OVERCOME BROKENNESS

Brokenness can affect us in physical, mental, emotional, and spiritual ways that we tend to experience throughout life. At times, the battle may seem to be ongoing. It is important to recognize brokenness in our lives and know how to overcome it, so we do not remain stuck or trapped in it.

Brokenness can occur if we are hurt by someone or by some circumstance, or if we do something hurtful to someone else.

In the video, Overcome Brokenness, Dr. Josh Anderson shares useful tools to help us overcome brokenness. He shares why we can expect brokenness to be part of life. The ultimate answer for brokenness is our hope in Jesus Christ.

First: Watch the *Overcome Brokenness* video featuring Dr. Josh Anderson, Director of Grand Canyon Theological Seminary.

***Please note:** We use the first person throughout our study guides. We do this with the hope that it will enable you to overcome your personal struggle (in this case with brokenness) and to grow in your personal relationship with God.*

Dive Deeper

Dr. Josh Anderson describes how he was affected by his parents' divorce as a teenager. He felt broken and could not put the pieces back together.

Think of a time in your life that you felt as if you were shattered and broken into pieces. How did you try to make yourself whole again?

Were you able to do this?

Additional Thoughts:

You may be broken over the consequences of something that was done to you or something that you did to another person. What do you think has caused brokenness in your life?

What examples from your own life have you experienced or witnessed that revealed how anger made conflicts escalate?

A broken and contrite heart, O God, You will not despise (Ps 51:17b ESV).

Josh stated that in the midst of brokenness God loves you and cares for you. How does this revelation change how you think or feel about your brokenness?

Tools to Overcome Brokenness

1. Recognize your brokenness.

Don't ignore brokenness or push it aside. You need to deal with it. The first step is to acknowledge that you are experiencing brokenness.

Take some time to acknowledge your brokenness before the Lord. Listen for His response. Write down what you feel He is sharing with you (even if it is just one word)?

Additional Thoughts:

2. Repent or heal from our brokennes.

Repentance, when you have sin in your life, is essential in the eyes of God. Repentance is a change of mind about something accompanied with genuine sorrow for your sin. It is turning away from your sin and turning to God in faith. Although God is all-knowing, He wants you to acknowledge your sin to Him, change your mind about it, and turn to Him in repentance.

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness (1 John 1:8,9 ESV).

If you feel that one or more of your relationships are suffering due to a lack of forgiveness, know that you are not alone. Everyone has been on both the receiving and giving end of hurtful circumstances. Can you think of a specific relationship that needs mending?

Is there someone that you need to forgive or seek forgiveness from?

**Note: If contacting the person who wronged you would put you in danger, just tell God that you forgive them. In doing so, God will start the healing process within your heart and enable you to let go of the wrongs done to you.*

Forgiveness is essential for healing. When you turn the hurt over to the Lord, you release the burden from yourself and let the Lord deal with the offending person(s).

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit (Ps 34:17–18 ESV).

Look deep within, and see if there is a mental, emotional, spiritual, or other wound that keeps surfacing. Write down what comes to mind and ask the Lord for wisdom on how to resolve it.

Additional Thoughts:

3. Get Support.

Getting help is essential to healing. Help comes in various forms such as counseling, a small group, or a recovery group. Healing ultimately comes from the Lord, but He can, and often does, use others in the process to help with your healing.

For by wise guidance you can wage your war, and in abundance of counselors there is victory (Prov 24:6 ESV).

Many churches have support groups. If yours does not, ask your pastor for direction. What can you identify that may be preventing you from seeking help?

4. Recognize that you live in a fallen world.

After Adam and Eve disobeyed God, sin entered the world and was passed on to everyone.

Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned (Rom 5:12 ESV).

Sometimes the healing process can be instantaneous, while at other times, it can take more time. God walks with us and sustains us through His healing process. The important thing to remember and hold on to is that you have hope. Our hope is in Jesus Christ now and for eternity. One day there will be no more pain, sorrow or suffering.

In what or in whom do you place your hope?

Recap

The tools Josh gives are:

1. Recognize your brokenness.
2. Repent for any sin related to your brokenness, and seek healing from your brokennes.
3. Get support.

Additional Thoughts:

Even in the midst of your pain, there is hope in the presence of God. That hope is in Jesus Christ. One day, the God of hope will restore all things.

Live It Out

- If you haven't received Jesus Christ as your Savior and placed your hope in Him alone yet, do so today..
- Pray each day to God. The length of time is not as important as consistency and being honest and transparent with the Lord.
- Read the Bible daily to learn, find comfort, and grow in your relationship with Jesus.
- Do a word study or look up some Bible verses on hope. Write them down and work on committing them to memory.
- Remember God is with you in the midst of your pain and suffering, and He cares deeply for you. He is committed to your healing.
- Find another person to walk with you through your healing process.

Salvation through Jesus

If you don't know Jesus as your Lord and Savior, we encourage you to visit **www.anchorpointmedia.org/the-truth**. There you will discover the truth of who Jesus is and how you can have a relationship with Him.

Additional Thoughts:

4. Recognize that you live in a fallen world.

About Dr. Josh Anderson

Dr. Josh Anderson is the Director of Grand Canyon Theological Seminary. He is also a pastor, speaker, professor, and leader. His heart is for the lost and the brokenhearted. At his core, Josh is a follower of Jesus Christ who seeks to love God, serve others, make disciples, and prepare strongly grounded biblical leaders to teach within the local church and throughout the world.

About Anchor Point Media

We create Christ-centered videos and material to encourage people to seek the Truth of who Christ is and to grow deeper in their relationships with God.

We partner with Bible scholars and Bible-teaching pastors & leaders who teach biblically-sound doctrine. The teachers we work with have hearts to reach the lost, to bring hope to the hopeless, and to strengthen relationships with our LORD & Savior.

With God's help, we are actively transforming lives with the Love, Truth, and Hope of Jesus.

Discover more videos from the Overcome series, as well as other series, at **www.anchorpointmedia.org**.