead to the destruction of one’s health and even death.
It is very possible that people using drugs are attempting to heal the wounds of a broken heart. This is a form of self-medication as they are looking for ways to quell this hurting and pain. The inner pain needs healing and inner peace. This is one of the main reasons that God sent Jesus Christ: He came to heal the brokenhearted and give us that deep inner peace which is desperately needed.

The Bible uses graphic words to describe what happens when a heart is broken. The picture is of a violent tearing and fracturing that shatters it into pieces. If you have ever seen a picture of a severely fractured bone, this is what a broken heart looks like spiritually!

Within the broken heart lies anger, fear, anxiety, terror, hatred, and bitterness and these emotions are what lead to panic attacks, depression, and need for drugs. It is the broken heart that generates these emotions which are only symptoms. The real problem is a broken heart.

What Breaks the Heart:

Divorce (This is especially devastating to children); Abuse (Both physical and mental); Abandonment; Rejection; Hatred; War; Abortion; Tragedy; and Death.

This world is designed to break our heart. Once the heart is broken, there is nothing on earth that can fix it. Psychology with all of its drugs cannot heal it. There are self-help programs with various steps to peace, but they cannot heal it. **There is nothing on earth that can heal a broken heart because the root is spiritual.** The effects of the broken heart only can be lessened or managed, but Jesus Christ is the only one who can heal a broken heart. One of His titles is the "Great Physician", who God sent to heal the brokenhearted.

If a leg was severely fractured, a doctor would put the bones back together and bind the break. This might involve putting screws in the bone and then putting a cast around it. This is exactly the way the Great Physician heals the broken heart. He takes all the broken pieces and puts them together and then binds up the heart, so it can heal and remain healed!

The Bible calls a broken heart a “heart of stone”, but the heart healed by Jesus Christ is called a “heart of flesh”. It can be viewed as a heart transplant.

**Ezekiel 36:26** A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.

The new healed heart is now in tune with God. It is able to contain God’s love and peace. All those emotions that torment can now be permanently ended, and people set free to live with God’s peace in their hearts. Through the mighty power of the Holy Spirit, God is now able to put to death fear, anxiety and depression which torment people.

**2 Timothy 1:7** For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

God has designed the healed heart to contain His love and peace. As we grow in God, His love and peace grows in us, to the point that nothing can take away our peace and nothing can drain His love from our heart. God sent Jesus Christ to heal the brokenhearted, so we can live with God in the fullness of His love and peace!

The first step in healing a broken heart is to believe the gospel of Jesus Christ. Before God can heal the brokenhearted, there is the problem with sin that must be addressed.

**Sin is serious and people are separated from God because of it. God sent Jesus Christ to bridge this gap.**

The penalty for sin is death, but Jesus Christ shed His blood and died on the cross paying the penalty for your sin. This means forgiveness and reconciliation with God through repentance of sin. This also gives you assurance of eternal life with God. With the problem of sin dealt with, God is free to heal your heart.

**John 3:16** For God so loved the world, that he gave his only begotten Son, that whatsoever believeth in him should not perish, but have everlasting life.

The next step involves your forgiveness towards others. This forgiveness might involve another person like a parent, or yourself, or even reconciling with God. Through Jesus Christ, God forgives us of all our sins, and He requires that we forgive everyone who sinned against us and broke our heart.

**Matthew 6:14** For if ye forgive men their trespasses, your heavenly Father will also forgive you.

The Spirit of the Lord is on me, because he has anointed me to preach the gospel to the poor; he has sent me to heal the brokenhearted...

—Luke 4:18