

Prayer of a Broken-Hearted Person

Opening	
Thanksgiving • <i>Thank the Father for who He is.</i> • <i>Thank the Father for another opportunity to meet with Him in prayer</i> • <i>Address him as Father, not as God.</i>	Thank you Father for this time of communion with you.
Praise • <i>Praise the Father for what he has done</i> • <i>Sing a song of praise</i>	I praise you for being El Roi – the God Who Sees. You see in this situation and I know you hear my cry. I praise you for being Jehovah-Rapha – the God Who Heals and Restores.
Forgiveness • <i>Ask the Father for forgiveness of your sin.</i> • <i>Explain what you assume your most recent sins have been.</i> • <i>Thank God that the sacrifice of Jesus Christ has blotted out your transgressions</i> • <i>Promise to repent (not commit the same sin over and over again)</i> • <i>If you have wronged someone else, schedule time to ask for their forgiveness</i> • <i>If you are married, but you are involved in an argument with your spouse, stop and ask your spouse to forgive you so that your prayer won't be hindered</i> • <i>If someone else has hurt you or said something about you falsely, state that you will forgive them</i>	I ask that you would forgive me of my sins and cleanse me of all unrighteousness. If I am harboring any offenses in my heart purify me. I release and let go of them. I forgive those that have wronged me. I especially forgive those that played a part in breaking my heart.

Your Case	
Statement • <i>Explain the problem or issue.</i> • <i>State the steps that you've taken to resolve the issue in accordance with the Word of God.</i>	Heavenly Father, I come before You with a heart that is hurting. You know every tear I have cried, every disappointment I have carried, and every wound I have struggled to explain.
Evidence • <i>Provide proof that the problem or issue is occurring.</i> • <i>Provide up to three pieces of evidence</i>	You have seen how [NAME OF PERSON] mishandled my heart. Lord what they did made me feel unloved and abandoned. It hurt like I never thought anything could hurt Father. I keep trying to push through the pain Lord but I just can't forget how bad their actions hurt m.
Confession • <i>Say what the Word of God says about your situation</i> • <i>Say two to three scriptures that include promises God made to you as a believer</i> • <i>Say two to three scriptures that include covenant rights you have as a child of God and citizen of the heavenly kingdom of God</i>	Your Word says that You heal the brokenhearted and bind up their wounds. Your Word says that you draw nigh to those that are of a broken spirit and contrite heart. You see me Father, You know what I have been through and you are a Healer of broken hearts. Only You can mend me. Your Word says that with you all things are possible. Though it may look difficult right now, I know You are well able to heal this emotional wound inside me and restore me to be even better than I was before this heartbreak.
Request • <i>Ask the Father to move on your behalf</i> • <i>Provide two or three examples of how God moved on the behalf of people in the Bible that experienced a similar problem</i> • <i>Ask God to assign his angels to help accomplish what it is you are praying about</i> • <i>If necessary bind the adversary and his principalities that are at work behind the scenes causing chaos</i>	Lord, I ask You to do that work in me. Heal the places where I have been rejected, betrayed, abandoned, or disappointed. Give me peace where there has been confusion, strength where there has been weakness, and hope where there has been despair. Help me release the pain I cannot change and trust You with the future I cannot see. Remind me that I am not forgotten, that I am deeply loved, and that my brokenness does not define me.

• <i>Ask the Holy Spirit to reveal to you additional steps you can take to resolve the issue</i>	Holy Spirit thank you for your holy presence and I ask that you would reveal to me ways that I can press on and fulfill the purpose God has for my life despite the brokenness I am experiencing at the moment. Lead me to groups of people of like minded faith that can help me. Lead me to counselors that can give me sound wisdom. But most of all I ask that you comfort me at this time. Just knowing you are always with me and will never abandon me means so much to me.
Closing	
Thanksgiving • <i>Thank the Father in advance for his answer to your issue/problem</i> • <i>Use a name of God that relates to your plea. (Example: Jehovah Jireh)</i>	Father I thank you that I am more than a conqueror and I am overcoming brokenness. It does not define who I am and it will not stop the purpose for which you have designed me. Thank You for Your Word that is strengthening me in this time. Thank You for your guidance. Thank You for your Love. It is the purest love I have ever known. Thank You for seeing me. Thank You for hearing me and thank You for mending my heart.
Wait • <i>Wait patiently and silently for a few moments.</i> • <i>Meditate on the answer.</i> • <i>Visualize your situation being resolved.</i> • <i>Remind yourself that the problem or issue is temporary and fleeting.</i>	
Scripture References	
Provide 3 to 5 scripture references to support your confession (promises, covenants, rights as a citizen of kingdom of heaven)	
Scripture Location	Text
Psalm 34:18	The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.
Psalm 147:1-3	147 Praise[a] the Lord! For it is good to sing praises to our God; For it is pleasant, and praise is beautiful. 2 The Lord builds up Jerusalem; He gathers together the outcasts of Israel. 3 He heals the brokenhearted

	And binds up their [b]wounds.
Psalm 71:20-24	20 You have allowed me to suffer much hardship, but you will restore me to life again and lift me up from the depths of the earth. 21 You will restore me to even greater honor and comfort me once again. 22 Then I will praise you with music on the harp, because you are faithful to your promises, O my God. I will sing praises to you with a lyre, O Holy One of Israel. 23 I will shout for joy and sing your praises, for you have ransomed me. 24 I will tell about your righteous deeds all day long, for everyone who tried to hurt me has been shamed and humiliated.
Ephesians 4:14	Pray for Spiritual Growth So Other's Actions Cannot Hurt You ¹⁴ Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth.
Ephesians 4:31-32	31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.
Numbers 23:19	"God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it?"
Isaiah 55:11	"So shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it."
Matthew 5:4	Blessed are they that mourn: for they shall be comforted.
Matthew 19:26	26 Jesus looked at them and said, "With man this is impossible, but with God all things are possible."
Luke 4:18	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, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised
Provide 3 to 5 scripture references of examples of how the Father moved on the behalf of other people in the Bible that experienced a similar problem/issue.	
Scripture Location	Text
Isaiah 61:1-3	Isaiah was appointed for restoration of a brokenhearted nation of God's people "The Spirit of the Lord God <i>is</i> upon Me, Because the Lord has anointed Me

	To preach good tidings to the poor; He has sent Me to ^[a]heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to <i>those who are</i> bound; ²To proclaim the acceptable year of the Lord, And the day of vengeance of our God; To comfort all who mourn, ³To ^[b]console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the Lord, that He may be glorified.”
1 Samuel 1, 2	Hannah experienced deep emotional pain because she was unable to have children. To make matters worse, her rival, Peninnah, provoked her and made her miserable. Hannah was so distressed that she wept and could not eat. How God helped her: • Hannah poured out her heart to God in prayer. • God heard her prayer and remembered her. • She gave birth to Samuel, whom she later dedicated to the Lord. In 1 Samuel 1:27, Hannah declared that God had granted her the petition she had asked of Him. Lesson for the brokenhearted: You can bring your deepest pain to God. Hannah's story shows that God hears our prayers even when our hearts are overwhelmed with sorrow. Although God's answer may not always come in the way or timing we expect, we can bring Him our burdens honestly.
John 20:11– 18	Mary Magdalene was grieving after Jesus was crucified. She stood outside the tomb weeping because she believed His body was gone. In her sorrow, she did not initially recognize the risen Jesus when He appeared to her. How Jesus helped her: • Jesus came to her in the middle of her grief. • He called her by name, revealing His personal care for her. • He turned her mourning into the joy of encountering the risen Savior. • He entrusted her with the message that He had risen. Lesson for the brokenhearted: Sometimes grief can make it difficult to see beyond our tears. Mary's story reminds us that Jesus is present even when we do not immediately recognize His work in our lives. He knows us personally, and our sorrow does not make us invisible to Him.

