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Scripture Memory Journal

# He is Close To Your Heart

At some point in life, we all suffer from a heartbreak. It could be from the loss of a beloved pet, a best friend, a job or the loss of a loved one who went to be with Jesus. Maybe your marriage ended suddenly or your home was destroyed from fire or storm.

You may feel the loss is from personal failure in some area. It could be from a missed opportunity that you may never get again. Or, it might be from a wedding called off, a cross country move that didn't happen that you consider failure. Loss is loss for all of us no matter what, or who, was lost.

It hurts and can leave us bewildered and questioning. But, there is a beautiful promise in God's word that will greatly comfort your heart.

The promise is found in the book of Psalms...

**"The Lord is close to the brokenhearted and saves those who are crushed in spirit." (Psalms 34:18 NIV)**

The precious heart of God toward us is revealed in this promise.

This verse is special because it addresses the needs of our broken heart. Have you ever experienced a life altering, earth-shaking, heart-breaking situation? Have you ever felt rejected, unwanted or forgotten?

If you have, you know the pain and intensity of that moment. You may have been tempted to isolate or even hide from people because of it, or felt you didn't want to be around anyone. Pain causes us to isolate.

Sometimes when we have a physical injury, the pain can be so bad we don't want anyone to come near that sight or touch it. In that case, pain protects.

Our Lord knows us and knows our pain, and He promises to come near when our heart is torn apart, broken and shattered. When emotional pain isolates us, we may think it is for our protection. But God, who sees our pain, is near. He does not leave us in isolation alone with pain. He sees us through it. His nearness is our comfort, hope and healing. Draw near to God and He will draw near to you.

## What do we learn from this Psalm 34:18?

**First**, God comes near to your place of pain. He will not let you isolate from Him. He draws near to you.

**Second**, the verse promises that the Lord will save those who are crushed in spirit. Crushed by life, by burdens or by situations. You may even feel the problem is smothering the very life out of you. If so, the Lord says in this verse that He will save you. This saving means *to rescue, defend, and deliver*.

God promises in this verse to rescue you from pain, to defend you from accusers, and to deliver you from isolation. You are never alone in your brokenness. You are never without deliverance from that crushing feeling of hurt.

Commit this verse to memory, using the following pages to practice writing and speaking this verse out until you have it etched in your mind. God saves and comes close. He does what He said He would do in His word. God keeps His promises.

Answer the following questions through journaling as you reflect on His promise. Practice saying it until your heart is put back together as only God can do.















