

Healing a Broken Spirit



As sure as we live and breathe, the most spiritually inclined among us will come face-to-face with that moment in time when everything that we believe, held fast to, and trusted in will become but a blur. Though deeply rooted in the faith of our choosing; when the seemingly merciless waters of life come gushing up against our front door washing away that which is precious and priceless, it is not uncommon to find oneself in a state of bewilderment.

For many, when confronted with the unexpected of life, the pain can be so great. The disappointment so overwhelming. The shocking element of "I cannot believe this just happened to me," so all consuming that the very act of breathing can become a chore. Whether the moment is the death of a loved one; or the moment is the surprise of a pink slip after 23 years of diligent service; or the moment is the discovery of infidelity; or the moment is the pronouncement of a terminal illness, the feeling of brokenness that follows can be harsh.

Initially, we feel like life is over. We feel like God has forsaken us. We feel like a brighter tomorrow will never come. We feel like no one understands. But if we take some deep breaths, find a quiet place in our soul, be comforted by the reality that even truth changes, and allow God to guide us safely to the other side of our present place of brokenness, we will find healing.

How? Well,

1. **We must want to recover and be made whole again.** It matters now how much God or anyone else loves you, if you do not avail yourself to a process of restoration you will be needlessly stuck in a pain that was always meant to be temporary.
2. **We must embrace support and/or find the help we need in order to overcome.** Whether someone finds their way to you or you have to find your way to it/them, know that support is non-negotiable in any healing process. Do not kid yourself into believing that you can do it alone. You cannot. Plus, know that seclusion is the adversary's best snare.
3. **Understand that *it* is never as bad as it appears in the first 48 hours.** Dr. Grady Dale, a prominent psychologist in Baltimore, Maryland, teaches that if you give any situation 48 hours it never has the same power.
4. **Purpose to discover something good about yourself, life, or someone else as your once broken spirit is restored.** Do not sell yourself or the power of your situation short by going through just to go through. In every difficulty there is divinity. Find the divine and healing for yourself and possibly someone else will not be far behind.

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