



WHEN LIFE BREAKS YOUR HEART

PRECEPT

2 Corinthians 4:8-9

⁸ “We often suffer, but we are never crushed. Even when we don’t know what to do, we never give up.” ⁹ In times of trouble, God is with us, and when we are knocked down, we get up again.”

PROMISE

You and I are still standing today because we have a God who is committed not only to loving us, but also to giving us hope and restoring our lives. Restoration does not mean we never experience brokenness. Sometimes, before we experience God’s restoration, we must first walk through circumstances that break our hearts. Psalm 34:18 says, “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” We do not know exactly what the next chapter will look like, but we know this: We have a God who is faithful, and He will never abandon us.

JESUS MEETS US IN OUR QUESTIONS. Martha believed in Jesus—but she was also disappointed. She had faith, but she also had questions. John 11:20–21 tells, “When Martha heard that Jesus was coming, she went out to meet him... ‘Lord,’ Martha said to Jesus, ‘if you had been here, my brother would not have died.’” Behind Martha’s statement were both faith and disappointment. And Jesus did not rebuke her for expressing her pain; He allowed her to speak honestly. Faith does not mean we never have questions. Faith means we bring our questions to Jesus. When we cannot understand what God is doing, we can still hold on to who God is.

JESUS ENTERS INTO OUR PAIN. John 11:33–35 says, “When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled... Jesus wept.” Jesus does not watch our pain from a distance. He enters into it with us. Jesus knew that He was about to raise Lazarus from the dead. He knew that joy was coming and that He would ultimately bring life out of this situation, but He still wept because their pain mattered to Him. Jesus may not always remove our pain immediately, but He will never leave us alone in it. Jesus will meet you in your pain. He will sit beside you and will cry with you.

JESUS GIVES US HOPE WHEN EVERYTHING SEEMS OVER. The tomb had spoken death, but Jesus spoke life. The people thought the story was over, but Jesus had the final word. When Jesus is present, what looks hopeless is never beyond His power.

So, when life breaks your heart, there is one thing I want to encourage you to do: Bring your broken heart to Jesus. Martha brought Jesus her questions. Mary brought Jesus her tears. And both of them brought Jesus their pain. Don’t run away from Jesus—run to Jesus. When life breaks our hearts, God draws near. He meets us in our pain, and He gives us hope to keep standing.

PRACTICE

1. **Brokenness.** Why do you think God sometimes allows us to walk through seasons of brokenness before experiencing restoration?
2. **Still standing.** Which of the three areas do you most identify with right now: questions, pain, or needing hope? Why? And how can we pray for you regarding this?

PRAYER

I. Healing

- We lift up those in need of God’s healing touch. May they have comfort and restoration.

II. Hope

- Pray that God may fill our hearts with hope and light, even in the darkest times.

III. Family

- Pray for loving, harmonious and Christ-centred families.

IV. Friends

- Thank God for the gift of friendship and the people in your life.

V. Love

- May God help us to reflect His love to our families and communities.

VI. Life

- Thank God for the gift of life. Pray for a life that reflects His love and grace.

VII. Obedience

- Pray that even in our sufferings, we will continue to obey God wholeheartedly.