

Psalms 147:3 (NASB) "God heals the brokenhearted and binds up their wounds."

### First: How does God Heal a Broken Heart?

The Bible tells us by changing the way we **THINK**.

Romans 12 :2 (NASB) "Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

Proverbs 23:7 (NIV) the Bible says, "As a man thinks in his heart, so is he."

### Second: How God sees me because of His **GRACE**.

#### 1. I am **ACCEPTABLE**.

Ephesians 1:4-6 (NASB) "He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, to the praise of the glory of His grace, which He freely bestowed on us in the Beloved."

Psalms 27:10 (NLT) "Even if my father and mother abandon me, the LORD will hold me close."

#### 2. I am **VALUABLE**.

1 John 4:4 (NLT) "You belong to God, my dear children."

1 Corinthians 6:19-20 (NASB) "Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price."

Isaiah 43:4 "God says, `You are precious in my sight."

#### 3. I am **LOVABLE**.

Romans 8:39-39 (NASB) "For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord."

##### 1. God's love is **CONSISTENT**.

##### 2. God's love is **UNCONDITIONAL**.

#### 4. I am **FORGIVABLE**.

Isaiah 43:25 (NLT) "I, even I, am the one who wipes out your transgressions for My own sake, And I will not remember your sins."

Ephesians 1:4 (NLT) "Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes."



5. I am **CAPABLE**.

Philippians 4:13 (Amp) "I have strength for all things in Christ who empowers me. I am ready for anything and equal to anything through Him who infuses inner strength into me, that is, I am self sufficient in Christ's sufficiency."

1 Peter 2:10 (NLT) "Once you had no identity as a people; now you are God's people."

Romans 15:13 (NLT) will be true in your life, "I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit."



**Application:**

What five words best describe your opinion of yourself?

\_\_\_\_\_      \_\_\_\_\_  
\_\_\_\_\_      \_\_\_\_\_  
\_\_\_\_\_

How do these five words measure up to what God says about you?

From what source do draw most of your self-worth?

Parents                       Friends  
 Siblings                       Media  
 The Bible

Take this outline and cut it up in five parts, five points. Put it on some cards and make them flash cards and keep them with you. Every day review what God says about you.

What has God shown you through this lesson?

What adjustments do you need to make to your life to accommodate what God says about you?

**Memory Verse: Romans 12:2 (NASB) "Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."**