

Wholeness Through Brokenness

“The sacrifices of God are a broken spirit; a broken and contrite heart, O God, You will not despise.” Psalm 51:17

King David had messed up royally.

The “man after God’s own heart” had committed adultery and murder. The story of His grievous and costly sins is recorded in II Samuel 11. Nathan the prophet exposed David’s sin and cover up in II Samuel 12.

Psalm 51 is David’s personal confession of sin and God’s restoration process in his life. Read and study this Psalm carefully. The road to restoration is outlined by David. In verse 17, he declares that a broken spirit and contrite heart is what God requires for restoration to wholeness. Note God will not despise the sacrifice of brokenness. He will not reject those who are broken over their failure.

Look what the prophet Isaiah says regarding God’s heart toward those whose hearts are broken and humble.

“For thus says the high and exalted One who lives forever, whose name is Holy. I dwell on a high and holy place, and also with the contrite and lowly of spirit, in order to revive the spirit of the lowly and to revive the heart of the contrite.” Isaiah 57:15

God’s good, acceptable and perfect will is wholeness for you and me. He can work with brokenhearted people who seek His wholeness. He revives, brings back to life, the spirit of people who have been broken.

Through brokenness David was restored to wholeness. His personal life and relationships were healed, restored and renewed. The latter writings of David clearly show a man whose heart was healed because he chose to be broken over his sin.

If you and I want to be whole, we have to be broken. There is no wholeness without brokenness.

Brokenness means.... that I am sincerely hurting over my behavior....that I am taking personal responsibility for my words and actions....that I completely surrender myself into God’s healing hands...I will do whatever it takes to make things right with people I have hurt...life is not all about me, but about God and the people I love.

Three things have to happen for us to experience wholeness through brokenness.

➤ **I Have To Be Humble**

Humility paves the way for healing of broken hearts and broken relationships.

A proud, arrogant heart is a major hindrance to healing and restoration. Peter personally experienced brokenness and that deeply humbled him when he denied Jesus (Matthew 26:69-75). Peter describes the attitude we have to have to be made whole.

“You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with humility toward one another for God is opposed to the proud, but gives grace to the humble.”
I Peter 5:5

If we want our broken hearts to be healed, we have to be humble. We are responsible to cloth ourselves with humility. Note God’s gives grace to the humble, but He opposes the proud. You and I need the Lord on our side when we are broken and seek wholeness.

➤ **I Have To Be Teachable**

When our spirits are broken, we realize that we don’t know what we think we do. If we had had our act together, our relationships would be wholesome, healthy and happy.

God’s school of brokenness is always looking to enroll students. So what do I need to learn about myself and my relationships? Where did I go wrong with the people I care about? What can I do different from now to improve and nurture my relationships?

An unteachable spirit blocks God’s Word from transforming our attitudes and behavior. When we refuse to learn from God, we are putting ourselves above Him. Wholeness can never spring from an unteachable spirit.

Being teachable opens the door to wholeness and newness in our relationships.

➤ **I Have To Be Changeable**

When hearts and relationships are broken, changes are needed. It is true in life that if we want to reap a different harvest, we have to sow different seeds.

A person that is genuinely broken admits that they need to change. Business as usual will not work anymore. Status quo flies out the window when a broken and contrite

(humble) spirit is the order of the day. Wholeness demands change. And change begins with brokenness.

Am I really willing to change? What am I willing to change? How will change what I need to change? How will change affect the person I seek to be restored to? How can God help me make the changes I need to make?

Willingness to change is critical to moving through brokenness to wholeness.

God can work with people with a broken spirit. Brokenness puts us in a position to receive God's healing and restoring power. Wholeness springs forth from brokenness when we let God heal our broken hearts.

Signs of Brokenness

- ✓ A realization that I have sinned and failed God, myself and others.
- ✓ Willingness to make a full surrender to God.
- ✓ Openness to obey the Lord in a new way.
- ✓ Bring down the walls around my heart to let the people I love in.
- ✓ A sincere desire to serve God and the people I love.

Benefits of Brokenness

- ✓ Brokenness breaks pride and produces humility.
- ✓ Brokenness paves the way for communication with God and the people we love.
- ✓ Brokenness supplants the spirit of control and manipulation.
- ✓ Brokenness makes us approachable and more agreeable to others.
- ✓ Brokenness breaks down barriers to the hearts of people we care about.

Bible Verses About Brokenness

"The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, You will not despise."
Psalm 51:17

"He heals the brokenhearted, and binds up their wounds."
Psalm 147:3

"I have seen his ways, but I will heal him; I will lead him and restore comfort to him and to his mourners."
Isaiah 57:18

The Lord is near to the brokenhearted and saves those who are crushed in spirit.”
Psalm 34:18

“For I will restore you to health and heal your wounds declares the Lord.”
Jeremiah 30:17

“The Spirit of the Lord God is upon me, because the Lord has anointed Me to bring good news to the afflicted. He has sent me to bind up the brokenhearted, to proclaim liberty to the captives and freedom to prisoners.”
Isaiah 61:1, Luke 4:18

Jesus Christ came to the earth to forgive our sins, bind up our broken hearts and set us free to walk by faith in wholeness and joy!

Search Your Heart

David asked God to search his heart. Psalm 139:23-24 is his invitation for the Lord to check him out.

“Search me O God, and know my heart. Try me and know my anxious thoughts; and see if there is any hurtful way in me, and lead me in the everlasting way. “

Inviting God to search our hearts and allow Him to point out hurtful ways in us is the beginning of brokenness.

- Do you realize that you need to be made whole and that wholeness comes through brokenness?
- Are you willing to be broken in spirit before the Lord?
- How willing are you to surrender yourself to God and submit yourself to the brokenness/wholeness process?
- Are you willing to be broken so you can be restored to someone whose relationship you value highly?
- List three steps you are willing to take to demonstrate humility before God.
 - 1.
 - 2.
 - 3.

- This is what I plan to do so demonstrate brokenness to the person I have hurt. I will take these steps to show them I am serious about reconciling and restoring our relationship.

- 1.
- 2.
- 3.
- 4.
- 5.

- Wholeness in Christ will cause me to be like this from now on. Describe the new person you will become with God’s help.

- Take a moment to thank God for healing your heart and making you whole through brokenness.

Wholeness Through Brokenness Sets You And Me Free to Be The Person God Created Us To be!

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