

GUARDING YOUR HEART

A DEVOTIONAL FOR HEALING A BROKEN HEART



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Dear Friends,

God designed women to be nurturers, helpers (Genesis 2:18). Unfortunately, our nurturing spirit leaves us vulnerable and susceptible to heartaches and heartbreaks. We easily and freely entrust our hearts to those who shouldn't have it.

As a pastor's wife, I often counsel women of all ages who are in relationships that are causing them tremendous emotional and spiritual pain. Some are dating unbelievers, others are dating professing Christian men. They all have one thing in common....they've given their hearts to men who have PROVEN to be incapable of treasuring their hearts.

As you go through this devotional, it is my prayer that the Scriptures would:

- Heal any heartaches you may be experiencing.
- Reveal to you any underlying issues that may be causing you to be in an unhealthy relationship.
- Draw you closer to Jesus, and that He becomes the center of your life and the center of your joy.
- Help you guard your heart, so that you will no longer entrust your heart to just any man again.

We serve an awesome Savior, who is willing and ready to heal us. A God who we can entrust our hearts and our lives too. A Heavenly Father, who protects His daughters and desires to have an intimate relationship with us.

"He heals the brokenhearted And binds up their wounds." **Psalms 147:3**

Treasuring HIM,

Kesha Griffin

GETTING STARTED

Firstly, this devotion is written specifically for Christian women. I believe the Bible is sufficient to help us in all areas of our life; therefore, my goal is to point you to the Word of God and to our Savior Jesus Christ. The content will be from the Scriptures, as well as from my personal experience and experience from counseling women. I'm not a licensed counselor; I simply love Jesus, His Word, and have a heart's desire to help my sisters in Christ walk out their Christian life.

This devotional should not simply be read, but you should spend time mediating on the principles, Scriptures, and questions in each section. Please take your time. Pray for a receptive heart and clear mind.

LET'S PRAY:

Heavenly Father, I pray that as we read through this devotional, that our hearts will be receptive to what it is that you are teaching us. I pray for us to have a clear and focused mind, and that you give us understanding. I thank You for the privilege of being called Your child, and thankful that You care for us. I ask that You heal the broken-hearted, and draw us closer to You. In Jesus Name we pray, AMEN.



MEMORY

VERSE

**“...You who seek
God, let your
heart revive.”**

Psalms 69:32

HEARTACHES & HEARTBREAKS

HEALING IS A CHOICE!!

I know what it feels like to have a broken heart. In fact, it seems that I've been heartbroken by men my entire life. Abandoned by my father, the sexual abuse I endured as a child, and the bad breakup with a young man I loved in college. My heart has been severely wounded.

I understand the level of pain and suffering that comes with entrusting your heart to a man, only to have him break it into two. In fact, I can clearly remember the emptiness I felt, the sorrow, the knots in my stomach, the feeling that life ended because I was no longer with my man. The constant thoughts of what is he doing now, who is he with, and battling if I should call him and try to work things out AGAIN. I say again because there were times before that I wanted to end the relationship, but allowed him to talk me into giving it another try. But that last time,

I stood my ground and decided to get off the emotionally draining relationship coaster ride. I made up my mind that it would be better for me to go through the painful healing process with God, than to be a helpless victim of a man who is incapable of loving me properly. I chose God.

John 5 tells of a man who continually laid at the pool of Bethesda for his healing. He was ill for thirty-eight years, and when Jesus saw that he had a condition and needed healing, Jesus asked him "Do you wish to get well?" (**John 5:6**) What a seemingly strange question to ask someone who has been suffering with an ailment for so many years. It's pretty obvious that he wants a healing if he is laying by the "healing" pool right? Jesus knew something we often miss. Healing is a choice. So I ask you, do you want to heal from a broken heart and are you willing to let God do the healing? Are you ready to end the vicious cycle of falling in love with the wrong person?



KEY POINT

"You must decide that you want to be healed, and no longer want to be a helpless victim"

HEARTACHES & HEARTBREAKS

Often the first step to healing and recovery is to admit that you are broken/hurt, and secondly make the conscience choice to be healed.

#1- Express your feelings to the Lord. Be vulnerable, let go of pride, pour out your heart, and tell Your Heavenly Father what you have need of.

#2- Do you honestly want to be healed? If so, are you willing to do whatever it takes to be healed God's way? _____

MEDITATION VERSES

- 1 Peter 5:7
- Isaiah 41:10
- Matthew 11:28-30
- Psalms 147:3

#3- Read the meditation verses. How can these verses help you recover from a heartbreak?

If you are committed to having your heart healed, the good news is that our Lord can heal it. However, it will cost you some things; comfort, pride, victim mentality, time, vulnerability, and possibly the man you love. You will have to go through the healing process on God's terms.

CHOOSING GOD

WE MUST CHOOSE GOD OVER MAN.

So much of our pain dealing with men can be avoided, if only we would obey the Word. But I'm afraid our desperation to be in a relationship blinds us to the truth. We can't see and discern the clear signs men show us that let us know he is not "the one".

In order to heal from our brokenness and end the bad relationship cycle, we must get to a place where we desire to honor God, please and glorify Him, more than being in a relationship. Once we make it our chief goal to live a well-pleasing life to Jesus, and our hearts are set on glorifying Him with our entire lives (including our relationships), it will require us to obey God, rather than pleasing ourselves or a man.

Obedience to God can sometimes be painful. Especially when it involves possibly letting go of something or someone we hold dear to our hearts. But, our act of obedience is non-negotiable. Yes it will be hard, yes we may shed some tears, but obedience is absolutely necessary in order for us to heal.

Our Lord can identify with costly obedience. For He Himself obeyed His Father "*...to the point of death, even death on the cross*" (**Philippians 2:8**). We may feel like we're going to die if we obey God and let that man go. But trust me you can and will live without him.

If the end goal is healing and living a life honorable and pleasing to the Lord, then we will have to make that scary leap of faith, and obey God.



KEY POINT

"In order to heal, we must get to a place where we desire to honor, please and glorify God, more than being in a relationship"

CHOOSING GOD

Our obedience to God may hurt us, but it is necessary for our healing.

#4- How does knowing that Jesus was obedient unto death (**Philippian 2:8**), help you make the decision to obey God and get out of a relationship that is not honoring to Him?

#5- What is preventing you from obeying God in the area of relationships? How can you overcome these obstacles?

#6- Read the meditation verses below. What does the Word say about obedience? Can you recall a time when you obeyed God and were blessed?

MEDITATION VERSES

- **Philippians 2:8**
- **1 Samuel 15:22-23**
- **Luke 11:28**
- **Psalm 119:1-2, 9, 11**



MEMORY VERSE

“How blessed are those whose way is blameless, Who walk in the law of the Lord! How blessed are those who observe His testimonies. Who seek Him with all their heart”

Psalm 119:1-2

TRUTH OF THE WORD

KNOWING WHAT THE WORD SAYS ABOUT DATING/COURTING IS CRITICAL. IT WILL HELP US TO NOT FALL IN LOVE WITH THE WRONG GUY.

I'm sure you've heard the saying "I can't help who I love"? Well, that is so far from the truth. As Christian women, when we learn and apply the Word to our lives, we discover that we all have a choice on who we decide to give our heart to, and therefore, who we love.

When deciding if we should enter a courtship with someone, we shouldn't depend on our feelings. We first must seek Biblical counseling from the Word (and I would also say a godly mentor, friend, etc.).

I've listened to a ton of women explain to me why she thought the guy she was dating was "the one". Her reasons sounded good on the surface, but when I dug a little deeper, and asked more questions, most of the time, her reasons had no Biblical support. Instead of offering my opinions as to why I didn't think he was the one, I would explain to her what the Bible says a woman should look for in a husband.

Here are just a few Biblical principles we can apply to know if we should enter into a courtship or not with someone.

- **Do not date unbelievers.** I can't stress this point enough. The excuses we say to justify why we are dating unbelievers are limitless. Often-times we as Christian women think we can win a guy over to Jesus, if we "let our light shine", pray hard enough, bring him to church, etc. Sadly, when we enter into relationships with these men, they often influence us and we "fall" into sin, and sometimes away from church/God altogether. We under-estimate the power of temptation, and over-estimate our strength to withstand it.



KEY POINT

"If we obey the Word, it will prevent us from "falling" in love with the wrong person."

TRUTH OF THE WORD

The Word is clear in **2 Corinthians 6:14-17**, that believers should not enter into a relationship with someone who is not saved (unbeliever). There is no way to get around this. When we date unbelievers, we are disobeying God. And nothing good comes from living a disobedient life. Therefore, if you are dating an unbeliever, he is NOT the one.

Christian women are not responsible for the salvation/spiritual maturity of men. That's not your burden to carry, and a man can only be saved by the power of God and the Holy Spirit (**John 6:44; Titus 3:5; Ephesians 1:13**). We must stop trying to convert men we're interested in, into believers. We shouldn't be dragging them to church, begging them to read their Word, pray for and lead you. That's a battle you will most likely lose.

- **Seek God first.** This probably should've have been point number one. We may have head knowledge of what seeking God first means, but often fall short of living it out on a daily basis. When we put God first; His Kingdom, His will, His work, etc., then we won't be so consumed with finding a man.

The Lord must be our first pursuit. As we grow in intimacy with Jesus, the less we want to hurt His heart by being in an ungodly relationship with someone who doesn't love Him (unbeliever), or who isn't truly living for Him (professing Christian).

When living for God is our main goal, we won't get easily distracted by the flattery words of men. We won't feel like we're missing out on "life" because we don't have a man, but rather our God-filled life would be truly satisfying. The Lord promises us that when we hunger and thirst for His righteousness, we will be satisfied. (**Matthew 5:6**)

- **Pray for godly wisdom.** There are many of us who love the Lord, live for Him, but still find ourselves in relationship after relationship. We've said many times that we think "he is the one", only to have the relationship fail. What could be the cause? Well, may I suggest that we may be lacking Biblical, godly wisdom. Yes we pray, we go to church, but many of us don't really know the Word like we ought too.



MEMORY VERSE

"Blessed are those
who hunger and
thirst for
righteousness, for
they shall be
satisfied"

Matthew 5:6

TRUTH OF THE WORD

We rely on our own wisdom, or worse the wisdom of people in the world, when deciding on whom to court/date. Often we think because a man is “in church” and profess to be a Christian, that it’s ok to enter into a relationship. But, there is much more required of a man than simply being saved and going to church. For example, the Bible teaches us that men ought to be leaders and be able to lead and teach their wives the Word (**Ephesians 5:23,26**).

If we don’t know what God says a man should be, we will not know what to look for in a mate. Not only must we know the Word, but we must constantly pray for godly wisdom and discernment (**James 1:5**). We have a limited knowledge of a man based on what we see, but God knows the heart of men, therefore we ought to pray for Him to reveal the truth about a person, exposing his heart so we can know who he truly is.

Once we are armed with the truth of the Scripture, we are able to defeat the temptation to settle with men, to combat the lies of the enemy that we will be lonely for the rest of our lives, and also to prevent us from entrusting our heart so quickly.

Psalms 119:105 says “Your Word is a lamp to my feet And a light to my path”.

#7- How does the Word help you make better decisions in life/in courting?

#8- The Bible gives us instructions on what qualities we should look for in a mate, and who we should avoid.



KEY POINT

“If we obey the Word, it will prevent us from “falling” in love with the wrong person.”

MEDITATION VERSES

- Ephesians 5:23-26
- 2 Corinthians 6:14-17
- Galatians 5:22-23
- 1 Timothy 3



TRUTH OF THE WORD

Read the meditation verses and please complete the below chart.

**GODLY QUALITIES
OF A MATE**

THINGS TO AVOID



**MEMORY
VERSE**

#9- How does Jesus' response to Satan when tempted in the wilderness (**Matthew 4**), help you understand the power of the Word? _____

“The sum of Your Word is truth, And every one of Your righteous ordinances is everlasting ”

Psalms 119:160

MAKING IT PRACTICAL & PERSONAL

BECOMING A DOER OF GOD'S WORD.

Much of our frustration, pain and suffering in relationships can be resolved when we put into practice what we know the Word says.

Prayerfully, this devotional has enlightened you and has created a desire for healing, and obedient living for the Lord. The foundation has been set, and now it's time for you to build on the foundation by applying the principles you've learn.



KEY POINT

“Remember you don’t have enough strength, or wisdom on your own. You must abide in Christ, for apart from Him, nothing is possible.

John 15:5

MAKE IT PRACTICAL

Hebrews 12:1 says,

“...let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us”

This verse gives us a picture of an athlete competing in a race.

No runner will want to run with heavy clothing on that would weigh them down. In fact, most athletes have short shorts and a light tank top to run in. Likewise, we are runners in our Christian race. We are pursuing “...righteousness, faith, love, and peace...” (**2 Timothy 2:22**), seeking the Kingdom and His righteousness (**Matthew 6:33**), and making it our ambition to please Him (**2 Corinthians 5:9**). Our goal is to ultimately dwell with our Savior for eternity in Heaven.

Therefore, in order to win and finish our Christian race, we must “lay-aside” some things (and some people).

MAKING IT PRACTICAL & PERSONAL

#10- What does the Hebrews 12:1 passage tell us we need to do in order to stay focused on living for God and not be distracted by unfruitful relationships?

#11- Identify the weight and/or sin that keeps you entangled in the world, and possibly caught up in a relationship that you shouldn't be in?

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KEY POINT

“With God’s help, there is no temptation that you can’t overcome.

1 Corinthians 10:31

- If you’re in a relationship that needs to end, **end it**. Pray for God to strengthen you, and obey God.
- Commit to honoring God with your life. Seek Him daily and pursue Him with all your heart.
- Commit to studying the Word. The more you study and grow in the Word, the less likely you will fall. Arm yourself.

