



## Your life isn't \_\_\_\_\_ after it's over.

### What do you do when your heart is broken?

#### 1 - Get \_\_\_\_\_

*"Two are better than one, because they have a good return for their labor: 10 If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up." (Ecclesiastes 4:9-10)*

#### 2 - Accept \_\_\_\_\_

*See 2 Samuel 12:16-23*

#### 3 - \_\_\_\_\_ out to God

*"The Lord is close to the brokenhearted and saves those who are crushed in spirit." (Psalm 34:18)*

*"Cast all your anxiety on him because he cares for you." (1 Peter 5:7)*

*"15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." (Hebrews 4:15-16)*

#### 4 - \_\_\_\_\_ to God's \_\_\_\_\_

*"I have suffered much; preserve my life, Lord, according to your word." (Psalm 119:107)*

#### 5 - \_\_\_\_\_ for and offer \_\_\_\_\_

*"My guilt has overwhelmed me like a burden too heavy to bear." (Psalm 38:4)*

*"12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." (Colossians 3:12-13)*

#### 6 - Keep Hoping, Growing, and Focusing on God's \_\_\_\_\_

*"13 I remain confident of this: I will see the goodness of the Lord in the land of the living. 14 Wait for the Lord; be strong and take heart and wait for the Lord." (Psalm 27:13-14)*

*"...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." (Philippians 1:6)*



## Your life isn't \_\_\_\_\_ after it's over.

### What do you do when your heart is broken?

#### 1 - Get **HELP**.

*"Two are better than one, because they have a good return for their labor: 10 If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up." (Ecclesiastes 4:9-10)*

#### 2 - Accept **REALITY**.

*See 2 Samuel 12:16-23*

#### 3 - **CRY** out to God

*"The Lord is close to the brokenhearted and saves those who are crushed in spirit." (Psalm 34:18)*

*"Cast all your anxiety on him because he cares for you." (1 Peter 5:7)*

*"15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." (Hebrews 4:15-16)*

#### 4 - **LISTEN** to God's **WORD**.

*"I have suffered much; preserve my life, Lord, according to your word." (Psalm 119:107)*

#### 5 - **ASK** for and offer **FORGIVENESS**.

*"My guilt has overwhelmed me like a burden too heavy to bear." (Psalm 38:4)*

*"12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." (Colossians 3:12-13)*

#### 6 - Keep Hoping, Growing, and Focusing on God's **WILL**.

*"13 I remain confident of this: I will see the goodness of the Lord in the land of the living. 14 Wait for the Lord; be strong and take heart and wait for the Lord." (Psalm 27:13-14)*

*"...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." (Philippians 1:6)*