**The Breakout Series: Week 5**

Welcome to the Breakout series.

In Week 1 we looked at how to breakout from the prison of Anxiety.

In Week 2 we looked at how to breakout from the prison of Fear.

In Week 3 we looked at how to breakout from the prison of Depression.

In Week 4 we looked at how to breakout from the prison of Temptation.

This week we are going to look at how to breakout from the prison of Heartache.

Sharing: How have you had your heart broken?

Whether we like it or not. Breakups are bad. Even if it was through mutual agreement. They leave us heart broken, and the heart is a vital organ in our body. When the heart is not healthy, the whole body suffers. It is therefore very important to take care of the heart. Its not easy but its possible.

Today is the 14th February (Valentine's day). Some of us have dates, and some of us don't. Some of us may go through breakups after today.

There are different methods that people use to try fix a broken heart.

1. Cry

2. Scream

3. Punch - get violent.

4. Gossip. Bad mouth the person who broke our heart.

5. Drugs - some people escape by using drugs or alcohol.

Not dealing with a broken heart may lead to…

1. Depression

2. Anxiety

3. Fear

4. Suicide, and many more unpleasant things.

There is a better way to deal with a broken heart…

The best solution is to take it to God! We should take everything to God in prayer!

It is easier to mend broken bones…

…than it is to mend a broken heart.

When we break a bone we go to a doctor.

When a car breaks we take it to a mechanic.

When our cellphone breaks we take it to the iStore.

All these people are specialists.

Where do we go when our heart is broken?

So when our hearts are broken, we need to go see a specialist. We are so privileged that our specialist is the very person who created the heart - God Himself. Taking a broken heart to God is the best way to recovery.

So how do we escape Heartache?

**The Scripture Activity:** Lets look at some scriptures and discover some principles for escaping from heartache. Each table is going to be given a verse and you have to discover what you can learn about escaping from heartache from the verse. List of verses: Deuteronomy 31:8, Jeremiah 29:11, Isaiah 41:10, Proverbs 4:23 and Colossians 3:13.

**1. God Will Never Breakup With Us.** “The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged”. (Deuteronomy 31:8). Before we give our hearts to someone. Why don’t we first give our hearts to God, who promises never to break up with us. When the Lord is in our hearts, then our hearts cannot be imprisoned. Let your faith set you free.

**2. God Has A Plan For Our Lives.** “For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future.” (Jeremiah 29:11). God wants to protect us, and for us to have peace and a great future.

**3. God Is With Us To Help Us.** “Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you. I will uphold you with my righteous right hand.” (Isaiah 41:10).

**4. We Must Guard Our Hearts.** “Guard your heart above all else for it determines the course of your life.” (Proverbs 4:23). We must not be too quick to fall in love or get attached to someone who is obviously not good for us, who does not have a good track record.

**5. We Must Forgive People.** “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” (Colossians 3:13). Have a heart of Forgiveness.

**The Forgiveness Activity:** Think of all the people who have left you heartbroken. Write their names on a piece of paper. At the bottom of the paper, write in big bold letters: I FORGIVE YOU BECAUSE.............. state your reasons. then fold your paper and write JESUS HAS SET MY HEART FREE.

Prayer

Next week we will look at how to breakout from the prison of Greed.