

# The Wounded Heart

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By Wendy Burnfield



“God uses broken things. It takes broken soil to produce a crop, broken clouds to give rain, broken grain to give bread, broken bread to give strength. It is the broken alabaster box that gives forth perfume. It is Peter, weeping bitterly, who returns to greater power than ever.”

— **Vance Havner**

We are all broken, we can hide it, shuffle it, avoid it or just deny it, but it still exists. What is the source? How can we fix it, how did it happen, and why does it only get worse with each passing generation?

Everyone lives by their core values and worldviews, but so many of our core values and world views are diseased, and thus, we continue to perpetuate broken people. For some families it is a cycle, a cycle that will continue with each generation, and with every cycle it continues like a rash that spreads, getting worse with each attempt to cover it up. Some will use destructive methods to alleviate their pain, or live in denial.

We all fail at living at an optimum level of true health. Spiritually speaking, physically speaking and mentally speaking. We live in a sick and dying world, full of brokenness. We may blame our parents, ourselves, or someone else. But the truth of the matter is we all play a part. Just which part have you played? Are you the victim or the villain? The hero or the damsel in distress? The devil or angel, are you good or evil? What choices have you made that contributed to your own brokenness or someone else's? Have you taken accountability or asked for help?

We all have our own perspective, who is telling your story; do they know your story? Nonetheless, broken hearts never lie; our mind can lie, but never our heart. Our emotions reflect our ideals and dreams. But, there is no truth greater than how the experience of our heartbreak shaped us. To a great extent, damages us. There can be no mistake, we all have a story and we all know a villain in our story. The outcome is up to us, when the villain comes to strike us, how we will respond depends on our inner strength. Inner strength comes through those who loved us, and our weakness can come from those who didn't love us. We start out as infants; we grow strong through love and nurture. Some of us get fat on love and nurture; some of us are anemic, starving for both.

There are those who are on a mission to seek the higher self. The person God created you to be, the image of God that is within all of us. Yet, the villain attempts to destroy that image. The villain would much prefer that we live in defeat, unable to live up to our higher state of consciousness. Many seek to find it; but only a few will fight for it. Are you fighting for it, or did you give up?

Some of us will become a fatality. . If, we freely give our soul to the villain, the villain will shape us into their image. The villain's goal is always to destroy our beauty and light. We are created to love and be loved. The villain is hell bent to destroy love. Why? The dominant goal is to destroy humanity, to destroy Godly marriage, family, love, and unity. We must defeat the villain, by exposing them, their actions, and holding the villains accountable for their lack of love. If you haven't noticed yet, the villain works through family and friends, those who you love deeply.

Those who defeat the villain are the brave, those who willingly look in the mirror of their soul asking the question what part they played. Sometimes we must leave, for our own well being and health. To repair the brokenness, it is necessary to leave those who break us and continue on a mission to break us beyond repair. God can help heal our broken soul. Nothing in this world will eradicate our wounded heart, only God's divine love can eradicate the trauma, pain and misery.

***“Our bodies are buried in brokenness, but they will be raised in glory. They are buried in weakness, but they will be raised in strength.” – 1 Corinthians 15:23***