

MARRIAGE MATRIX
HOW TO DEAL WITH A BROKEN HEART

1. Get Help

"If one person falls, another can reach out and help. But people who are alone when they fall are in real trouble...two can stand back-to-back and conquer. Three are even better." Ecclesiastes 4:10, 12

2. Accept Reality

"I fasted and wept while the child was alive...But why should I fast when he is dead? Can I bring him back to life?" 2 Samuel 12:16-23

3. Cry out to God

"I cry out to the Lord; I plead for his mercy. I pour out my complaints before him and tell him all my troubles. For I am overwhelmed, and you alone know the way I should turn..."

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

"Let us approach (God) with confidence, so we may receive mercy and find grace to help us in our time of need." Hebrews 4:16

4. Listen To God's Word

"I am completely discouraged...Revive me by your word." Psalm 119:25

"I stay awake through the night, thinking about your promises." Psalm 9:148

5. Ask for and Offer Forgiveness

"My guilt overwhelms me—it is a burden too heavy to bear...But I confess my sins; I am deeply sorry for what I have done." Psalm 38:4-18

"Get rid of all bitterness...forgiving each other just as in Christ God forgave you." Ephesians 4:31-32

"You are only hurting yourself with your anger." Job 18:4

6. Keep Hoping, Growing, and Focusing on God's Purpose for Your Life.

"I would have despaired unless I had believed that I'd see the goodness of the LORD..." Psalm 27:13

"God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished..." Philippians 1:6

"Put your heart right, reach out to God...then face the world again, firm and courageous. Then all your troubles will fade from your memory..." Job 11:13-16

"God sometimes uses sorrow in our lives to help us turn away from sin and seek salvation." 2 Corinthians 7:10