WHEN LIFE WOUNDS YOU. LET GOD TEACH YOU HOW TO BREATHE AGAIN.

TEXT: Ps 147:3 He healeth the broken in heart, and bindeth up their wounds.

I. THE SIX BROKEN RIBS. THAT'S THE PAINS OF LIFE.

The ribs protect the heart and lungs. When several ribs are broken, even the simplest can bring pain. Spiritually We all experience seasons when life Blows leaves us feeling broken. Betrayed, Grief, Disappointment, And trials That can wound our heart. **Psalm 34:18. The Lord is nigh unto them that are of a broken heart. And saveth such as be of a contract spirit.**

Just because you are broken does not mean God has abandoned you. Sometimes the place of your deepest pain becomes the place you discover the greatest presence.

II. A PUNCTURED LUNG THAT IS THE PRESSURES OF LIFE

When the very thing that sustains you is under attack a punctured lung interferes with breathing What should come natural suddenly becomes a struggle.

Spiritually there are times when the pressures of life seem to steal our peace weaken our faith and make it difficult to pray We still believe in God but we find ourselves struggling to catch our spiritual breath in **Psalm 42:5 Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.** to be in great commotion or moan, clamor:-- cry aloud,be troubled, be in an uproar. when you feel like you cannot take another breath under the weight of your circumstance remember that your hope is not in your circumstance your hope is in the great God of heaven

III. FOR BOTH OF THESE GOD HAS A PLAN

Healing takes time God does not always remove the pain immediately Broken ribs do not heal in a moment The body needs time and needs rest and needs proper care The same truth of many spiritual We may pray for immediate relief but sometimes God walks with us through a process of healing rather than removing the trial all at once **Isaiah 40:31 But they that wait upon the Lord shall renew their strength They shall mount up with wings as Eagles they shall run and not be weary they shall walk and not faint.**

Do not mistake the time it takes to heal for the absence of God's presence you can be healing even though you're still hurting.

#IV. EVERY BREATH BECOMES PRECIOUS
Never take God's sustaining grace for granted When breathing becomes difficult you begin to appreciate every breath spiritually trials have a way of reminding us how dependent we are for the Lord We sometimes take His mercy his and his sustaining grace for granted until life brings us to a place when we realize how desperately we need him **acts 17:28 for in him we live and move and have our being** Sometimes God allows us to see our weakness so we can better understand our dependence upon our strength has never been our strength it's always been He is strength

#V YOU CAN BE WOUNDED AND YET STILL HAVE PURPOSE 2 Corinthians 4: 8-9 we're troubled on every side yet not distressed were perplexed but not in despair persecuted but not forsaken You may be wounded but you're not forgotten You may be hurting but the story's not over You may have trouble finding your breath but you can still call upon the one who holds your life in his hands.

VI. MOVES US TO PRAY

Broken ribs and a punctured lung can make every breath a struggle and sometimes life wounds us in a way that make every prayer struggle every step an effort every day a battle But just as the body needs time to care and heal the wounded soul needs the presence and the grace of God The pain may be real The healing may take time and the road may be difficult but the Lord has not forsaken us the same God who meets us in brokenness will sustain through a darkest valley you may be wounded but you're not defeated You may be hurting but you're not without hope Keep trusting God One breath 1 prayer and one day at a time

1.WHEN LIFE TAKES YOUR STRENGTH GOD BECOMES YOUR STRENGTH 2nd Corinthians 12:9 My grace is sufficient for thee my strength is made perfect in weakness

When your ribs are broken you cannot simply decide hey they don't hurt. You must recognize your weakness and allow the body to heal spiritually we sometimes reach a place where we've exhausted our own strength We prayed we've cried we tried to be strong we've done everything we can do yet the brokenness remains.

This is when we must learn that our strength is not the foundation of our faith but God's grace and His strength is the foundation Paul had a thorn in the flesh and he wanted God remove it and God answered him and said no but he did promise my grace is sufficient.

2. WHEN LIFE WOUNDS YOUR HEART **Psalm 38:14 The Lord is nigh to them that are of a broken heart and saveth such of a contrite spirit.** Broken rib hurts with every breath A broken heart can hurt with every memory you could smile in front of people while fighting a battle nobody sees you come to church you sing the songs you read the scripture you still carry that burden that's so difficult to understand but God sees beyond the outward appearance He knows the tears you've cried in private he understands the prayers that you wouldn't able to finish He knows when you're tired of trying to hold everything together His word assures us that he is near to the broken hearted Do not Interpret your pain as proof that God has left you The Bible specifically tells us that he draws near to the broken hearted your brokenness does not drive God away your brokenness would bring him closer to you if you let it.

3. WHEN YOU STRUGGLE TO TAKE THE NEXT BREATH GOD WILL HELP YOU TAKE THE NEXT STEP **Isaiah 40:29 he giveth power to the faint to them that have no might the increase of strength.**

When someone's recovering from serious injury they cannot see how far away the recovery time may be but they can concentrate on one day at a time and getting through that day sometimes we get overwhelmed because we're trying to figure out how we will survive the next day the next week the next month or even maybe the next year or the rest of our lives while God is just saying trust me Jesus taught **Matthew 6:34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.** Don't you be anxious about tomorrow Just seek me first in verse 33 That does not mean we ignore tomorrow's responsibilities It means that we do not have to carry tomorrow's troubles before they get here You might not have the strength to figure everything out right now today but you can pray today you can trust him today and don't worry about tomorrow.