

## Single & Single-Again TUES NITES Meal, Message & Mixer

### The Sacredness of a Broken Heart

Jane Stolz' video teaching, handout, and audio Mp3 file of this message will be online to share with others at [www.christiansinglesindenver.com](http://www.christiansinglesindenver.com)

#### Rejected

God pursues his chosen people; they R \_\_\_\_\_ Him and turn to less worthy loves; **He keeps loving them anyway.** Time after time, he does whatever it takes to win his loved ones back.

Ever since the beginning, we humans have been breaking God's heart. Adam and Eve had the unparalleled opportunity to walk in unbroken closeness with God, yet they rejected the relationship he offered in exchange for a hollow promise  
Genesis 3

*Jeremiah recounts the way God aches over our rejection of his love: "They broke that covenant, though I loved them as a husband loves his wife"  
Jeremiah 31:32*

**If anyone has felt the sting of rejection, it's God.**

#### Betrayal

Our God is not a stranger to the pain of B \_\_\_\_\_, either. God's message to his people was clear: By giving their affection to false gods, they were B \_\_\_\_\_ his H \_\_\_\_\_. Their betrayal was a slap in the face of his unconditional love and forgiveness. And perhaps we aren't so different today. We flirt with less worthy loves and continually break God's heart with our betrayal. And still he takes us back, his love as fierce as ever.

#### Abandoned

When we find ourselves left alone by someone we love, there's comfort in knowing that God has endured that kind of A \_\_\_\_\_ too. At the end of Jesus' time on earth—arguably the darkest hour of his life—he was abandoned by his closest friends, the men he'd spent the bulk of the last three years with. As he was pouring out his grief to God, they were off napping. When he was being arrested, they were high-tailing it elsewhere to save their own skin. And when Jesus was on the cross, even God himself turned his face away, prompting Jesus to cry out, *"My God, my God, why have you Forsaken (abandoned) me?" Matthew 27:46*

**Yes, he knows the agony of abandonment.**

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#### **A Glimpse into His Heart**

When you feel like your H \_\_\_\_\_ is B \_\_\_\_\_ beyond repair, remember that nothing about this place is ordinary. You are U \_\_\_\_\_ poised, at this very moment, to share an I \_\_\_\_\_ part of God's C \_\_\_\_\_. It's the place of the broken heart, and its sacred ground.

**A few thoughts:**

#### **Go To Him with a Teachable Spirit, Eager to be Changed.**

*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11*

#### **Relax in His Healing Presence.**

*Look to the Lord and his strength; seek his face always. Psalm 105:4*

#### **Refresh Yourself in the Peace of His Presence.**

*"I have told you these things, so that in Me you may have (perfect) peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer (take courage; be confident, certain, undaunted)! For I have overcome the world. (I have deprived it of power to harm you and have conquered it for you.)" John 16:33*

#### **"I Trust You, Jesus"**

*Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. Psalm 139:7-10*

#### **Live in Deep Dependence upon Him.**

*For we walk by faith, not by sight 2 Corinthians 5:7*

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#### **Come to Him with Positive Expectations,**

*Now to him who is able to do immeasurably more than all we ask, or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen. Ephesians 3:20-21*

#### **Praise Him and Thank Him**

*Praise the Lord. Praise the Lord, O my soul. I will praise the Lord all my life; I will sing praise to my God as long as I live. Psalm 146:1-2*

#### **Relinquish Control into His Hand**

*Let be and be still, and know that I am God. I will be exalted amount the nations! I will be exalted in the earth! Psalm 46:10*

#### **He Equips Us**

*The Lord replied, "My Presence will go with you, and I will give you rest." Exodus 38:14*

#### **He Wants Us to be ALL HIS!**

*The eternal God is your refuge, and underneath are the everlasting arms. He will drive out your enemy before you, saying, "Destroy him!" Deuteronomy 33:27*

Let your prayer be:

**I Surrender All**

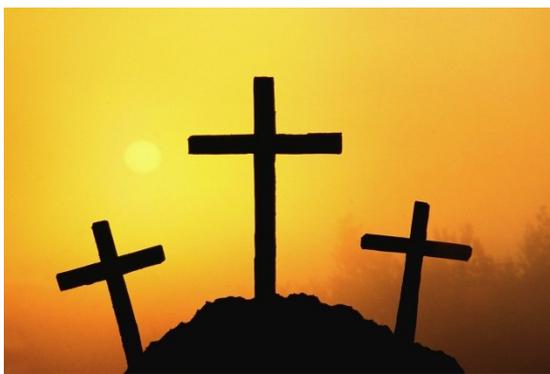
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#### Discussion Questions:

1. How would you describe yourself in three words?
2. What's the best thing about being you?
3. **We all go through ups and downs in life, we have broken hearts. Was this helpful tonight relating our pain to the pain that Christ went through and how He completely understands us?**
4. Do you have a teachable spirit? What might be hindering you in this?
5. **Can you Submit and Surrender ALL to Him? Where do you struggle the most?**



#### HELPFUL TIPS for Great Table Discussions Each table should have a designated Table Host.

##### 1. Use God's ear-to-mouth ratio:

Listen two times more than you speak. 1 or 2 people should not dominate the time, and EVERYONE should contribute during the discussion.

##### 2. Smile and be friendly.

Avoid excessive complaining about people or personal problems.

##### 3. God's grace rules the day

Recognize that everyone will not always agree – be gracious and give grace to one another. People are at different places in their spiritual walk and in their life journey.

##### 4. Moving the discussion along.

Table host/facilitators are to move the discussion along. They have permission to limit any negative comments, to invite people to answer a question, to ask someone for their perspective, to limit the amount of time some people speak, and to move on to the next question.

##### 5. Help for the hurting:

This is a supportive group, but it is not a support group or a therapy session. But if someone is really hurting, take a moment and have someone in the group specifically pray for them.