

*Ministry  
to the  
Trauma  
of a  
Broken Heart*



## **What is a Broken Heart?**

Many Christians today have a broken heart and do not even know it. They feel unclean and have a sense of wounding and loss, a sense of hollowness. They feel an anger that does not seem to have a source or focus; they do not even know why they feel that way. They know there is something broken in their lives, but do not know what it is.

I would like to ask you a question today.... If this is true for you, you are not alone; most have had the same experience.

Here is the question. How many of you, while growing up, but while still a child, never heard your father (mother) say to you, "I Love You."?

In most of our conferences, 85% to 95% of the people present raise their hands to indicate that this is true in their lives.

God made you to love and to be loved – it is your nature.

Your parents didn't mean to harm you...So... Why did this happen to you? Why weren't you loved properly by your parents?

Maybe you had an ill sibling and they received all the attention or perhaps you had a particularly talented sibling – in music or sports, for example – and they received all the attention.

Maybe your dad (mom) was working several jobs, struggling to put food on the table or just too overwhelmed by life to love you properly.

Maybe it was part of their cultural background to never show emotion or outward affection and so it never happened.

Maybe you came from an overly rigid upbringing.... Your parents placed expectations on you well beyond your ability to produce and so you always felt you were a failure in their eyes.

Out of a broken heart comes perfectionism and driven-ness. While you were growing up you would do anything to get mom or dad to notice you, to recognize your uniqueness and your accomplishments. You felt invisible and insignificant. You would do anything to get them to notice you, to acknowledge your presence and your contribution to their lives.

## My Puppy's Love Bucket

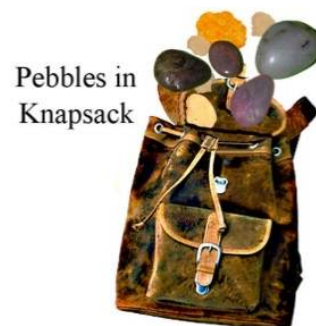


I have a little puppy by the name of Obadiah Fang. He loves me with all his heart. He follows me all around the house. He wants to always be in my presence. Obadiah has a love bucket that needs to be filled up every day. Every day that I do not pay significant attention to him, he is out of sorts. He will not stand for not getting his rightful due of love from me every day.

You too have a love bucket that needs to be satisfied every single day. God put it there. You were made to love and be loved. It is your God given nature.

In the normal order of the family, your father and your mother, in constant communion with their Heavenly Father, would receive a full measure of God's love into their own lives. And because of God's love that was in their own lives, they would love each other properly and in full measure, and as a result, they both would be cared for and nurtured in their marriage. Now, because Mom and Dad, both knew the love of God overflowing in their lives, they would share that love with the children. And the children, every day, would have their love buckets filled and satisfied. They would be filled up with the true love, the love of God.

Now, when that doesn't happen; every day when that that love bucket does not get filled up, there is a little pebble that is formed in their lives and that little pebble gets put into their knapsack. And as that continues, day by day, the knapsack gets filled with these small stones of neglect. The knapsack becomes full of these pebbles.



Pebbles in  
Knapsack



And as you get older in life, some of you – probably all of you - experience and participate in the traumas of life. Relationships with children or spouses might be strained. You may be anxious about finances. Maybe your workplace and your job becomes a source of significant trauma in your life. Perhaps you have lost a job and are struggling to find another. Each traumatic experience and each wound becomes a significant stone that is formed and stored in that knapsack. As life progresses that knapsack becomes heavier and heavier. That knapsack represents a broken heart – with every wounding of life, your heart becomes more broken.

## **This Ministry Sheet:**

### **Dealing with trauma caused by not being loved by parents.**

This ministry sheet explores the nature of a broken heart caused by the trauma of not being loved by parents and assists in ministering to it. As written, this sheet is intended for use in group ministry to the broken hearted, but can be used instead to minister one-on-one. The ministry to the broken heart has four parts:



- 1) Section one introduces the topic of a broken heart and describes how it comes about and then describes the use of this ministry sheet.
- 2) Section two begins the ministry with the critical need to forgive and provides a listing of typical items needing forgiveness by the person. Here, the person doing the ministry speaks in the stead of the mother or father, asking for forgiveness for the many traumas they have caused in the person's life.

At the end of this section the minister breaks off the hold the traumas have had on the person's life. He or she then provides additional instruction and a quiet time for the person to give away to the Lord the pain of each trauma remembered. This section includes prayer for removing any spirit of unforgiveness that would prevent the person's forgiveness of the parent and a prayer for willing and open hearts in those to receive ministry.

- 3) Section three provides the healing words that need to be heard by that broken heart. Here, the minister speaks to the person in the stead of the mother or father –and, as appropriate, in the stead of Father God.
- 4) Section four is a partial listing of Scriptures that share the message of God's love for his children. Here the minister, under the guidance of the Holy Spirit, speaks into the person's life as if our Heavenly Father is speaking them. Then, at the end of this section, there is prayer for healing of the broken heart.

This ministry sheet is written to be used in a group setting and to also be used in a one-on-one ministry for: 1) a father speaking to his son, 2) a father speaking to his daughter, 3) a mother speaking to her son, 4) a mother speaking to her daughter. The minister will need to adapt the sheet accordingly. When doing the ministry of the father's love you will use "father" and when doing the ministry of the mother's love you will use the "mother" option.



## **Section Two**

### **Ministry to the Broken Heart - Forgiveness**

***Begin with prayer.*** "Dear Father God. We confess that we are your children and that we desperately need to experience your love in our lives. We ask now for willing and open hearts to receive all that you have for us today. Stretch out your mighty hand and touch our hearts and heal them, Father - in the name of your Son Jesus we pray."

***Then continue:*** "Part of the ministry to the broken heart has to do with you forgiving your parents." Say, "Is there anyone here that has not been able to go to forgiveness?" ***Instruct them to raise their hands - wait for them to do so - then praise them for being as honest and brave as to acknowledge it in a group.*** Say, "There may be some more here that have not raised their hands...With your permission, I am going to lead you in prayer to remove any spirits of unforgiveness."



Sometimes a person really wants to forgive but they are just not able to go there. What we have found in our ministry is that sometimes there is a spirit of unforgiveness in that person's life. This is an evil spirit from the enemy's kingdom who manifests unforgiveness in their life. Simply removing that spirit and banishing it to the dry places, will enable the person to then enter into forgiving.

**Continuing**, say, "Also, you need to forgive dad for not loving mom properly and for not being a spiritual covering for her. Because she was not loved properly and not covered properly, she had to take responsibility for the whole family - that created an ungodly order in the family which then caused additional damage to you. So join me in prayer now.... Father God, we just want our broken hearts repaired by you.

We give you permission now to stretch out your mighty hand and heal our broken hearts.”

**Continuing**, say, ‘Now I am going to speak to the enemy, Spirits of unforgiveness, now in the name of Jesus Christ I command you to loose these people of God, each and every one of them.... Lose them now, right now, in the name of Jesus of Nazareth. I cancel your assignment and break your power over them and I command you – out, you get out - now in the name of Jesus. Go in the name of Jesus.”

Now everyone – command them to go... go in the name of Jesus of Nazareth. All of you here, right now, come out of agreement with any spirit of unforgiveness in your lives. Tell these spirits that you do not want them in your life any longer.

Say, “Spirits of unforgiveness, I command you to go into the dry places now. You must go. We speak with the authority of Jesus Christ.”

Now, each and every one here, I want you to forgive your father for not loving your mother properly. Can you do that right now? Say, “Dad, I forgive you for not loving my mother properly and I forgive you for not covering her properly and I forgive you for all the damage and pain that it has caused me in my life. Amen.”



**Then continue:** On behalf of your father (mother),

Will you forgive me for not telling you that I loved you and not showing you how much I loved you, for not hugging you and holding you so that you knew you were loved?

I am so sorry for my silence that confused you and injured you and for the times I used silence to punish you.

Will you forgive me for abusing you,

Verbally,  
Emotionally,  
Physically,  
Mentally,  
Sexually

Will you forgive me for not keeping you safe, for not letting you know how proud I was of you? I am so sorry for blaming you, for not believing in you, for not knowing or caring when you were hurting?

Will you forgive me for criticizing you and seeing and telling you only about the things you did wrong, and for not seeing and telling you the about all the good things I saw, for not blessing you and telling you how important you are/were to me, for leaving you - by dying or divorce or abandonment (**fill this in as appropriate**)?



Forgive me for not listening to you, not hearing your heart, for showing partiality to your siblings, and comparing you to them.

Please forgive me for holding on to you to fulfill my own dreams and not releasing you to fulfill your dreams.

***Add other needed items of forgiveness as you are led....***

***Now – provide time for them to become aware of and forgive other specific things. Then provide additional instruction and a quiet time for each person to properly engage their hearts and release to the Lord the pain of each trauma remembered.***



## **Section Three**

### **Ministry to the Broken Heart – The Words**

“Father God desperately wants to fix that broken heart for you – and only He knows how; only He knows what to do with all those pebbles and stones in your knapsack.

Today, we are going to give our Heavenly father permission to begin to fix that broken heart, to stretch out His mighty hand and to touch that hollow place, those painful places in your heart and to begin a process of healing that will bring you into a place of wholeness and health. Is that OK?”

***Then continue.***

“There are some words that your broken heart needs to hear and with your permission. I will stand in for your father (mother) and I will speak them into your heart. Listen with your heart as I speak these words to you. Afterwards you will need to give away the pain of your broken heart to Father God and allow Him to take it from you so He can heal you.

What your father (mother) did not say or could not say because of his (her) issues in life, I will say to you today and you will hear these words in your heart. These are the things your Heavenly Father wanted you to hear from your earthly father (mother).”

***Take your time saying each of these things. Sometimes you will know or have some indication that the person is saying in her heart - "My father (mother) wouldn't say these things to me." Assure them that these are the things she would have said and that God created her to say and wanted her to say.***

***Then speak the words their heart needs to hear:***

- I love you.
- I was so glad when you came into our family.
- I am so proud of you.
- You are a good daughter / a good son.

***Speak these or equivalent words as often as seems necessary. Have huggers and support people available and spend as much time as necessary to allow them to deal with the pain and to reconnect with Father God during this time.***



## **Section Four**

### **Words of Love from God**

***Continue slowly with the following.***

"Father God says to you right now... "My Child...I do so love you, I Have always loved you; my heart's desire is to lavish my love upon you. I rejoice in your existence and your life.

I will never stop loving you for I love you with an everlasting love."

You are not an accident. I knew you before I created the heavens and the earth. I knew you before you were even conceived, I knew you in your mother's womb and I planned the exact time of your birth, where you would live and when you were born,

You are wonderfully made and beautiful in my sight for you are made in my image.

Be still and know that I am your Heavenly Father who is here to comfort you.

Climb up on my lap now and allow me to hold you tightly. I know your pain and your broken heart.

My child, draw close to me so that I can wipe away every tear from your eyes. Now, give me permission to comfort you , to take away your pain and to heal your broken heart."

***After a quiet time, end with prayer.***

"Dear Father,

We thank you for Your boundless love and for Your words of endearment and encouragement to us today. Teach us how to climb up on Your lap and to allow You to love us. We don't want to carry around all the stones of trauma in our knapsack. We give You permission to remind us of other traumas in our lives and - as we bring them to you, You can take them and heal them. Father, complete the healing of our broken hearts that You have begun today."

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