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Definitions

Brokenness is.. (Trauma – Deep Hurts – Hurts)
Rom 8: whole creation groaneth and travaileth together in pain

- damaged or altered by or as if by breaking (*Websters)
- disrupted by change
- made weak
- subdued completely
- cut off or disconnected

...is not?

Psalms: brokenness describes a person who is extremely discouraged and feels little joy. Often the person feels crushed, and life seems bitter.

Psalms 34:18. "The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit." ("crushed/dust-powder")

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Knowing

Today's Breakout Focus

- Not so much about the "how" brokenness happens.
- BUT how our **response** can draw us closer to Jesus and to our spouse. (for our convenience or for His Glory?)
- What do we desire in & from brokenness?
- What are impacts of brokenness?
- What path can we take to lead us towards growth?
- What fears can detour or derail our path?

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Desire

- We groan for restoration. (*Romans 8:22-23*)
 - Understanding, Success, Connection, Value (acceptance)
 - Since "the fall" brokenness has been and will continue to be a part of our world.
- How do you respond to brokenness?
 - When Hurt:
 - Internalize vs. Externalize (emotionally)
 - Toward vs. Away (relationally)
 - When Supporting:
 - Compassion, Balance, Correction

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Impacts of Brokenness

- Painful experiences shape us.
 - *Romans 12:3 "For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to, every man the measure of faith."*
- Brain
 - Experience shapes the unconscious. Which fuels the emotional and survival brain.
 - Hindering beliefs about self and others often arise from painful experiences. (crisis)
 - Part of knowing is connecting with these aspects of our spouse.
 - Access: become safe, build trust, seek understanding.

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Impacts of Brokenness

In what ways has painful experiences shaped you?

- **Emotions:** "emotional memory" very powerful.
 - Shame, Fear, Anger, Hurt, Scared.
 - Any good ones? Calm, Safe, Relieved.
- **Relationships** (unconscious)
 - Cycle of disconnection
 - Cycle of connecting
- *1 Pet. 2:20-3:7* Jesus's suffering left us an example- He did not choose to revile or threaten.
- Challenged husbands to learn (*according to knowledge*) how to be with (*dwell*) and know and appreciate their wife's value/worth (*honor*). You are co-inheritor (*joint-heir/fellow-heir*) of the Grace of Life. Pray on!

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Impacts of Brokenness

Guilt

I Made a Mistake

↓

Correction Action

↓

Hope, Freedom

Shame

I Am a Mistake

↓

Fear, Hiding

↓

Sin

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Impacts of Brokenness

- Knowing our FEAR Dance!
*DNA of Relationships- Dr. Gary Smalley
- Knowing how brokenness contributes to this fear dance. Often this happens and we don't realize what is going on. We don't realize the desires we have or how to pursue those desires in ways that lead to knowing, connecting, and healing.

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Impacts of Brokenness

- FEAR Dance says "when you expect people, places and things to fulfill your wants, you will be disappointed. And anytime you put your expectations for help in the wrong place, the result is FEAR".
(1 John 4:18, 2 Tim. 1:7)
- Lots of "good" things to want...and even some of those can come from other people:
 - Acceptance, Grace, Connection, Companionship, Success, etc.

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Impacts of Brokenness

- When a conflict stirs powerful emotions of hurt and want, it also touches specific fears.
- We want...and then think we can't live without:

Acceptance	so we fear <u>rejection</u> .
Grace	so we fear <u>judgement</u> .
Connection	so we fear <u>disconnection</u> .
Companionship	so we fear <u>loneliness</u> .
Success	so we fear <u>failure</u> .

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Path Toward Knowing

- Counter Intuitive Path
 - Difficulty (*James 1:2-3*)
 - Naturally desire comfort and ease. Though what we do may not move us in that direction.
- Growth not a given. (*1 Peter 5:6-11*)
- 5 Ingredients of Growth after experiencing brokenness:
 - **Shared Purpose** (Spiritual Development)
 - **Close Relationships**
 - **Gratitude** (Greater Appreciation for Life)
 - **Hope** (New Possibilities)
 - **Personal Strength** (*Phil. 2:12-13*)
 - Take responsibility and step into action where we can.

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Shared Purpose

Shared Purpose (Spiritual Development)

- How I view God dictates how I then view everyone and everything else.
- We can **grow together** in a deeper understanding of who God is through His nature and character.
- We can trust Him to be God instead of losing hope.
- We can encourage one another to use spiritual binoculars when God seems far away and microscopes when He seems too small.

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Close Relationships

- Basic Assumptions:
 - Created for relationships
 - Isolation often leads to self-deception.
- Relationships flourish with safety and trust.
 - Brokenness can undermine both.
 - Weep and rejoice together.
 - Wounds of a friend are faithful.
 - Differing gifts are essential to our church, family, and personal health.
- Brokenness can move us toward or away from others.
 - Compassionate not controlling.
 - Engaged not avoiding.
 - Clear communication not convoluted.
- Therefore: (*Ephesians 4*)
 - We need God.
 - We need each other.

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Gratitude

Gratitude (Greater Appreciation for Life)

- Untamed brokenness can narrow our vision (only focus on pain and difficulties), cause spiritual blind spots, and even total loss of sight of our Father's hand and will.
- BUT: Gratitude can help be one of the spiritual disciplines to help expand our view UP, IN and OUT.
- It's not healthy or wise to deny or minimize the impact of brokenness, but to be willing to know that God does work all things together for His good as we are called to His purpose.

*King Saul or King David *Jonah or Joseph *Judas or John

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Hope

Hope (New Possibilities)

- Does loss = new life? Does a dead seed = new fruits?
- In brokenness, there will be some loss: of dreams, expectations, promises.
- "Those that sow in tears will reap in Joy" (*Psalm 126:5*).
- Jesus: our ultimate hope giver and restorer.
- We are ambassadors of that Blessed Hope.

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