

**LESSON 4**  
**HE HEALS THE BROKENHEARTED**  
**PSALM 147:3**

**I. INTRODUCTION.**

A. God and the Devil.

1. God wants you to be happy and the Devil wants you to be sad. God wants you to be at peace and the Devil wants you to be in turmoil and stress. God wants you to live a settled, orderly life and the Devil wants you to live a chaotic and confused life. God wants you to be saved and the Devil wants you to stay in sin. God wants you to go to heaven and the Devil wants you to go to hell.

B. When Life Is Filled with the Negative.

1. Psa. 34:17-19.
2. Isaiah 26:1-4; 61:1-4.
3. Mt. 11:28-30.

**II. THE DEVIL WANTS YOU TO HAVE NEGATIVE EMOTIONS.**

A. We Are in A Battle for the Mind.

1. It started with the Devil and Eve (2 Cor. 11:3; Gen. 3).
2. Consider six common negative emotions; six “big problems” today (not an exhaustive list): anger, grief, anxiety, depression, addiction, and suicide.

B. Anger.

1. Biblical examples.
  - a) Saul (1 Sam. 18:8).
  - b) Naaman (2 K. 5:13).
  - c) Uzziah (2 Chron. 26:19).
  - d) Haman (Esther 3:5).
  - e) Sanballat (Neh. 4:1, 7).
  - f) Herod (Mt. 2:16).
  - g) Cain (Gen. 4:5-6) = you can control your anger and what it leads to.
2. Biblical advice.
  - a) Self-control. Hold your tongue. Walk away and cool down.
  - b) Know the difference between settled, righteous anger, and quick-tempered angry outbursts.

C. Grief and Sorrow – due to sickness or death.

1. Biblical examples.
  - a) David (2 Sam. 12; 18).
  - b) Jeremiah (8:18 – 9:1).

c) Jesus (Jn. 11; Isa. 53:3) = you should express it, but move on (note what Jesus was doing in Jn. 12).

2. Biblical advice.

a) Express it, but don't live in it.

D. Anxiety, Worry, and Stress (Distress).

1. Biblical examples.

a) Martha (Lk. 10:41) = focus your attention on what is important.

2. Biblical advice.

a) Stay focused on what is important to God, God will provide (Mt. 6:25ff; see Lk. 12:29).

b) You can't undo the past.

c) You can't control the future (you don't know if it will turn out the way you see it). You cannot add one cubit to your stature by being anxious (Lk. 12:25).

d) You can't manage conflicting paths in the present.

e) More prayer (Phil. 4:6).

E. Depression / Discouragement.

1. Biblical examples.

a) Job (Job 3; 10:1).

b) David (1 Sam. 30:6; Psa. 30:11-12; etc.).

c) Heman the Ezrahite (Psa. 88:5-9) – one of the darkest psalms.

d) Jonah (Jonah 4:9).

e) Jeremiah (Jer. 20:14-18; 23:9).

f) Elijah (1 K. 19:4) = change your focus off yourself; God fed him, God spoke to him, and God gave him a work to do.

2. Biblical advice.

a) Stay focused on your God-given purpose in life.

b) Get your health right (proper diet, proper sleep / rest), let God speak to you through the Bible, and get out and do something good for others.

F. Addiction (drugs, alcohol, pornography, sex, spending, eating, gambling, power / control, social media, etc.).

1. Biblical examples.

a) Drunkard of Prov. 23.

b) Bondservant of sin (Jn. 8:34).

c) Iniquity unto iniquity (Rom. 6:19).

d) Eyes full of adultery (2 Pet. 2:14).

2. Biblical advice.

a) Prov. 25:28 and 16:32; rule your own spirit.

b) Watch and pray for help (Jer. 29:12-13; Mt. 6:13; 26:41).

c) Sin should not reign over you (Rom. 6:12-14).

- d) Don't be mastered by anything but Jesus (1 Cor. 6:12).
- e) Remove it and replace it with something good; say no and mean it (Eph. 5; Col. 3; Tit. 2:11-12).
- f) Take the way of escape (1 Cor. 10:13).
- g) Limit the desire, the opportunity, or both (Jas. 1:14-15) and resist the devil (Jas. 4:7).

#### G. Suicide.

- 1. Biblical examples.
  - a) Abimelech (Judges 9:54).
  - b) Saul and his armor-bearer (1 Sam. 31:4-5).
  - c) Ahithophel (2 Sam. 17:23).
  - d) Zimri (1 K. 16:18).
  - e) Judas (Mt. 27:5).
- 2. Biblical advice.
  - a) Peter wept bitterly (Mt. 26:75), but came back to the Lord (Lk. 22:32; Acts 2:14).
  - b) Do yourself no harm / it's not as bad as you think (Acts 16:28).

#### H. Read the Psalms (see handout).

- 1. David wrote 73 of the 150 psalms and many of them contain some form of complaint involving a mental problem he is suffering.
- 2. Admits the problem.
- 3. Prays for help.
- 4. Praises the Lord for his goodness.
- 5. Trusts in the Lord and waits.
- 6. IN EVERY PSALM, THE PSALMIST DOES NOT GIVE UP!

### **III. GOD WANTS YOU TO HAVE JOY AND PEACE.**

- A. See the Book of Ecclesiastes.
- B. Prov. 15:13-15; 17:22.
- C. Rom. 15:13.
- D. The NT on...
  - 1. Blessed (happy).
  - 2. Comfort.
  - 3. Joy and peace (Phil. 4:4-6).
  - 4. Rejoicing and gladness.
  - 5. Contentment.
  - 6. Thanksgiving / gratitude.
  - 7. Assurance.
  - 8. Trust.
  - 9. Hope.

E. The Fruit of the Spirit (Gal. 5:23).

#### **IV. APPLICATIONS FOR TODAY.**

A. Become A Christian.

B. Return to Jesus.

C. Change Your Focus.

1. Recognize your troubles, but change your focus.

D. Get Out and Do for Others.

E. Make Regular Time to Enjoy Life (without your phone).\*\*

1. Get outside and enjoy nature; sunshine and fresh air.
2. Get some exercise: walking, biking, sports, [the sex act between spouses], etc.
3. Proper diet, exercise, proper sleep.
4. Enjoy good food, music, entertainment, conversation with other Christians, etc.
5. Engage in a relaxing hobby: gardening, painting, games, etc.
6. Enjoy God's natural (not man-made) senses: sights, sounds, tastes, textures, and smells.
7. Learn to laugh more (Eccl. 3:4). "A cheerful heart is good medicine..." (Prov. 17:22).

#### **V. CONCLUSION.**

A. You Choose Whether You Will Be Sad or Happy.

B. You Choose Whether You Will Fix Your Negative Emotions by Man's Advice or by God's Word.

\*\* Note: Endorphins are natural brain opioids – “chemicals” – which are released quickly to make you feel better. Endorphins are the natural way to help with both pain and pleasure. Dopamine is released slowly to the same thing. Adrenaline is another brain changer as well. Endorphins help with pain and mood boosting. They are released by the hypothalamus and pituitary gland in the brain. The benefits: reduce pain, increase pleasure, reduce stress, depression, and anxiety, helps with inflammation, improves mood, boosts self-esteem, supports a healthy immune system, and supports memory and cognitive function. The opposite of all these things happens when you do not produce endorphins. How to increase endorphins: exercise, laugh, listen to music, acupuncture, eat dark chocolate, sex, move around, and meditate. See <https://www.healthline.com/health/endorphins#low-levels>.

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