

HOPE WHEN YOUR HEART IS BREAKING

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Lots of losses . . . lots of sadness. Ready for hope.

Loss -----→ Grieving -----→ Choices!

When you lose someone or something of great value, you can't stay the same.

When tragedy hits, the question is, "What kind of different will you be?"

Hammers, hurts and hope . . .

A hammer can build or it can destroy. Which one will it be?

It's not the hammer that decides. It's what you do with the hammer!

There are choices that lead to hope and healing. And choices that lead to more hurt and loss.

We'll look at *ten choices that lead to hope when your heart is breaking!*

Along the way, we'll explain why Jesus has been the Difference-Maker in our darkest valleys.

- He gets our grief. Isaiah 53:3 Hebrews 4:15, 16
- The battle in a garden Luke 22:41-44

Hope has a name . . . here's the mind-blowing reason why . . . 1 Peter 1:3

Not hope the wishful thinking . . . the floating idea . . .

but hope that's alive! Backed up by a resurrection!

Ten Choices That Lead to Hope When Your Heart Is Breaking

1. Choose sharing your grief, not stuffing it. Matthew 5:4

2. Choose facing your grief instead of fleeing it.

3. Choose to let people in instead of keeping them out.

Genesis 2:18 Romans 12:15

4. Choose to focus on their life, not their loss.

5. Choose to ask the right question.

Not "why?". But "How can God use this?"

Proverbs 19:21 Romans 8:28

If you're going to get the pain, get the point!

6. Choose to reach out to others instead of being all about yourself.

Proverbs 11:25

Hope for them = hope for you

"Who needs me today?"

7. Choose to focus on the living ones, not just the lost one.

II Corinthians 1:3, 4

8. Choose a soft heart, not a hard heart.

Ephesians 4:32

9. Choose to run to God, not from God.

Psalms 34:18 Psalm 42:5 Psalm 46:1-3; 7 Psalm 147:3, 4

10. Choose to let Jesus bring healing to your broken heart!

There is one hope you cannot lose! Hebrews 6:19

An amazing prayer - Romans 15:13.

God can recycle your hurt into hope for other broken hearts!