

LIGHT VERSUS DARKNESS

The very presence of God is a source of comfort and assurance to those who are hurting, for God is love. He is our light in a darkened world. We need to welcome Him into our house of morning (our heart) and let His words heal. We must ask the Lord to help us identify with our little girl/boy and be sincere in what we say. We must allow the Lord to minister to the sorrowing (our heart child). We must draw upon the spiritual resources that can come only from the throne of grace.

We feel very vulnerable. We have been hurt in so many ways. We want to run and hide. We push people away, yet at the same time desire their love. We are reacting to our pain and fear. Our lives become dysfunctional; full of confusion and disorder. We are unable to find comfort without God's healing.

We are full of questions: Why did it happen? Why me? How can I survive? Can I heal? Can I learn to love and trust again? Can I forgive people who have hurt/betrayed me? Can I trust myself to hear God? Can I trust myself to make wiser choices? Can I quit looking in the rear view mirror and let the past go? Can I believe my future is good? Can I, Can I, Can I ...

The questions are endless and will drive us crazy if we tried to figure them all out by ourselves. We could give adequate and plausible explanations, but we know that explanations never heal a broken heart; no matter how they may satisfy the mind. Jesus is the only one who has the answers, the healing, the love; He alone can mend the broken heart and renew the spirit.

Psalm 34:18 gives us this hope, *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

Psalms 147:3 brings this truth, *"He heals the brokenhearted and binds up their wounds."*

Our best resource to move out of sorrow, pain and unhealthy places in our lives is the Word of God. We must learn His Word and then hid it deep within our hearts.

Psalm 119: 11; 67, 68 (NLT) –*"I have hidden your word in my heart, that I might not sin against you. "And "I used to wander off until you disciplined me; but now I closely follow your word. You are good and do only good; teach me your principles."*

We must know our Bible that we will have God's promises and assurances available when they are most needed. When in our sorrow, His Word and Truth will speak to our needs and uplift us in the hour of sorrow and healing. We simply learn to focus on the presence of God and on His compassion and concern for us. Together with the Lord, we can walk through the hurts of the past. We can ask the spirit to bring to mind the scriptures that will bring healing, comfort and releasing.

Many times we have seen the Word of God quiet our heart in a wonderful way. We need the Master's touch. We should use scripture as medicine to heal.

Psalm 107:20 - *"He sent His word, and healed them and delivered them from their distraction (from the grave)."*

1 Peter 2:9b - *"...for he called you out of darkness into His marvelous light."*

Psalm 18:28 - *"Lord, You have brought light to my life; my God, you light up my darkness."*

Luke 1: 78-79 - *"Because of God's tender mercy, the light from heaven is about to break upon us, to give light to those who sit in darkness and in the shadow of death, and to guide us to the path of peace."*

Children of God let us trust the spirit of God to apply His Word to our heart in His own way. His word is beautiful in that it can meet the needs without violating the personality. A promise from God will calm the heart and yet will permit us to weep and express our grief as we walk the paths of life. Joy in the midst of sorrow can be our release.

PRAYER:

Father I come to You today, a confused and brokenhearted child. I do not understand all that touches my heart and my life, but I will trust You to be in control of my life. I cannot change the past, but I do need strength for today and hope for my future. I know you see my sorrow, my pain, my confusion and frustrations, and I will remember that Jesus walked the same path; He wept! I am thankful that Jesus is here with me to heal my broken heart.

You, Father, know the feeling of fear, pain and shock that I have experience, and You have promised to meet my needs. I release to You now Father, all pain and sorrow that the darkness has cast over me and I receive Your healing of light, as You continue to set me free. I receive Your loving touch into every area of my life in Jesus' name.

Isaiah 41:10 - *"Don't be afraid, for I am with you. Do not be dismayed, for I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand."*