



The Heart That Heals

BE STILL, AND KNOW THAT I AM GOD.

➤ PSALM 46:10A ➤

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*Healing Our Brokenness
Through the Promises of God*

Patsy Burnette

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Dedication

TO GINGER,
YOUR LIFE, AND SEEMINGLY UNTIMELY DEATH, HAS PROVEN TO
MANY THE UNQUESTIONABLE SOVEREIGNTY OF THE ALMIGHTY
GOD. YOUR BRIEF EXISTENCE ON EARTH WAS NOT IN VAIN, FOR
STILL TODAY, MANY ARE BEING TOUCHED BY ITS MESSAGE.
WHAT MAN INTENDED FOR EVIL, GOD HAS TURNED TO GOOD.

Thank you

To my father and mother, who exemplify a shining example of what it means to *Be still, and know that I am God* [Psalm 46:10a]. To my father who said I could do anything I put my mind to.

To husband and children, who are my support team and sounding boards. I love that I can depend on you to be there for me when I need it. I'm truly blessed to have you all in my life.

To my friends, Dinah Beck, Julie Clum, Sarah Liberty Hardee, Michelle Jarrell, Stephanie Little, Debbie Miller, Neva Parrott, Christine Rossiter, Jeremy Sweatt, and Bonnie Trimble, who have all in some way given life to this project.

To Micah and Alicia Hodges and Queen Bee Coffee Company for providing a creative and inspirational space to write in.

HOW TO GET THE MOST OUT OF THIS BOOK

This book is divided into three parts: the problem, the solution, and the application.

In PART ONE, we are going to look at how to breakdown the wall of emotions that so often plagues us as women. We'll also look at the emotional differences between us and our male counterparts. We will find out that we cannot do this alone—but you've probably already figured that out. Those are problems.

PART TWO is about casting our burdens on the Lord and bearing up others. Then there's a whole chapter where we learn about the God of all comfort. These are solutions.

Finally, in PART THREE, we will discuss growing in Christ. We'll take a look at what our response to burdens should be and the blessings of burdens. Yes, there are blessings! The book wraps up with some very practical applications that, I promise, will be a help to you. That's the application.

Just before each chapter, you'll find a coloring page with the key verse for that chapter. At the beginning of each chapter, there are some passages of Scripture to meditate on for the chapter. Do you like to meditate on Scripture as I do? We need to be rooted and grounded in the Word. We should write Scripture on our hearts, and the walls of our homes, and 3 x 5 cards, and Sticky Notes. . . . It's important! If your boyfriend or husband writes a love letter to you, how many times do you read it? Once? Twice? Over and over? This is God's love letter to us. Meditate on it. Be rooted and grounded in it. Write it on your heart!

At the end of each chapter, you're going to find a section designed specifically for that chapter—it's your homework, but in a good way. This section will encourage you to reflect on and apply what we've read. There is a space to write specific prayer requests, a passage of Scripture to meditate on, and a verse to memorize. I've also left you some room in the margins for notes. I don't know about you, but I love making notes when I'm reading a good book!

I freely interchange the words *burdens* and *brokenness*. You'll see this throughout the book.

Friend, I don't want you to think you are alone on this journey. You're not! Thousands of women who came before you have used these principles to heal their brokenness. You have not come here by accident. You have found this place, at this time, for a purpose. You are among friends!

Patsy

*Friendship is born at that moment when one person says to another:
What! You too? I thought I was the only one. —C.S. Lewis*

THIS BOOK BELONGS TO

Please write your name here and own the journey!

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Prologue

People have asked how I got to the point in my life where I could write a book like this. Because of that, and because I want you to fully understand where I am coming from when I write these things, I feel a brief explanation of my journey would be appropriate. This is how I learned to *Be still, and know that I am God* [Psalm 46:10a], and discovered the roots of the book, *The Heart That Heals*.

In December of 1987, I was a young wife and stay-at-home mother with two small children. My daughter, Rachel, was three years old, and my son, Philip Jr., was two. My parents and my younger sister, Ginger, had moved about three years prior from their home in Atlanta, Georgia, to the Tampa, Florida area where my father began a career in the restaurant business.

It was about two weeks before Christmas, my father's birthday, December 12. Ginger called me that evening from their home in Florida. She was eighteen years old at the time and had just graduated from high school the previous May. That afternoon, my parents gave Ginger her Christmas present, a brand-new computer, and she was so excited! She wanted to tell me all about it. My mom made a special dinner that evening for my father's birthday, and after dinner, Ginger told my dad that since it was his birthday, she would go and close up the restaurant where she and my parents worked. It wasn't uncommon for her to do that; she was one of the managers and a responsible, thoughtful daughter.

I received a phone call that night around midnight. It was a voice I knew well, but it sounded different. The two words that began that conversation, the only two words I remember from that conversation, I will never forget. They have echoed in my memory for all these years. They are words that put a lump in my throat and make my heart beat faster every time my mind rehearses them. The voice that night was my mother's, and the words were *Ginger's dead*.

That night changed our family forever. But not just our family, it changed forever the lives of many people who knew Ginger, and even many who didn't. The events of that evening are still touching lives today, years later. To paraphrase Genesis 50:20, what man intended for evil, God has turned to good.

When my mom taught art classes, she used to say *everything is fixable*. But that night, on the 12th of December, 1987, our family faced something that was not fixable. For the first time that I can remember, I was up against something I had no control over, something I wanted to fix, but couldn't. There was a hurt in my heart that I wanted to heal, but didn't know how. Until that night, I thought that this was something that happened to other people, not us, not Christians, not good people, not at Christmas time, not on my father's birthday. I wondered how a loving God could allow something like this to happen. There began the journey of *The Heart That Heals*.

My primary purpose in writing *The Heart that Heals* is not just to help you, although I hope this book is lifechanging for you! My ultimate desire though is that it will help you to help others. Your helping others will glorify God, and in turn it will also help you. Who receives the bigger blessing, the giver or the receiver? Human reasoning says the receiver. However, we all know the giver truly receives the biggest blessing of all. I want you to become the giver of encouragement. I want you to be an encourager!

I hope this book gives you the strength to cast your burdens on the Lord. But not just that, I hope it also gives you the tools you need to teach others how to do the same.

I attended a mission conference some years ago and watched as the keynote speaker demonstrated a very simple yet profound point. We'll call him Soulwinner 1. Soulwinner 1 stood on one side of the platform. Soulwinner 2, chosen from the audience, stood on the opposite side. Soulwinner 1 went out into the audience and brought back to his side one person representing a soul he had led to the Lord. Soulwinner 2 did the same. Soulwinner 1 then left that person, who represented the soul he had led to the Lord, and proceeded into the audience to retrieve another person representing yet another soul led to the Lord. He brought that person back to his side of the platform. At the same time, Soulwinner 2, who not only led a soul to the Lord but also taught that person to be a soul winner, went into the audience with the person he had led to the Lord. They both retrieved a person, brought them back to the platform, representing two more souls that were saved. Soulwinner 1 went out again, and the now four soul winners on the opposite side of the platform also went out. Now Soulwinner 1's side of the platform had three people and Soulwinner 2's side of the platform had eight. This continued for several minutes. Each time, Soulwinner 1 brought back one soul, and each time the soul winners on the opposite side of the platform doubled in number. Amazing concept! You can see now

how quickly the one side filled with people representing souls won for Christ, and how slow, and toiling, the work continued on the keynote speaker's side of the platform.

Some years later, after viewing that demonstration, I realized that it not only applies to soulwinning [although it is vitally important and that is our purpose on this earth], but it pertains to many other areas of our lives as well.

I realized that the demonstration I had witnessed was similar to the old adage of teaching a hungry man to fish. The adage goes something like this: *If I feed a man a fish, I feed him for one day; but, if I teach him how to fish, I feed him for life.*

To draw a parallel between the demonstration, the old adage, and what I want to accomplish through *The Heart That Heals*, if I help you, I help only you; through Christ a life can be changed. However, if I help you help others, you help others to help others, and those others all help others to help others, then, through Christ many lives can be changed!

Do you see the difference between *a life* being changed and *lives* being changed? You can see how quickly teaching others to help others multiplies and how much more effective our work for God can be when we do that.

It's like being an encourager. I can be an encourager all day long and encourage one person at a time. But if I make encouragers, if I encourage you and then give you the tools to be an encourager, then there's two of us about the work of encouraging. Two encouragers, instead of one.

It's the same with burdens. I can show you how to cast your burden on the Lord all day long. But through this book, you become the one who can show someone else how to cast their burdens on Him.

So, my desire is that through Christ and with the help of *The Heart That Heals*, you will not only learn to cast your burdens on the Lord, but also be challenged and equipped with the tools to help others, which in turn will glorify God and help you.

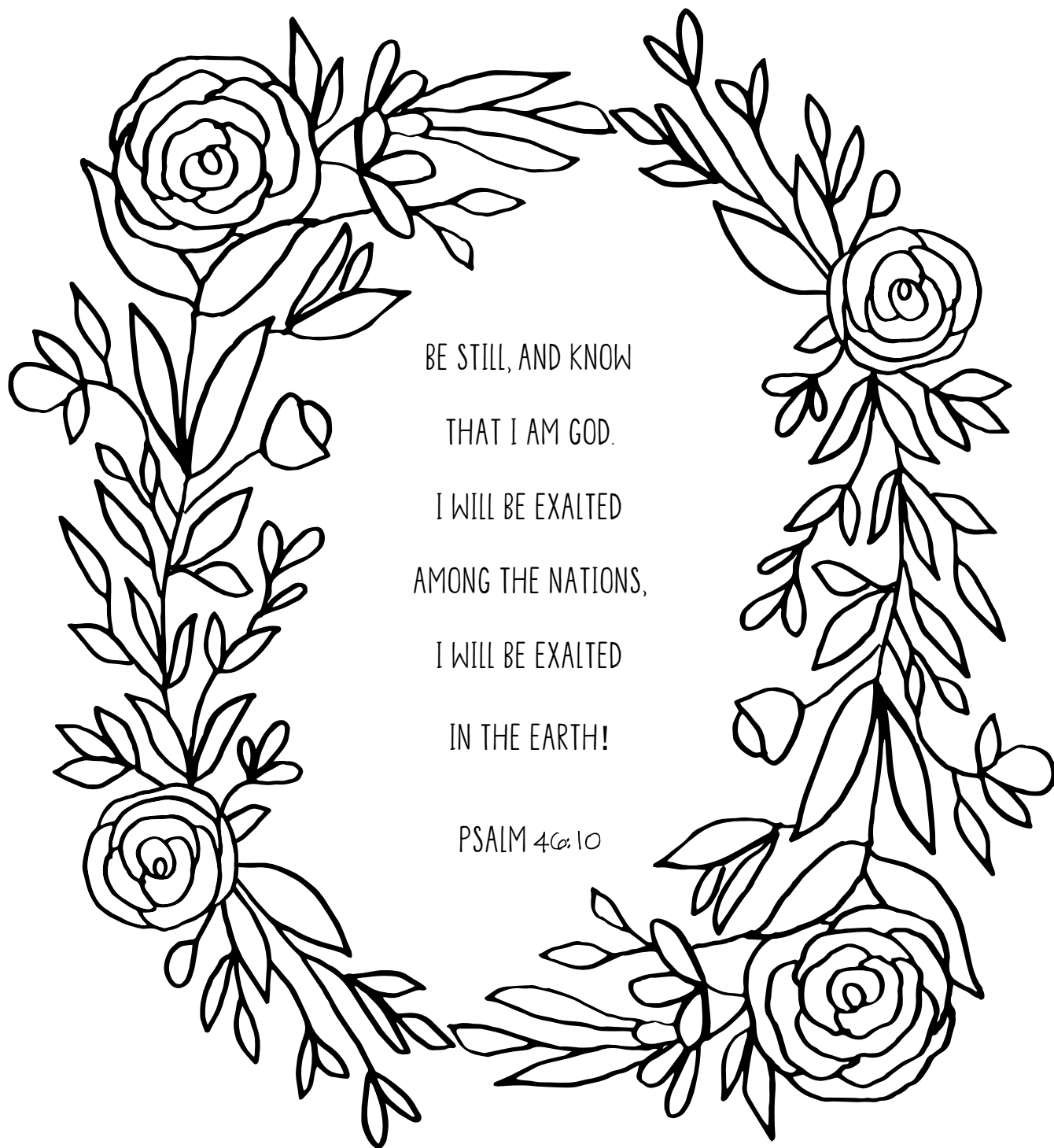
Our choices have consequences. The pathway we walk has a destination. I want you to make good choices so that the consequences will be good. I want your destination to be one that

glorifies God. If you're in a broken place, it may be difficult to make good choices. Is your pathway littered with the debris of brokenness? I want to help you get past all that and learn to be still, and know that He is God.

Write your name in the front of this book where it says *this book belongs to*. Own the journey.

It's going to be lifechanging!

Part 1: THE PROBLEM



BE STILL, AND KNOW

THAT I AM GOD.

I WILL BE EXALTED

AMONG THE NATIONS,

I WILL BE EXALTED

IN THE EARTH!

PSALM 46:10

Chapter 1: THE EMOTIONAL WALL

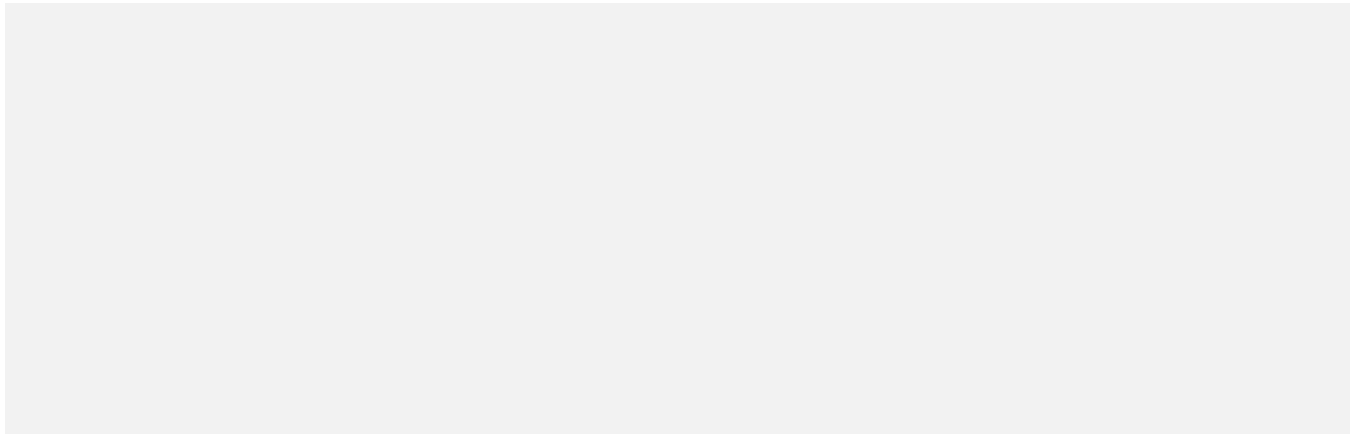
Be still, and know that I am God.

I will be exalted among the nations,

I will be exalted in the earth! Psalm 46:10

SCRIPTURE TO MEDITATE ON

Proverbs 3:5, Hebrews 4:15a, 2 Corinthians 12:9 Write out one or more of these verses here.



If there were a key verse for *The Heart That Heals*, Psalm 46:10 would be it. If I had one single life verse, Psalm 46:10 would be that verse! But what does it mean to *Be still, and know that I am God*? How do we *be still*? How do we know God? It's not just enough to know that He is God; we need to know Him. How do we accomplish these things?

To *be still* means to relax, to let go, to abandon, to cease. To *know that I am God* means not only to know that He is God, but more importantly, to know His character. There needs to be a desire within us to love Him and everything about Him. He is the only true and living God.

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Letting Go

In order for us to be able to *Be still, and know that I am God*, we are going to have to let go of and abandon all the emotional baggage that we carry. To do that, we must break down the wall of emotions that stands in the way of knowing God. That letting go, the total abandonment, that being still, that is how we are going to break down the wall of emotions that the burdens we are carrying have built up.

As we begin to *be still*, that wall of emotions begins to break down, and as that wall of emotions and brokenness begins to tumble, we begin to know God better. The more we know God, the more we are able to be still, and the more the wall tumbles. We must *Be still, and know that I am God* if we want to continue growing in Christ and keep our hearts in tune with His heart, as they should be.

What is Brokenness?

Brokenness can be caused by so many different things. It may be the death of a loved one as I, and possibly you, have experienced. It may be the inability to conceive a child, the loss of your health or the health of a loved one, a prodigal child, or dozens of other messy situations. Maybe your brokenness is caused by the loss of a job, financial problems, an abusive situation, guilt of past sins and worldly living, separation, divorce, hurtful actions or words, whether intentional or unintentional. I could go on and on naming things that may be the cause of brokenness. No doubt there are those of you reading this

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book and the particular situation that has caused your brokenness was not mentioned. You know what that situation is for you; the things that we will discuss pertain to your brokenness as well. Brokenness can be as big or bigger than the death of a loved one, or as small or smaller than unintentional hurtful words, and anything in between.

If you have ever worked in full or part time Christian service, you may have thought that when you began serving the Lord in that capacity, working with other Christians would be a perfect place—a place of love and peace where everyone said nice things to each other all the time and like the old song says *where never is heard a discouraging word*. It certainly should be and can be that way, but that's not always the way it works out. Possibly, at some point along the way, the perception you had of that *perfect workplace* was shattered. I've been there. I should have known it was not a perfect place to work. After all, I was there! How could I have ever thought it would be perfect, right?

Allow me to share my experience. Several years ago, at a mission conference hosted by our church, there was the début of a project that I had worked on for months. It was a special project, just for that conference. I remember how an opportunity arose for my own emotions to get in the way of my growing in Christ through unintentional, hurtful words.

The Lord had given me a desire to somehow display all of the missionaries our church supported on a wall near the church foyer. Our church had just recently moved to a

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new facility, and we did not have a representation of our missionaries anywhere, except for their names listed in the Sunday bulletin.

I spent months researching each of our more than forty missionaries. I gathered facts about their field, the country they served in, and the mission board they served under. I collected a map of each country that was represented and a photograph of each missionary family. I listed each family member's name and recorded detailed contact information for each missionary. Then I framed all of this information, the map, and photograph for each missionary in a beautiful glass document holder, one for each missionary.

The week leading up to the conference, a co-worker and I hung all forty plus displays around a lovely world map that hung in the hallway near the church foyer. I had worked so hard and was truly convinced I had done the best job I could do. I had seen a goal through to its end. Months of hard work had culminated into a beautiful and informative display for church members to enjoy and be informed about their missionaries.

The keynote speaker for the conference that year had no doubt seen bigger and better displays at other churches. He made comments during a service that the display we had was not sufficient in size, insignificant actually, and pretty much pointless. Those weren't his exact words, just a paraphrase. He thought we should have poster size displays for each missionary hung in a more prominent place. He had no idea that just a week prior, we had nothing at all to represent these servants of God, nothing

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except the Sunday bulletin. I thought we had taken a giant step forward from that, and we had.

When his comment rang out from the pulpit, I felt as if all the eyes in the auditorium were on me. I was not really hurt as much as I was embarrassed. Most of the people in the church probably did not even know that I was the person who had put that display together. Even my own father and mother, who were hosting the speaker and his wife in their home that week, didn't know. My co-workers knew though, and other people would eventually find out.

Now there was an opportunity in full bloom for me to build up a wall of emotions and allow my growth in Christ to be completely halted or slowed. Brokenness can be caused by something as little as unintentional, hurtful words, and that wall of emotions can spring up quickly, if we allow it to.

What Are Emotions?

We know what brokenness is, but let's talk a bit about emotions. Here is what Webster's dictionary says it is the *affective aspect of consciousness; a state of feeling; physical reactions such as anger or fear, subjectively experienced as strong feeling and physiologically involving changes that prepare the body for immediate, vigorous action.*

So, emotions affect conscious people— that's us; we are all conscious, aren't we? Emotions are a state of feeling that expresses itself physically; they cause a physical

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reaction. They are subjective; they affect us all differently. They invoke strong feeling. They affect us physically to prepare the body for immediate and vigorous action. They certainly can change us for the good or for the bad.

I'm sure you have heard someone refer to the mind, will, and emotions, but have you ever thought of how closely related they are? What affects my emotions will affect my mind and the choices I make. What affects my emotions will affect my will and the actions I take. My emotions affect my whole self!

Basically, emotions are the way I feel. They are specific and intense and are a reaction to a particular event or series of events.

The connotation many times when one is speaking of emotions is that they are a bad thing. On the contrary! Emotions can be a bad thing or a good thing. Happy is an emotion. Joy is an emotion. There is nothing wrong with being happy or joyful, is there? But you don't meet people in therapy sessions for those types of emotions, do you? Those kinds of emotions are easily controlled. So, they're a good thing. However, emotions out of control are not a good thing. Out of control emotions is when I allow the way I feel to control me, instead of allowing what I know to be true to control me; that is never a good thing.

Emotions and My Understanding

Proverbs 3:5 says that I am not to lean on my understanding. *Trust in the Lord with all your heart, and*

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do not lean on your own understanding.

Lean not on my understanding because my understanding is very limited and finite. My limited, finite understanding is not reliable; I cannot rely on it. It is not trustworthy; I cannot trust it. I should not allow the way I feel to dictate what I do—my actions. I should only allow the truth to dictate my actions.

Remember the last wedding you attended? Does the couple stay married as long as they feel like they are in love? Or is love an action, a choice we make, something we do even when we don't feel like it? That couple that got married cannot allow the way they feel to dictate what they do. They cannot simply choose not to be married any longer the moment they don't feel in love anymore. If that were the case, probably none of us would be married, at least not for very long. And unfortunately, that is the view much of our society has taken today—I don't *feel* in love any longer, so we'll get a divorce. I cannot allow the way I feel to control the choices I make or the actions I take.

What Are Weaknesses?

What does God's Word say about emotions? Would you believe that the words *emotion* or *emotions* are not once mentioned in God's Word? However, the Bible does say in Hebrews 4:15a *For we do not have a High Priest Who is unable to sympathize with our weaknesses.*

What are our weaknesses? Weaknesses can be trials, weights, burdens and brokenness. In 2 Corinthians 12:9

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Jesus says *My grace is sufficient for you, for My power is made perfect in weakness*. His power, His strength is made perfect in our weakness! His grace is sufficient for you and for me, and it is available!

Our weaknesses make us defenseless, powerless, and helpless—they are burdens. Brokenness could certainly be considered a weakness.

We Are All Different

There are different degrees of weaknesses and brokenness. Remember when we defined emotions? We read the word *subjectively*, which means that we are all affected differently—in different ways and to different degrees. What may devastate me emotionally might not affect you at all. And what may devastate you emotionally, might not affect me at all.

Let me illustrate this. Do you like to garden? I care nothing about gardening. Oh, I appreciate a beautiful garden when I see one, don't get me wrong. But as for maintaining a garden of my own, I don't have the time nor desire to make the time or to do so. Our two wooded acres with some grass, lots of pine trees, shrubs and a small garden is enough for me. My mother-in-law, on the other hand, was an avid gardener. She and my father-in-law lived for years on the same five-acre piece of property. Over time they turned that once overgrown, wooded acreage into a beautifully manicured garden with strategically placed plants, flowers, trees, and shrubs.

I like technology. My husband bought me the latest and

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greatest laptop for Christmas a few years ago. It had all the bells and whistles; it was fast, lightweight, top of the line, with a really big screen. I spent weeks transferring everything from my home computer and my work computer to this new and beautiful piece of machinery. I got it all set up like I wanted it. I was convinced this laptop would solve all of my problems, make my life easier, and help me work more efficiently, anywhere and everywhere.

Now, to bring this illustration to a close, my mother-in-law was really into her gardening; she didn't use a computer. I am really into computers; I don't garden. Most all of us have probably seen on television or possibly in person, the devastation a tornado can cause. If a tornado were to rip through my little two acres today, tearing up the grass, uprooting trees and shrubs, as long as it didn't hurt my family or me, besides being a little shaken up because I'm not too fond of tornados, I'd be alright.

On the other hand, if the same thing happened to my mother-in-law's beautiful five-acre manicured garden, she, I'm pretty sure, would have been devastated to lose what she and her husband had put so much of their time and energy into over many, many years.

Remember that new computer? Well, after days of transferring files, cleaning files off of the two old computers, loading new programs, deleting unwanted, pre-loaded programs, setting up everything just like I wanted it and thought it should be, the hard drive crashed! *Seriously!* A brand-new computer, the hard

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drive crashed—an unrecoverable crash at that! To say the least, I was devastated! How could this happen? It was a brand-new computer! I had not backed up anything yet. A stupid mistake, I know, and I knew better at the time too. I was in shock! Years of work lost overnight. Needless to say, I'm better about backing up now.

Do you see how something that might devastate me emotionally might not affect you at all? And how something that might devastate you emotionally, might not affect me at all?

We are all affected emotionally in different ways, to differing degrees. I had a co-worker once who cried at the drop of a hat. I've probably cried twice in the last twenty years. We are all different and affected differently. We can even be affected differently by the same brokenness or burden.

As women [If you are a man reading this book, I apologize. I expected you to be a woman, but that's ok, just keep reading], I believe we have a special ability to perceive in others the presence of brokenness and burdens. I believe also that we have a special ability within ourselves to feel brokenness and burdens. These abilities can be a help or a hindrance to us when it comes to breaking down the wall of emotions.

One thing we must realize is that our ability to perceive and feel brokenness and burdens is unique to us as women. Men are created differently. In the next chapter, we will look at the emotional differences between us and our male counterparts.

REFLECTION & APPLICATION

1. What did God teach me through this chapter?
2. How can I obediently respond to what I've learned?
3. What steps of faith does God want me to take now?

PRAAYER & PETITIONS *Confession, Gratitude, Praise, and Requests*

MEDITATION & MEMORIZATION

Meditate on Psalm 46. Write out and memorize verse 10.



We're building a worldwide online community of encouragers encouraging others in the faith of Jesus Christ. So, grab a cup of coffee and *Join the movement!*

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If you like hashtags as I do, please use #TheHeartThatHeals and/or #InstaEncouragements.

MISSION: Equipping you to be an encourager.

VERSE: *Therefore encourage one another and build one another up, just as you are doing* [1 Thessalonians 5:11].

VISION: To give followers the opportunity to daily encourage others in the faith and be the light in their little corner of the world.

PURPOSE: Our greatest purpose is to know Jesus Christ and to make Him known. It's really just that simple. We do that by presenting the Gospel of Jesus Christ in such a way that it turns non-Christians into converts, converts into disciples, and disciples into mature, fruitful leaders, who will in turn go into the world and reach others for Him.

Our choices have consequences. The pathway we walk has a destination. I want you to make good choices so that the consequences will be good. I want your destination to be one that glorifies God. If you're in a broken place, it may be difficult to make good choices. Is your pathway littered with the debris of brokenness? I want to help you get past all that and learn to be still, and know that He is God. —from the Prologue

The Heart That Heals is centered around Psalm 46:10a, *Be still, and know that I am God*. It's a book about healing our brokenness. It's about doing the next thing, and sometimes, the next thing is to be still, and know that He is God. This book is full of Scripture and practical application. Each chapter will challenge you to reflect, apply, pray, meditate on and memorize Scripture. It's your homework but in a good way.

Please don't think you're alone. You are not! Thousands of women just like you have used these biblical principles to heal their brokenness. You have not come here by accident. You've found this place today for a reason, and you belong here!



Hi friend, I'm so glad you've decided to join me on this journey!

I've been a Christian since I was in the third grade. That's where the journey for me began. Throughout my life God has continued to pursue me, for which I am grateful. No doubt, left to myself, I would have made a big mess of things!

I am a wife, a mother of four, and a grandmother. I love coffee and chocolate more than the average person. I'm also a digital artist and content manager at www.InstaEncouragements.com. If you haven't visited us on social media or over at the blog, I hope you will soon. Stop by and say hello. I'd love to hear from you!

Patsy

Category: RELIGION | Christian Living | Spiritual Growth



#TheHeartThatHeals