



“Healing for the Broken Heart” **by Pastor Byron Stevenson** **February 14, 2018 – Morning Inspiration**

The Study of David: The Man After God’s Heart

“The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.” – Psalm 51:17

David was a man that experienced heartbreak at every turn in his life. God uses this heartbreak to make him into the man that he was chosen to be.

1. Here are some of the more signature moments of his life:

- Saul tried to seize and kill David 3 times... (2 Samuel 12)
- David’s friend, Saul’s son, Jonathan, were all killed on the battlefield (1 Samuel 31)
- David and Bathsheba’s newborn son dies. (2 Samuel 12:14-18a)
- David’s son, Amnon, rapes his half-sister, Tamar. (2 Samuel 13:1-21)
- David’s son, Absalom, hates Amnon. (2 Samuel 13:22)
- Absalom murders Amnon. (2 Samuel 13:28-29)
- Absalom rebels and runs away. (2 Samuel 13:37-39)
- Absalom leads a conspiracy. (2 Samuel 14:1-24)
- Absalom violates David’s wives. (2 Samuel 16:22)
- Joab, David’s general (& nephew), murders Absalom. (2 Samuel 18:14 & 33)

2. Heartbreak

- a. How should we deal with heartbreak? It is difficult and something that isn’t easily gotten over... But you can survive heartbreak, learn how to cope when your heart is broken again.
- b. It is important to have a heart that forgives. Often, God will use hurts and past pains to develop you and prepare you for your greater.
- c. If you get stuck in the heartbreak, you will never be able to see the truth of God’s will for your life.
- d. Heartbreak can be more than just a “relationship”. No matter how you package it, hurt is hurt.

3. Relationships (romantic and plutonic)

- a. How do you get over the person that hurt you?
- b. Stop giving your emotions to someone that won’t respect or reciprocate...

- c. We're control freaks, and we like to control the other person into feeling the way we do about them. MOVE ON.
 - d. When you understand your value, you won't let people walk in and out of your heart easily.
 - e. You ask "why" didn't it work out, and you may not understand why it didn't work out... God may be protecting you from the person, or persons...
 - f. If you can forgive and move on, with the right attitude, you will be able to experience next dimensional growth.
 - g. You can't move forward hanging on to the past. (Philippians 3:13)
4. Your life isn't a reality show. As believers, we do not respond as the world does... God has a different requirement of us. Is God pleased with how you are responding?
- a. Romans 12 – Be not conformed to this world's way of thinking... **God wants you to prove something...**
 - b. what is good,
 - c. what is perfect,
 - d. what is acceptable,
 - e. what is in the perfect will of God.
5. Pray for the one that hurt you. Here's a simple prayer that you can pray.
- a. *Lord, I lift up _____ to You today. I pray that You will bring healing to _____ and use this break-up to bring _____ closer to You and glorify Your name. You make all things work together for good, and I know You will do so in _____'s life as well as in mine.*
6. You can overcome it...
- a. You must forgive, and choose to remember no more...
 - b. I didn't forget, but I will not allow the past to haunt me and destroy my future.
 - c. Let go of this, so you can get that.
 - d. Stop beating yourself up about something that you've been forgiven for, or forgave for.

Summary

David was a man after God's own heart, but yet, experienced heart break on so many levels. "The Blessing" was on his life, but the blessing came at a cost. Often, our hearts are broken because of our own stubborn will... God wants you to yield to him, but when you choose to do it your way, He has to BREAK YOU instead of melting you...

Most of David's problems came because he was anointed, destined, called and chosen. Some of his biggest heart breaks were as a result of his disobedience, and resulted as a consequence in his life. God judged David for his behavior and pronounced him guilty. As king, David had GREAT accountability for his actions. Since he was anointed by God, his reputation reflected on God.