



CELL GUIDE 2015

Theme	Jubilee – Year of Compassion
Topic	For the Broken-Hearted [RTF]
Speaker	Ps Jerry Chia
Date	20 th and 21 st June 2015

Message Summary

Spiritual Objective: Being healed from brokenness in soul and spirit

The Bible has many references to brokenness – Psalm 34:18, Psalm 51:17, Psalm 147:3 and Isaiah 61:1-2 all speak of God’s desire to heal the broken-hearted. While brokenness is part of our lives, Jesus has been sent to set us free, as it is the Lord’s intention to heal us.

In this message, the speaker focuses on brokenness from soul and spirit hurts; the way they enter our lives, the common causes and why we must be healed. As we return to Him, it is the Lord’s plan and desire to heal this broken-heartedness within us.

Understanding brokenness in soul and spirit

Brokenness is an internal state of experience that arises from hurts. It is not transferable and therefore personal. This means that other people may not sense it, or understand what the individual goes through. While it is not physical in form, it can manifest in several ways, such as through our emotions. This is why the broken-hearted may slip into low mood, or even depression. These individuals may become reclusive or volatile. People may also choose to stay away, which in turn hurts them more. To understand this brokenness within us, it is therefore key to first know how soul and spirit hurts may enter our lives.

How soul and spirit hurts can enter our lives

1) From the sins of our forefathers, resulting in curses in our lives

The sins our forefathers went through are often the same ones we go through ourselves, and they usually lead to the same consequences. This effect has also been shown in various social experiments carried out. They can manifest in the form of hurts and wounds, and these wounds eventually cause brokenness, affecting the individual and even those around him/her. Examples of these include anger issues, violence, addiction, divorce, occult and sexual sins.

2) From ungodly beliefs and distortion in our experience-belief-expectation-behaviour cycle

Bad experiences can cause us to form distorted beliefs, which in turn develop into expectations and unhealthy behaviour. Therefore we have to be healed at every step to break the chain of brokenness. Some examples of these bad experiences include failures and abandonment, causing us to feel worthless, unloved, or see ourselves as misfits.



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3) From open doors to demonic oppression

As children of the Most High God, the devil has no stronghold over us. If we are not careful, however, we can be manipulated, deceived, and even turn away from God. Bearing in mind that it is the Lord's intention to set us free from oppression, we must be faithful in our walk with God so as not to open doors to demons.

When soul and spirit hurts enter our lives, we end up with a sense of shame, fear and control. As a result, we walk further away from God and eventually out of His sight.

Common causes of soul and spirit hurts leading to brokenness

1) Unmet needs: If our emotional needs are not met through experiences of abandonment, rejection, an absentee father or being orphan spirits, we may grow to think of the world as a bad place, and go into hiding with a broken heart.

2) Unresolved issues: Unresolved conflicts (relational, marital, parent-child) or experiences of divorce and disappointment can lead to brokenness.

3) Unforgiveness: Offences and feelings of hatred, resentment, jealousy, envy and revenge can prevent us from forgiving others. If offences are perceived (as opposed to offences which are intentional and real), however, we can end up wallowing in unnecessary pain and self-pity.

4) Health: Poor health as a result of sicknesses, disability, barrenness and abortion can also cause soul-spirit hurts, leading to brokenness.

5) Failure: Failure taking the form of a lack of financial ability, loss of status or retrenchment may lead to broken-heartedness.

6) Trauma: Traumatic experiences such as the loss of loved ones, accidents and abuse (be it sexual, physical or emotional) may hurt our souls and spirits too.

7) Circumstances: Some of which include guilt, depression, frustration, isolation and low self-esteem.

Why soul and spirit hurts must be healed

Unhealed soul and spirit hurts must be healed because they have the potential to...

1) Impact others negatively: This causes people to stay away from us.

2) Limit personal growth: We may isolate or withdraw ourselves, refusing to build personal relationships. It also contributes to the development of distorted thinking patterns and ungodly expectations or behaviour.

3) Destroy relationships with others: Hurting people tend to hurt others too.



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4) Establish unhealthy defence mechanisms or coping habits: Shame, fear & control can elicit unhealthy reactions or responses from us. Shame may cause us to withdraw ourselves or build walls to protect our ego (self-preservation). Fear, on the other hand, makes us hide things, bury our emotions and prevents us from expressing ourselves. Lastly, a desire for control causes us to be manipulative, self-centred and uncompromising. This may develop into arrogance and pride.

5) Affect our relationship with God: With time, we see God as uncaring and unloving. We run away from God, due to the deception and manipulation by the evil one.

God's plan for the broken-hearted

It has always been God's plan for the broken-hearted to be healed. Deuteronomy 6:23 speaks of God's desire and promise to bring us out from where we are – under bondage – to bring us life. He wants to give us freedom, renew our minds, and set us free from sins and curses. For if God is for us, who can be against us? It is only when we return to Him and let our heavenly Father release our ungodly beliefs and soul-spirit hurts, then can we lead godly and fulfilling lives.

4 steps to healing:

- 1) Acknowledge our brokenness/condition
- 2) Surrender our hurts to Him
- 3) Allow God to heal us
- 4) Commit to attend RTF@BBTC

Questions

What are some ways that Soul & Spirit Hurts (SSH) can enter into our lives? Share two or three common causes of SSH that lead to brokenness.

(Fill In Answer Here)

SSH, if left unhealed, can have detrimental effects on one's lives and the people around them. Recall and share one occasion where you experienced first-hand the consequences of someone's or your own SSH.

(Fill In Answer Here)



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What are some of the soul and spirit hurts you would personally like to commit to God in light of His desire to heal us?

(Fill In Answer Here)

What are some practical steps you can take to receive healing from God?

(Fill In Answer Here)
