

## Heal My Broken Heart Meditation

***2 Corinthians 2:13 – “But thanks be to God, who always leads us into triumph.”***

Thank You Father, Jesus, Holy Spirit for leading me to victory over sorrow. You are creating beauty where my heart has been scattered into pieces.

***Psalm 147:3 – “He heals the wounds of every shattered heart.”***

Father, I thank you for Your promise to heal my broken heart and bind up all my wounds. As I lay my sorrows at Your feet, You are pouring Your healing balm into my wounds. Your liquid love is healing every festering place in my heart.

***Psalm 30:2 – “O Lord, my God, I cried to you for help, and you have healed me.”***

I am crying to You for help, and You are healing my wounded heart! Even though I can't feel it yet, I trust You are in the process of binding up my wounds and healing every path of sorrow I am traveling.

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

I choose to trust You are close to me right now, saving me from a crushed spirit of mind. You are bringing life, health, and wholeness to my mind and emotions, restoring and reversing all damages.

***Psalm 46:1 – “God is our refuge and strength. A very present help in trouble.”***

Father, You are my refuge and strength. I trust You to be my great help in these distressing times.

***Isaiah 43:2 – “When you pass through the waters, I will be with you, and when you go through the rivers, they will not overwhelm you. When you walk through the fire, you will not be scorched; the flames will not set you ablaze.”***

As I travel these difficult paths, You are with me, guiding me THROUGH this valley to the other side. I will not be overcome. I will rise again!

***Psalm 56:8 – “You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book..”***

You have gathered up every one of my tears. You are keeping them safe and recording each one in Your book. You are in the process of giving me beauty for ashes and the oil of joy for mourning!

***Isaiah 26:3 – “You keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”***

As I trust and keep my mind focused on You, Your perfect peace is abounding towards me. Shalom, shalom...Nothing missing, nothing broken! Every part of my heart is being put back together and restored with your healing power.

***Psalm 73:26 – “My flesh and my heart may fail, but God is the strength of my heart and my portion forever,”***

My heart and flesh may fail me, but You will never fail me. You are making my heart strong again. You stand ready to release Your comfort to me at all times. I take all I need throughout the day and night.

**Romans 8:28 – “And we know with great confidence that God, who is deeply concerned about us, causes ALL things to work together as a plan for good for those who love God, to those who are called according to His plan and purpose.”**

Even though I am hurting, I have great confidence that You are deeply concerned about me. I trust You to weave every detail of my life into Your plan for my good.

**1 Peter 5:7 – “Cast all your anxieties on God, because he cares for you.”**

Elohim, I know You care for me. I pour out all my concerns onto You now: \_\_\_\_\_.

### **Closing Prayer:**

*Father, I come to You today with a heart that feels shattered, weary, and bruised. But even in this pain, I know You are near. **Your Word says You are close to the brokenhearted**, and You rescue those who are crushed in spirit. So I come to You—not with strength of my own—but with honest surrender, trusting that You are the Healer of broken hearts.*

*Lord, You see what no one else sees. You understand every tear, every ache, every silent prayer. I don't have to pretend with You. I lay down the weight of grief, loss, betrayal, disappointment—whatever is breaking me—and I place it in Your hands. **Only You can make something beautiful out of these broken pieces.***

*I choose to believe that healing is already beginning. **Even when I don't feel it, You are working within me.** You are binding up my wounds with mercy. You are pouring in oil and wine. You are replacing sorrow with hope, ashes with beauty, and heaviness with praise. You are not rushing me—you are walking with me, moment by moment, with compassion and care.*

*Jesus, You know what it is to suffer. You wept. You were rejected. You were pierced—and because You were broken, I can be whole. I hold tightly to that truth. **I will not stay stuck in this pain—I am passing through it, hand in hand with the God who loves me deeply.***

**Thank You for Your constant love.** Thank You for being the safe place where I can cry, rest, and heal. I believe that joy will come again. You are healing my heart. And You will finish what You've started.

*In Jesus' name,  
Amen.*