

PROVERBS

The Way of Wisdom

The Human Heart



The Broken Spirit

Looking at a Story



Exodus 6:1-10

Three Questions for this study:

What is a broken spirit?

What can lead the breaking of one's spirit?

How can we put the pieces back together?

What is a Broken Spirit?

❧ Being Overwhelmed with Sorrow

❧ Proverbs 18:14, 17:22

❧ It's difficult to share in (14:10,13)
It's difficult to cheer up (25:20)

What can lead to the breaking of ones spirit?



The sheep that gets bitten by the
wolf is the one that does not keep
near the shepherd.

Things that break the spirit



- ☞ Heartache (15:13)
- ☞ Deferred Hope (13:12)
- ☞ Fear (29:25)
- ☞ Anxiety (12:25)
- ☞ Depression (15:15)
- ☞ Sin (Psalm 38:1-5)

How do we put the pieces back together

Affliction is able to drown out every
earthly voice ... but the voice of eternity
deep in the soul it cannot drown."

~Soren Kierkegaard



☞ God is not the source of our pain but the healer of it!

John 14:1, Psalm 34:18, Jeremiah 17:14, Psalm 121:1, Colossians 3:1-2, proverbs 23:26, 27:9.

Final Thought



It's from the deepest wounds
That beauty finds a place to bloom
And you will see before the end
That every broken piece is
Gathered in the heart of Jesus
Nothing is wasted
In the hands of our Redeemer

~Jason Gray "Nothing is Wasted"