

# Broken To the Core

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Slide Notes

## Brokenhearted

- Not ignorant of enemies' devices...
- 3 xs in my life
- Losing joy / Cares of this world
- Emotions can become deadly
- 75-90% of all disease are stress related
- What do you do with a broken heart?

## Heart Skit

## Brokenhearted

Ps 69:20 Reproach (disgrace/shame) has broken (break off in pieces/ crush/destroy/hurt) my heart and I am so sick (full of heaviness). And I looked for sympathy, but there was none, And for comforters, but I found none.

Ps 34:18 The LORD is near to the brokenhearted And saves (makes open, wide or free) those who are crushed (to powder) in spirit.

## Looking for a Cure

Every year in America:

- 5 Billion tranquilizers
- 5 Billion barbiturates
- 3 Billion amphetamines
- 16 Thousand Tons of aspirin  
= 80 Million pills

## Brokenhearted

Pr 18:14 The spirit of a man can endure his sickness, But as for a broken spirit who can bear it?

Pr 17:22 A joyful/rejoicing heart is good medicine/cure, But a broken spirit dries up the bones.

Pr 15:13 A glad heart makes a happy/beautiful/successful face; a broken heart crushes the spirit.

# Deadly Emotions

- Depression/Grief
- Anger/Rage/Hostility
- Guilt/Shame
- Fear/Anxiety
- Unforgiveness
- Resentment/Bitterness
- Responses
- Fight, Flight, ...Freeze?
- Body reacts - all kinds of chemicals released – got to “burn them off”
- Many of us are stuck in stress mode
  - high blood pressure, high cholesterol, irritable bowel, headaches, etc & it makes you fat!
    - Best stress reliever?
  - The Word of God – read it, sing it
    - Psalms “The Bible Experience”

# David

- Shepherd, youngest of 8 sons
- Anointed as king (10-12 yrs old)
  - Chosen for heart 1Sm 16:7/Acts 13:22
  - Spirit of the Lord upon him 1Sm16:13
- Called to play for Saul/armor bearer
- Goliath (Jonathan)
- Kills 200 Philistines for Michal
- Saul repeatedly tries to kill him
- David’s song writing blooms
  - Providential testing, struggle, and adversity
- David flees
  - Pretends to be insane
  - 85 Priests & families are killed
  - 400 join him – 1 Sm 22:2 Everyone who was in distress, ...in debt ...discontented
- David spares Saul’s life repeatedly
- David fleeing Saul/fighting Saul’s enemies
- Ps 18 (2 Sm 22) David sang to the Lord when delivered from hand of all enemies and Saul
- David joins the Philistines (Gath)
- David goes to war against Israel
- Enemy attacks Ziklag – women/children carried off, city is burned, his peps want to stone him
- Farthest away from being who God said he would be when he was 10 yrs old
- *David’s response:* 1 Sam 30:6 Moreover David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and

his daughters. But David strengthened/encouraged/ cured/repaid himself in the LORD his God.

- He got the ephod and prayed for direction 1 Sam 30:8
- David defeats Amalekites
- One of David's greatest strengths was his conviction that God's help and direction were absolutely essential for success in battle (and in life)
- He made it a regular practice to "inquire of the Lord" *and to sing*
- Ps 32 David was depressed = pressed down; his mouth dried out (natural physical response to anxiety)
- Ps 51 make me hear joy & gladness; restore the joy of thy salvation; my tongue will joyfully sing...
- Ps 38 effects of guilt upon his body
- Ps 32, 51 & 38 deal w/ anxiety, depression, physical distress & emotional responses
- Guilt, Shame, Depression, Anxiety, Hiding Sin – all cause distress of soul & body
- David felt what he felt; he expressed thru song what was going on inside of him
- Stuff-er / Stew-er / Spew-er
- David wrote many of his psalms during this period of Saul's persecution of him
- He was not lamenting the current circumstances in his life
- David's psalms = God's faithfulness, God's provision, God's glory and God's deserving of worship and praise
- 2 Sam 6:14 Danced before the Lord with all his might
- 2 Sam 6:16 Then it happened as the ark of the LORD came into the city of David that Michal the daughter of Saul looked out of the window and saw King David leaping and dancing before the LORD; and she despised him in her heart
- Adultery & Murder – Bathsheba
- Confronted by Nathan – sin Ps. 51
- Psalm 51:12 Restore to me the joy of Your salvation And sustain me with a willing spirit.
- vs. 17 The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise.
- Dies 70 years old

## Joy

Neh 8:10 ...Do not be grieved, for the joy of the LORD is your strength (fortified place of defense)

What would it be like to have a sense of joy that continued even in times of trouble?

## Paul

- The deep joy that Paul experienced...
- 2 Cor 11:23-28 ...in far more labors, imprisonments, beaten times without number, danger of death, 5x 39 lashes, 3x beaten with rods, once stoned, 3x shipwrecked, night & day in the deep, dangers from rivers, from robbers, from my countrymen, from the Gentiles, dangers

in the city, in the wilderness, on the sea, among false brethren; labor & hardship, many sleepless nights, hunger & thirst, without food, in cold & exposure. Apart from such external things, there is the daily pressure on me of concern for all the churches.

- Phil 4:4 Re-joyce in the Lord always; again I will say, rejoice!
- Joy is a noun; rejoice is a verb
- Rejoicing is smiling, laughing, singing, dancing, shouting; to express great joy
- Re-joyce = re-charge
- Paul is in prison here...why rejoice? To make your joy full, to have strength
- What did Paul & Silas do at midnight in prison? Acts 16:25

## Jesus

Matt 26:38 Then He said to them, "My soul is deeply grieved, to the point of death; remain here and keep watch with Me."

John 15:11 These things I have spoken to you so that My joy may be in you, and that your joy may be made full.

- How do we get that joy?
  - Pruning (Vine & Branches – joy is a fruit)
  - Obeying the Word

## No Complaining

Phil 2:14-18 Do all things without grumbling or disputing; so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world, holding fast the word of life, so that in the day of Christ I will have reason to glory because I did not run in vain nor toil in vain. But even if I am being poured out as a drink offering upon the sacrifice and service of your faith, I rejoice and share my joy with you all. You too, I urge you, rejoice in the same way and share your joy with me.

## No Offenses

1 Cor 13:4-7 Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things.

## No Unforgiveness

Eph 4:31-32 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

# No Wondering Mind

Phil 4:8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

# Practice Gratitude

1 Thess 5:16-19 Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus. Do not quench the Spirit;

- 10 Lepers
  - Luke 17 Go show yourself = action
  - Only 1 returned (10% of Christians...)

# Practice Gratitude

James 1:2-4 Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.

# Practice Praise

Heb 13:15 Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.

# Practice Praise

Psalms 100:1-4 Shout joyfully to the LORD, all the earth. Serve the LORD with gladness; Come before Him with joyful singing. Know that the LORD Himself is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. Enter His gates with thanksgiving And His courts with praise Give thanks to Him, bless His name.

# Practice Laughter

Psalms 126 When the LORD brought back the captive ones of Zion, We were like those who dream. Then our mouth was filled with laughter And our tongue with joyful shouting; Then they said among the nations, "The LORD has done great things for them." The LORD has done great things for us; We are glad. Restore our captivity, O LORD, As the streams in the South. Those who sow in tears shall reap with joyful shouting. He who goes to and fro weeping, carrying his bag of seed, Shall indeed come again with a shout of joy, bringing his sheaves with him.

- Children laugh ~ 400xs/day
- Adults laugh 15xs/day

- Prov 17:22 joyful heart...good meds
- “Joy Center” of the brain
  - regulates emotions, pain control & immunity
  - executive control over every emotion if it is properly developed
  - 1st 3 mo. hold close; after = visual stimulation
  - Power of a smile/chemical reaction of joy:  
mom to baby; wife to husband

## Practice Laughter

1. Lowers stress & stress hormones by 40% / adrenaline 80%
2. Helps you sleep (don't watch heart throbbing adrenaline pumping movies)
3. Relieves pain – increases endorphins that are morphine like pain relievers
4. Balances your transmitters – pull you out of depression & anxiety & hostility
5. Prevents divorce – the couple that laughs together stays together

## Practice Laughter

6. Helps your immune system – increases natural killer cells (1st line of defense against cancer)
7. Helps the heart – 40% less risk of heart attack if you belly laugh
8. It's like exercise – 1 belly laugh = 3 min on rowing machine (belly laughter burns belly fat)
9. Lowers cortisol levels - Good for your brain – most use left side = logical thinking / when laughing use right side = creativity & problem solving (prevents Alzheimer)
10. Increases longevity – and not in a wheel chair, not in a nursing home (think about old time comedians)

## Talk To Your Heart

- David did Ps 42:5 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him For the help of His presence.
- He admitted what he felt: Down
- He told himself what to do: Hope in God
- He spoke his action: I shall yet praise Him
- He praised God: help of His countenance
  - Not a specific action – just that He was there
- When stressed, depressed, angry, anxious, guilty more prone to misinterpreting events & to think in distorted ways

## Isaiah 40

A voice is calling, Clear the way for the LORD in the wilderness; Make smooth in the desert a highway for our God. Let every valley be lifted up, And every mountain and hill be made low; And let the rough ground become a plain, And the rugged terrain a broad valley; Then

the glory of the LORD will be revealed ... A voice says, "Call out." Then he answered, "What shall I call out?" ...Get yourself up on a high mountain, O Zion, bearer of good news, Lift up your voice mightily, O Jerusalem, bearer of good news; Lift it up, do not fear. Say to the cities of Judah, Here is your God! Behold, the Lord GOD will come with might, With His arm ruling for Him. Behold, His reward is with Him And His recompense before Him.

## 2 Cor 4:8-9, 16-18

We are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed...Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.

## 2 Cor 4:8-9, 16-18

For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

## 1 Peter 4:12-13

Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of His glory you may rejoice with exultation.

## Phil 3:13-14

Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

## Psalms 30:5

For His anger is but for a moment, His favor is for a lifetime; Weeping may last for the night, But a shout of joy comes in the morning

Before the Morning  
Behind the song...