



Healing Your



**Broken
Heart**

Workbook

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Encouragement from God's Word

“. . . He has sent me to bind up the brokenhearted . . .” (Isaiah 61:1)

—

“He heals the brokenhearted, and binds up their wounds.” (Psalm 147:3)

—

“The Lord is near to the brokenhearted, and saves those who are crushed in spirit.”
(Psalm 34:18)

—

“He restores my soul . . .” (Psalm 23:3)

—

Surely our griefs He Himself bore,
And our sorrows He carried;
Yet we ourselves esteemed Him stricken,
Smitten of God, and afflicted.
But He was pierced through for our transgressions,
He was crushed for our iniquities;
The chastening for our well-being fell upon Him,
And by His scourging we are healed. (Isaiah 53:4-5)

—

Jesus Knows Your Pain

Jesus knows you and knows the pain that you've experienced. Here are a few of the things that He had to endure in His efforts to save you. He's experienced:

- **Betrayal** - Judas betrayed Jesus for thirty pieces of silver
- **Abandonment** - All of His disciples fled when they arrested Him in the garden.
- **Denial** - Jesus warned Peter that he would deny him three times before the rooster crowed, and he did.
- **Injustice** - The trials Jesus went through on the night He was betrayed were illegal according to Jewish law.

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- **Slander** - The leaders said that He was possessed by the devil casting out demons by the power of the devil. They brought false witnesses to find some excuse to put Jesus to death.
- **Rejection** - The religious leaders and people rejected Jesus as Messiah and chanted for him to be crucified.
- **Physical Abuse** - The soldiers beat him, plucked out pieces of his beard, placed a crown of thorns on His head and hit it in with a rod, they beat his back with whip thirty-nine times, they drove nails into His hands as they crucified him on the cross.
- **Mockery** - The soldiers, mocked him by placing a robe upon Him and calling Him king. The leaders and people mocked Him as He was hanging on the cross.
- **The Weight of Sin** - When Jesus hung on the cross the sin of the world was placed on Him. The point of the crucifixion was that Jesus would bear the full penalty for our sin. He who knew no sin became sin for us.
- **The Wrath of God** - The full weight of God's wrath was placed upon Jesus on the cross. God's righteous anger and judgment were centered on Jesus as a sacrifice for all.

Prep Work

The Situation

What's the pain that you want Jesus to heal? Be sure to take some time and ask the Lord what He wants to heal in your life. It may be something that may surprise you. Ask and then write down what happened in the situation in the box below.

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List Your Feelings

Think through the situation and write down every feeling that you are experiencing in the situation. Are you fearful, sad, mad, humiliated, or ashamed? What were you feeling? In case you struggle to identify feelings look at *Appendix 1: List of Feelings* toward the back of the book.

List Any Ungodly Beliefs You Received

Ask the Lord if there are any ungodly beliefs about yourself or others that you picked up in this situation. Write them out below. For a list of common ungodly beliefs see *Appendix Two: List of Ungodly Beliefs*.

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Ministry Time

5.1 Give Each Feeling to the Lord

Take the list of feelings you compiled on page three and following the example of the prayer below give each feeling to the Lord. Be sure to do one feeling at a time and give them to the Lord until you know you've released it fully.

| |
|---|
| <p style="text-align: center;">Prayer of Release</p> <p>Jesus, I give you the pain and the feeling of _____ I felt when _____. I release it into your hands and ask you to take it now.</p> <p style="text-align: center;">_____</p> <p>(example: Jesus, I give you the pain and the feeling of shame I felt when my dad was arrested for hurting my mom. I release it into Your hands and ask you to take it now.)</p> |
|---|

Once you've gone through each feeling on your list pray the following prayer.

| |
|--|
| <p style="text-align: center;">Prayer of Healing</p> <p>Jesus, I thank you that you bore all of my griefs and sorrows on the cross. You bore them so I wouldn't have to. Thank you for taking the pain I've given to You today. I ask You to heal my broken heart and make me whole.</p> |
|--|

5.2 Renounce and Break Any Ungodly Beliefs

Take your list of ungodly beliefs and one at a time renounce the lie and break its influence in your life. Once you've rejected the lie, ask the Lord to show you the truth about how He sees you in the situation.

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Renounce and Break Ungodly Beliefs

In the name of Jesus, I renounce the ungodly belief that _____ . I break the influence of this lie in my life right now. Jesus, please show me Your truth about who I am in You.

(example: In the name of Jesus, I renounce the ungodly belief that I don't belong and that I'll always be on the outside. I break the influence of this lie in my life right now. Jesus, please show me Your truth about who I am in You.)

What Truths Has God Revealed to You?

5.3 Repent for Any Attitudes, Actions, Vows, or Oaths

Repent for Any Attitudes

Lord, I repent for having the attitude _____ and I choose to _____ .

(example: Lord, I repent for having the attitude that my ways are better than anyone else's and I will do it my way and I choose to submit to those who are in authority over me.)

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Repent for Any Actions You've Committed

Father, I repent for sinning against you when I chose to _____ . Please forgive me and cleanse me from this sin. I receive your forgiveness.

(example: Father, I repent for sinning against you when I chose to disobey my boss. Please forgive me and cleanse me from this sin. I receive your forgiveness.)

Repent and Renounce Any Vows or Oaths

In the name of Jesus, I repent of making the (vow/oath) that I _____ . I renounce it and ask you to forgive me for making it and remove any negative influences it has caused in my life.

(example: In the name of Jesus, I repent of making the (vow/oath) that I will never let another man hurt me. I renounce it and ask you to forgive me for making it and remove any negative influences it has caused in my life.)

5.4 Forgive Those Who Hurt You

Take your list and forgive whoever hurt you in the situation. Remember to be as specific as you can. They did something specific to you and you should forgive specifically for what they have done to you.

Never forget that forgiving those who hurt you is not letting them off the hook or belittling what took place in your life. When you forgive you are turning them over to Jesus and trusting that He will ensure justice takes place on your behalf.

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Forgive

Father, I choose to be a forgiving person. I believe that you will be my avenger and ensure that justice will take place. I forgive _____ for _____ (be specific).

(example: Father, I choose to be a forgiving person. I believe that you will be my avenger and ensure that justice will take place. I forgive my dad for the shame he caused by hurting my mom and getting arrested.)

5.5 Repulse the Enemy

It's time to stand up against the enemy of your soul and put him to flight. To repulse means to force someone to stop attacking you. You rise up and attack the one who has been attacking you.

You do this in the name of Jesus Christ. He has given you authority over all the power of the enemy (Luke 10:19). You don't have to fear him. If you resist him, he will flee.

We'll read this declaration to the enemy together. Be bold. Be strong. You're not alone in your battle. For the Lord is with you.

When you address the enemy you're not praying. So keep your eyes open and brace yourself for battle. We command the enemy in Jesus' name. We speak to him together and order him to leave in Jesus' name.

Repulse the Enemy

Satan, I rebuke you in the name of Jesus Christ. I command you to leave my life right now.

I break any place where generational sin has tainted my understanding of God or His word or influenced my decisions. I am choosing today to break free from the ungodly influences of my father's and mother's family lines.

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I choose to serve the Lord with all of my heart, with all of my soul, with all of my mind, and with all of my strength. I say with Joshua, as for me and my house, we will serve the Lord.

I command any spirits connected with my past generations, the personal sins I confessed today, and the ungodly beliefs, attitudes, actions, vows, and oaths I have renounced and turned from to leave my life in the name of Jesus.

Satan, I rebuke you in the name of Jesus Christ. I command you to leave my life right now.

I renounce you. I reject you. I command you to leave me in Jesus' name. You have no further place in me. You're not welcome here. Go now. In Jesus' name.

5.6 Review the Situation

It's time to review the situation and see if you are totally healed. Think through what took place and see if there are any negative feelings remaining. If so, write each one down and go through the steps again. If there are no and you experience peace, then thank God for healing you.

5.7 Receive God's Blessing

I've written the blessing below to speak over you as we close this ministry time. Make sure that you listen to it in the classroom under section 5.6. I want you to hear the words I'm speaking.

Below is the text I speak along with footnotes showing where the blessing I am speaking over you come from in the Bible.

Receive God's Blessing

I bless you in the name of Jesus Christ. I pray that God would give you a spirit of wisdom and revelation in the knowledge Him.¹ I ask that God would open the eyes of your heart and enlighten you to know the hope of God's calling and the riches of the glory of God's inheritance in the saints.²

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I bless you with the freedom to be transformed from glory to glory into the image of Christ through the power of the Holy Spirit.³ I thank God for transforming you by the renewing your mind.⁴

In the name of Jesus, I cast down every lofty thing in your mind that would exalt itself against a true knowledge of God⁵ and replace it with an increasing knowledge of Him.⁶ May every stronghold of the false speculations of man be destroyed⁷ and be replaced by the truth of the gospel that manifests the power of God's salvation.⁸

I bless you with the ability to take every thought captive to the obedience of Christ⁹ and be anxious for nothing but instead to pray with thanksgiving to God.¹⁰ May your mind dwell and think upon whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, and is excellent and worthy of praise.¹¹

I ask that you be strengthened with power through the Holy Spirit in your inner man so you might be rooted and grounded in love.¹² May you comprehend what is the breadth, and length, and height, and depth¹³ of the love of God and be filled up to the fullness of Him.¹⁴

I bless you with the wisdom to take up the full armor of God (the belt of truth, the breastplate of righteousness, feet shod with the preparation of the gospel of peace, the shield of faith, and the sword of the Spirit) to stand firm and repulse the schemes of the devil.¹⁵

May you be strong in the Lord and in the power of His might.¹⁶ May you know the surpassing greatness of God's power according to the working of the strength of His might¹⁷ and so be strengthened with all power according to His glorious might.¹⁸

May you experience the love of Christ which surpasses knowledge.¹⁹ and be filled with the knowledge of God's will all spiritual wisdom and knowledge.²⁰ May your love abound more and more in real knowledge and discernment, so you might approve those things that are excellent.²¹

May Christ dwell in your heart by faith²² so you might experience God's peace that passes all understanding.²³ I pray that you walk in a manner worthy of the Lord:²⁴ sincere and blameless²⁵ pleasing God in all respects,²⁶ bearing fruit for every good work,²⁷ attaining steadfastness and patience,²⁸ proving God's good, acceptable, and perfect will for your life.²⁹

¹Eph. 1:17, ²Eph. 1:18, ³2 Cor. 3:17-18, ⁴Rom. 12:2, ⁵2 Cor.10:3, ⁶Col. 1:10, ⁷2 Cor. 10:3, ⁸Rom. 1:16, ⁹2Cor. 10:3, ¹⁰Phil. 4:6, ¹¹Phil. 4:8, ¹²Eph. 3:17, ¹³Eph. 3:18, ¹⁴Eph. 3:19, ¹⁵Eph. 6:11-17, ¹⁶Eph. 6:10, ¹⁷Eph. 1:19, ¹⁸Col. 1:11, ¹⁹Eph. 3:19, ²⁰Col. 1:9, ²¹Phil.1:9-10, ²²Eph. 3:17, ²³Phil. 4:7, ²⁴Col. 1:10, ²⁵Phil. 1:10, ²⁶Col. 1:10, ²⁷Col. 1:10, ²⁸Col. 1:11, ²⁹Rom. 12:2

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Appendix 1: List of Emotions

| | | | | |
|---------------|--------------|-----------------|----------------|--------------|
| Abandoned | Bullied | Defective | Disgusted | Exasperated |
| Abused | Burdensome | Defenseless | Disheartened | Excluded |
| Accused | Burned | Deficient | Dishonest | Exhausted |
| Adrift | Captive | Defiled | Dishonored | Exploited |
| Afraid | Cast Off | Deflated | Disillusioned | Exposed |
| Aggravated | Cheapened | Degraded | Disliked | Faithless |
| Agitated | Cheated | Dehumanized | Dismayed | Fake |
| Alienated | Cheated on | Dejected | Disoriented | Fearful |
| Alone | Childish | Demeaned | Disowned | Filthy |
| Angry | Clingy | Demoralized | Disposable | Flawed |
| Annoyed | Closed | Depraved | Disregarded | Flustered |
| Anxious | Clueless | Depressed | Disrespected | Forced |
| Apathetic | Clumsy | Deprived | Dissatisfied | Forgotten |
| Ashamed | Coerced | Deserted | Distant | Forsaken |
| Assaulted | Cold-hearted | Deserving of it | Distraught | Fragile |
| At fault | Compared | Desolate | Distressed | Fragmented |
| At risk | Condemned | Despair | Disturbed | Frantic |
| Attacked | Confined | Despised | Dominated | Friendless |
| Anxious | Conflicted | Destroyed | Doomed | Frightened |
| Bad | Confounded | Detached | Double-crossed | Frustrated |
| Badgered | Confused | Detested | Doubted | Furious |
| Banished | Controlled | Devalued | Downcast | Grieved |
| Beaten Down | Cornered | Devastated | Downtrodden | Grotesque |
| Belittled | Cowardly | Difficult | Drained | Guarded |
| Betrayed | Crippled | Directionless | Dumb | Guilty |
| Bewildered | Criticized | Dirty | Dumped on | Gullible |
| Bitter | Crowded | Disabled | Duped | Harassed |
| Blackmailed | Crushed | Disappointed | Emasculated | Hard-hearted |
| Blamed | Cursed | Disapproved of | Embarrassed | Hardened |
| Blocked | Cut Off | Disbelieved | Emotionless | Hassled |
| Boxed-in | Cut-down | Discarded | Empty | Hated |
| Broken | Damaged | Discouraged | Endangered | Haunted |
| Brokenhearted | Dazed | Discredited | Enraged | Heartbroken |
| Bruised | Deceived | Disempowered | Enslaved | Helpless |
| Brushed-off | Defeated | Disgraced | Estranged | Hesitant |

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| | | | | |
|---------------|---------------|----------------|------------------|----------------|
| Hindered | Isolated | Offended | Robbed | Ugly |
| Hopeless | Jealous | On display | Sad | Unable |
| Horrified | Jerked around | On Edge | Scared | Unappreciated |
| Humiliated | judged | Oppressed | Scarred | Uncertain |
| Hurt | Labeled | Out of place | Scorned | Uncomfortable |
| Hypocritical | Lacking | Outcast | Screwed | Undecided |
| Idiotic | Laughed at | Outraged | Self-conscious | Underestimated |
| Ignorant | Left out | Over-protected | Self-destructive | Undesirable |
| Ignored | Let down | Overlooked | Shaky | Uneasy |
| Immobilized | Lied to | Overwhelmed | Shallow | Unhappy |
| Impaired | Limited | Pained | Shameful | Unheard |
| Imposed-upon | Little | Paralyzed | Shocked | Unimportant |
| Impotent | Livid | Pathetic | Shot Down | Uninformed |
| Imprisoned | Lonely | Perplexed | Shunned | Unknown |
| In the way | Lonesome | Persecuted | Shy | Unloved |
| Inadequate | Lost | Petrified | Sick | Unlovely |
| Incapable | Maligned | Phony | Sinful | Unprotected |
| Incensed | Manhandled | Picked on | Singled-out | Unreasonable |
| Incompatible | Manipulated | Pitiful | Slammed | Unsafe |
| Incompetent | Messed up | Powerless | Slandered | Unsettled |
| Incomplete | Messed with | Pre-judged | Slighted | Unsupported |
| Incorrect | Minimized | Preoccupied | Small | Unsure |
| Indecisive | Miserable | Pressured | Smothered | Unwanted |
| Indifferent | Misled | Pulled apart | Stereotyped | Unwise |
| Indignant | Mistreated | Punished | Stifled | Unworthy |
| Ineffective | Mistrusted | Pushed away | Stressed | Upset |
| Inept | Misunderstood | Put down | Stuck | Used |
| Inferior | Misused | Puzzled | Stupid | Useless |
| Inhibited | Mixed Up | Rattled | Suffocated | Vexed |
| Injured | Mocked | Rejected | Superficial | Violated |
| Insecure | Mortified | Remote | Teased | Vulnerable |
| Insignificant | Nagged | Reproved | Tense | Washed Up |
| Insufficient | Naughty | Repulsive | Terrible | Wasted |
| Insulted | Nauseated | Resented | Terrified | Weak |
| Interrupted | Neglected | Responsible | Threatened | Withdrawn |
| Intimidated | Nervous | Restless | Thwarted | Worried |
| Invalidated | Numb | Restrained | Tortured | Worthless |
| Invisible | Objectified | Restricted | Trapped | Wounded |
| Irritated | Odd | Ridiculed | Troubled | Wrong |

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Appendix 2: List of Ungodly Beliefs

| | |
|--|--|
| <ul style="list-style-type: none"><input type="checkbox"/> I'm a bad person.<input type="checkbox"/> I'm unlovable.<input type="checkbox"/> I was a mistake.<input type="checkbox"/> I'm ugly.<input type="checkbox"/> I'm stupid.<input type="checkbox"/> I'm Worthless.<input type="checkbox"/> I'm a failure.<input type="checkbox"/> I'm a sinner. (identity)<input type="checkbox"/> I will never amount to anything.<input type="checkbox"/> I'm a loser.<input type="checkbox"/> I deserve what I get.<input type="checkbox"/> I always get the short end of the stick.<input type="checkbox"/> If anything bad happens, it will happen to me.<input type="checkbox"/> When things go wrong, It's always my fault.<input type="checkbox"/> Things will never change.<input type="checkbox"/> Things will never get better.<input type="checkbox"/> I'm destined to _____.<input type="checkbox"/> I'm unimportant.<input type="checkbox"/> I'm damaged goods.<input type="checkbox"/> Nothing I say matters, so I will just keep my mouth shut.<input type="checkbox"/> I'm unlovely.<input type="checkbox"/> I can't do _____.<input type="checkbox"/> I'm unwanted.<input type="checkbox"/> I'm weak.<input type="checkbox"/> I'm naughty.<input type="checkbox"/> I'm unfulfilled.<input type="checkbox"/> I'm irresponsible.<input type="checkbox"/> I'll never get over _____.<input type="checkbox"/> I'll never forgive _____.<input type="checkbox"/> I'll never measure up.<input type="checkbox"/> I'm not worthy of respect.<input type="checkbox"/> I will never love again.<input type="checkbox"/> I must put on a mask to be accepted.<input type="checkbox"/> My marriage is hopeless.<input type="checkbox"/> I can't do anything right.<input type="checkbox"/> Everyone would be better off if I were not around. | <ul style="list-style-type: none"><input type="checkbox"/> My life is a mistake.<input type="checkbox"/> I am a mistake.<input type="checkbox"/> Real men don't cry.<input type="checkbox"/> I'll never be good enough.<input type="checkbox"/> I must protect myself.<input type="checkbox"/> I'm a victim.<input type="checkbox"/> I'm powerless to change.<input type="checkbox"/> I'm broken beyond repair.<input type="checkbox"/> I must be perfect.<input type="checkbox"/> It's somebody else's fault.<input type="checkbox"/> I will never get credit for what I do.<input type="checkbox"/> I'm incompetent.<input type="checkbox"/> God's ways are too restrictive.<input type="checkbox"/> God is holding back on me.<input type="checkbox"/> I shouldn't have problems.<input type="checkbox"/> God has not come through for me.<input type="checkbox"/> I'm just like my mother.<input type="checkbox"/> I'm dumb.<input type="checkbox"/> I can't help the way I am.<input type="checkbox"/> Others have caused my problems.<input type="checkbox"/> It's my temperament.<input type="checkbox"/> It's my personality.<input type="checkbox"/> it's my upbringing.<input type="checkbox"/> It's my parents.<input type="checkbox"/> It's my body, I can do with it what I want.<input type="checkbox"/> I have to stand up for my rights. If I don't do it, who will?<input type="checkbox"/> I should not have to live with unfulfilled longings.<input type="checkbox"/> My husband/wife must meet my needs.<input type="checkbox"/> It's okay to do whatever I need to do to get my "needs" met.<input type="checkbox"/> The church doesn't need me.<input type="checkbox"/> I have nothing to offer.<input type="checkbox"/> God can't forgive me for what I have done.<input type="checkbox"/> My sins aren't really that bad.<input type="checkbox"/> I can sin and get away with it.<input type="checkbox"/> I won't reap what I have sown.<input type="checkbox"/> I can play with fire and not be burned. |
|--|--|