

Are Things
Getting You Down?



There Is Hope

The demands and burdens of life can put stress and strain on you, until you're ready to break down.

Troubles, difficulties and everyday situations make you unhappy and without a purpose.

Iran, Iraq, Afghanistan, wars, murders, bad news, worse news, Corona-virus, lock-downs, unemployment, etc.

Anxiety, depression, and sadness have become the normal way of life for many people. Is this what life is all about? Is there any hope?

The Bible says that the last days will be characterized by:

"Men's hearts failing them for fear, and for looking after those things which are coming on the earth..."

These are troubling days. We are living in fearful times. There is a spirit of depression and discouragement even in our own group. I spoke with a preacher recently that was telling me that he had suffered a severe anxiety attack! He told me of another preacher who had a nervous breakdown and had to be hospitalized.

This is not all that uncommon. Depression and anxiety are even effecting our children, I dealt with a 10 year old boy who was dealing with depression.

The Apostle Paul wrote:

"We were pressed out of measure, above strength, insomuch that we despaired even of life..."

The Psalmist wrote:

"Why art thou cast down, O my soul? And why art thou disquieted in me?"

The prophet Elijah got so discouraged that sat down under a juniper tree: and he requested for himself that he might die. Even men of God get discouraged and depressed.

But, thank God we can be delivered from this evil spirit: Jesus said that God had sent Him to HEAL THE BROKENHEARTED...

"The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to HEAL THE BROKENHEARTED..." Luke 4:18

God never intended us to live worried, haggard, unhealthy lives. Jesus said:

"I am come that they might have life, and that they might have it more abundantly." John 10:10

A broken heart cannot be treated by earthly means. You can't call a doctor to fix a broken heart. You can't call your lawyer or your banker, to deal with your broken heart. There is no earthly person that can heal a broken heart. Science has no cure for a broken heart.

A broken heart is an overwhelming ache about someone or something that occurred. Something you can do absolutely nothing about. If you could do something about it, you would. But such heartaches are not fixable by earthly means.

A broken heart is often accompanied by hopelessness that's not consistent with reality. It can be an emotional state with exaggerated feelings of sadness. It is an unexplainable feeling of impending doom. A depressed person is overcome with feelings of hopelessness or uselessness. This person may have an overwhelming fear of the future.

Many years ago a young lawyer suffered from such deep depression that his friends thought it best to keep all knives and razors out of his reach. He questioned his life's calling and the prudence of even attempting to follow it through.

During this time he wrote,

"I am now the most miserable man living. Whether I shall ever be better, I cannot tell. I awfully forebode I shall not."

Later he gained encouragement and overcame this bout with depression and become a very successful man. His name: *Abraham Lincoln*

Even the best of us can battle depression. It is certainly a common problem that seems to be getting worse as the years progress: **"Men's hearts are failing them for fear!"** Even God's people are suffering depression and anxiety.

But, Thanks be to God, that He has sent Jesus to HEAL THE BROKENHEARTED!

The Qualifications of Jesus to Heal Broken Hearts.

He Is Qualified by His Infinite Greatness:

"Praise ye the LORD: for it is good to sing praises unto our God; for it is pleasant; and praise is comely... He Healeth the Broken in Heart, and bindeth up their wounds. He telleth the number of the stars; he calleth them all by their names. Great is our Lord, and of great power: his understanding is infinite."

He not only knows how many stars there are; He also knows each one of them by name. There are literally billions of stars. He is an infinite God, without limitation. And yet, He is concerned about our needs. Why the hairs on our head are numbered.

**Though men may try to go beyond the reach of space,
To go beyond each distant glimmering star.
This world of blue so small within my Masters hand,
The stars beyond are but a portion of His yard.**

**How big is God? How big and wide His vast domain?
To try to tell these lips can only start.
He's big enough, to rule the mighty universe.
Yet small enough, to live within my heart!**

He is the absolute Infinite God of the Universe. He measures the oceans of the earth in the hollow of his hand. He measures the heavens with a span. Yet He takes notice of you and me in an infinite way.

He qualified to heal the brokenhearted by His Infinite Greatness.

He Is Qualified by His Personal Participation

Jesus became flesh and blood. He took on Himself the form of a man. He became one of us, so that He could identify with our weakness.

"Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same... For verily he took not on him the nature of angels; but he took on him the seed of Abraham. Wherefore in all things it behoved him to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God..." Hebrews 2:14-17

He became like us that He might partake of the sufferings of humanity. He knows what it feels like to hunger and thirst. He knows what it feels like to be rejected, hated and mistreated. Our High Priest has been touched with the feelings of our infirmities.

"For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need." Hebrews 4:15-16

Jesus became a man so that He could identify with our human weakness. He knows what it FEELS like to be human. He knows what it FEELS like to HURT! He can identify with our heartache, because He too suffered a broken heart!

Jesus is qualified to heal the brokenhearted by His Infinite Greatness, and because of His Personal Participation.

GOD'S MESSAGE TO THE BROKEN HEARTED.

Keep Your Mind on Him

"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." Isaiah 26:3

He promises to give perfect peace, those who keep their mind on Him.

The Bible tells us to:

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." Philippians 4:6-7

You can sit and suffer with a broken heart, or you can call on the one who was sent by God, To Heal the Brokenhearted.

Keep Your Mind on Him!

Claim the Promises of God

Find some verses and claim them for yourself. Look up some verses and remind God of His promises to us. Pray these verses for yourself; and ask others to pray for you as Paul did for the Romans.

"Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost." Rom. 15:13

God promises to help us. No matter what we are going through, no matter where you are, God will be with you, Jesus said, He would never leave our side. He said,

"I will never leave thee, nor forsake thee."

The Apostle Paul told the Greek scholars:

"That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us..."

Paul wrote that we could reach after Him and find Him, because He is not far from every one of us. God wants us to know that He is reachable. He is within arms reach. He wants us to seek Him.

Keep your mind on Him; Claim the promises of God; and...

Believe in Jesus Have faith in God. Jesus said,

"Let not your heart be troubled. Ye believe in God! Believe also in me..." John 14:1

Believe in Jesus! Trust in the Lord. He is able to help you. There is no problem too big for God.

**There is no problem so big, God cannot solve it;
There is no mountain so big, He cannot move it!
There is no storm too dark, God cannot calm it;
There is no sorrow too deep, He cannot soothe it!**

**If He carried the weight of the world upon His shoulders
I know, my brother, that He can carry you too.**

He Heals the broken hearted,
And sets the captives free.
He made the lame to walk again,
And He caused the blind to see.
He's able, He's able, I know He's able.
I know my God is able to carry you through.

He was sent by God to Heal the Brokenhearted.
Why don't you let Him heal yours?

Jesus said:

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Matt 11:28-30

The most important thing you can do is trust Jesus as your Savior. We have all sinned and are worthy of punishment. But, Jesus Christ came into the world to pay our sins for us. Jesus Christ died on the cross for our sins:

"Moreover, brethren, I declare unto you the gospel... For I delivered unto you first of all that which I also received, how that CHRIST DIED FOR OUR SINS according to the scriptures..." 1 Cor 15:1-3

"But God commendeth his love toward us, in that, while we were yet sinners, CHRIST DIED FOR US." Romans 5:8

"Who GAVE HIMSELF FOR OUR SINS, that he might deliver us from this present evil world, according to the will of God and our Father..." Galatians 1:4

The payment has been made. Jesus has already paid the price. The work is finished. Just call on His name. Confess your sins. Ask Him to save you from hell:

"For whosoever shall call upon the name of the Lord shall be saved." Romans 10:13

Are you tired of the same old routine? Do you want a change in your life? Would you like to meet new people who will encourage you and offer friendship?

You will find a friendly welcome and fellowship when you worship with us at FAITH BAPTIST CHURCH. If you are looking for a change of pace, why not join us for Soul Stirring Preaching, Heartfelt Singing, and Great Fellowship with God's people.

You will find a no pressure atmosphere of friends and family. The demands and burdens of life can put stress and strain on you, until you're ready to break down. Perhaps you're ready for a fresh start? Perhaps it's time to try something new? Why not give God a chance to change your life?

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