Healing Brokenness in The Quiet Place

Hurtful circumstances in life can break our hearts and wound our soul. God invites us to come to Him to heal the brokenness within to set us free.

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The Quiet Place

Chapter 1

Healing the Lonely Heart

Throughout time, there has always been a deep loneliness and an empty void in the heart of man that is painful, and it cries out to be met. It expresses itself as a deep yearning that is palpable. So profound is the loneliness that it is often felt as an intense desperation to find someone or something to take the emptiness away.

In reality, that aching inner yearning is the heart cry of the human soul that is searching for God. It awakens in a child like a tender flower, but sadly, through time, it is quelled, suppressed within and often silenced throughout the growing up years.

The Progressive Silencing of Inner Loneliness

The stress and strain of life often anesthetizes this yearning and most people find a myriad of things to soothe and numb the emptiness within. If we were truly honest with ourselves, we all need significant times in our lives where we can experience the peacefulness of complete and total silence…. blessed solitude. Those precious Quiet moments are where we can make a heartfelt exploration of our deepest questions and pose them before the Almighty God of the universe.

The Gentle Whisper of a Loving God

God is timeless, yet He pauses, draws near to our hearts, and listens to what we are truly saying when no one else is really listening. With the tragic falling away from God that took place with Adam and Eve in the Garden of Eden, man turned away from God and lost his pure and unhindered communion with his Creator. Mankind has since been left with a spiritual vacuum and a profound painful emptiness.

The Lonely Place of the Human Heart

The Quiet Place within the heart of man, where he walked in the cool of the garden with God, became instead, a lonely place. Every person who has ever lived has experienced the awareness of a profound inner thirst, deep within the heart.
We discover in life that no amount of money, fame, possessions or power can satisfy the longing within or fill the emptiness. History has proven that whatever man attempts to use to fill that void never brings permanent fulfillment or genuine inner peace. Instead, there is an acute dissatisfaction with what was thought to be the solution to fill the emptiness within. Life is lived in a lonely Shadowland, unseen by others, but seen and understood by God.

**Only God can Heal the Lonely Heart**

There is an unquenchable thirst that only God can satisfy, for it is the expression of the homesickness of the human heart for intimate communion with God. Sometimes you can be missing one person, yet it feels that your whole world is a lonely place. Why is that? It is because unrequited love has awakened the deepest need within, and that is a longing to find the Edenic innocence, and complete serenity of The Quiet Place, where God walks with you in unhindered communion.

David described this yearning as a deep thirst:

"*Just like a deer that craves streams of water, my whole being craves you, God. My whole being thirsts for God, for the living God.*” Psalm 42:1-2

**God Alone Understands our Loneliness**

Loneliness is the unquenchable thirst that nothing on earth can satisfy. In spite of all of the sentimental poetry, romantic novels, tender musical ballads, or passionate love stories depicted in movies, there is no earthly relational experience that can truly satisfy the innermost loneliness of the human heart.

We all need love and the companionship of intimate others, but the deep loneliness that abides within can consume us, and is a result of our soul being homesick for an intimate relationship with God.

**The Human Heart is Thirsty for God's Love**

Jesus identified the deepest need within mankind as an awareness of an inner thirst that cries out to be satisfied, conveying that every person knows that they are insatiably thirsty, and void of a lasting true happiness.

“*Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.*” John 7:37-38
God Reaches out to Each of Us

When God awakens our thirst for Him, He does so on an individual basis. When we become conscious that He is drawing us to Himself, we are awakened to our inestimable separation from Him, and discover that it is on the basis of His grace and mercy, saturated by His love, that we are given access to His heart.

"By this the love of God was manifested in us that God has sent His only begotten Son into the world so that we might live through Him. In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins." I John 4:8-10

God Opened the Door to His Heart

God has sought us through His Love, and bought us through His Grace, for we had a debt that we could not pay so He paid a debt that He did not owe.

"But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us." Romans 5:8

God Invites us to be Near His Heart

When God brings us home to Himself, and He then lets us sit by the fire, and then He fills us with His comforting and all-encompassing love.

"Come near to God and He will come near to you..." James 4:8

The Only Way to Heal the Lonely Heart

Our deepest need is to bask intimately in the fullness of God’s love. There is nothing apart from God that can truly fill the inner void, because it was created by God, for God, and only He can dwell there. For Adam and Eve, the Quiet place was experienced in the external beauty of the Garden of Eden, and in their continual communion with God.

Jesus Christ has provided, through the sacrifice of Himself, access to the very heart of God. The Quiet Place has now become an internal reality where we, through the indwelling of the Holy Spirit, provide a holy place to commune with God alone.

"That He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your
hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the believer's what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God." Ephesians 3:16-19

The Blessedness of The Quiet Place

The Quiet Place....a blessed time where you set aside a time of uninterrupted solitude to meet with God. Precious moments where you share with Him your love and draw strength from Him to do His will. Nothing on earth can replace what God has available for you, as you meet intimately in The Quiet Place.

Please take a moment to listen to this inspirational rendition of, "There is A Quiet Place" Just close your eyes and go there...

Pathway Principles:

1. What is it about inner loneliness that can so crush the human spirit?

2. Why did the Fall of Man, when Adam and Eve feel from their innocent state and relationship with God, give birth to man’s inner loneliness?

3. God alone can heal the inner loneliness within the soul of man. What kind of things or activities do people use to find a counterfeit replacement for God?

   Identify areas or things within that are broken within, that people are seeking to find healing for apart from God.

4. Write a prayer to your Heavenly Father that identifies your own inner loneliness and thank Him for His relationship with you. Give Him the brokenness within if there are areas that still need healing.
Daily Meditation Scripture:

“God makes a home for the lonely; He leads out the prisoners into prosperity, Only the rebellious dwell in a parched land.” Psalm 25:16

“God makes a home for the lonely; He leads out the prisoners into prosperity, Only the rebellious dwell in a parched land.” Psalm 68:6

“May your unfailing love be my comfort, according to your promise to your servant.” Psalm 119:76
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Chapter 2

The Problem of Misplaced Dependency

Sometimes in life, when we are overwhelmed with tough challenges, it can seem as if we are living on the backside of the desert. We can find ourselves frustrated, angry and feeling confused about prayer, faith and even trusting God. It may be influenced by a prolonged period of spiritual dryness, a long term illness, or chronic seasons of depression. For many people the challenge of career downsizing and unemployment can thrust them into a dry desert pilgrimage, with no hope in sight to regain financial stability.

The desert wandering experience comes about when life seems like it is just too much to handle. Depleted emotional, physical and spiritual resources dry up, and within there is a sense of increasing hopelessness. We may not even know why the desert is there in our lives, but the series of set-backs begin to create a domino syndrome as problem after problem tumbles through your life. We may find ourselves blaming everyone and everything, even God. However, desert pilgrimages may be permitted by God as a means to deepen our spiritual lives, not punish us for past sins.

Tough Lessons to Learn in the Desert

David experienced seasons of wandering in the desert and the wildernesses with nothing going right, and no end in sight. On one occasion he was being pursued by his son Absalom. While on his way back to Jerusalem, he had to pass through the dry, desolate Valley of Baca. A bitter cruel land with little resources to sustain him, and with his strength ever weakening. It was here that he wrote Psalm 84. It was written to be played on the Lyre as a song of worship in this Quiet Place.

The Desert Creates a Thirst for God

When resources are gone and there is nowhere else to turn, we finally turn to God. David was nowhere near Jerusalem, yet in his heart and mind it was as if he were. He reflected,
"How lovely is your dwelling place, O Lord Almighty! My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God." Psalm 84: 1-2

He was thirsty...yearning to be in the presence of God. The desert experience, should so arouse our soul that we become parched and yearn to bask in God's presence.

"My soul thirsts for God, for the living God. When can I go and meet with God?" Psalm 42:2

The Desert Restores a Desire to Praise God

When we are in the desert, it is so tempting to blame God. Strained finances, ruined reputations, loss of employment, hopes and dreams, can be devastating. Deep within our hearts we can muse that God could do something about it, but He hasn't. The desert is a lonely place, but the heart can begin to praise God while we cry out in a hushed whisper,

"O Lord Almighty, my King and my God. Blessed are those who dwell in your house; they are ever praising you. Selah:" Psalm 84:4

"That my heart may sing your praises and not be silent. LORD my God, I will praise you forever." Psalm 30:12

The Problem of Misplaced Dependency

Misplaced dependency is the issue that led to man’s fall in The Garden of Eden. When Adam and Eve were faced with the choice to disobey God, the thinking that precipitated that choice was misplaced dependency. The rationalization was that there was something other than God, and what He had provided that was needed to meet their needs and fulfill them. That core issue in man’s relationship with God, has been the root problem for all other sins.

“For My people have committed two evils: They have forsaken Me, The fountain of living waters, To hew for themselves cisterns, Broken cisterns That can hold no water.” Jeremiah 2:13
This issue is exampled in David’s perception as to the reason for His despondency, as he fled for his life in the desert. The problem was not his enemies, for God had already promised David that He would be the King over Israel. For that to happen God would protect him and fulfil that promise. The problem was in David’s reliance upon God to fulfil His promise to him, and to the people of Israel.

“Now then, tell my servant David, ‘This is what the LORD Almighty says: I took you from the pasture, from tending the flock, and appointed you ruler over my people Israel. 9 I have been with you wherever you have gone, and I have cut off all your enemies from before you. Now I will make your name great, like the names of the greatest men on earth. 10 And I will provide a place for my people Israel and will plant them so that they can have a home of their own and no longer be disturbed. Wicked people will not oppress them anymore, as they did at the beginning 11 and have done ever since the time I appointed leader over my people Israel. I will also give you rest from all your enemies.” II Samuel 7:8-11

The Desert Reminds us to Depend upon God

In the desert we see the circumstance as the problem, when in reality our perception of the circumstance is the issue to deal with. Our goal should be to glorify Him in how we handle the circumstance, and turn to His Word to find a Biblical strategy to do so.

God desires to be our strength and our primary resource in the desert. He wants our heart to depend upon Him, to rely on Him, and trust that He will provide all the strength we need.

When the desert becomes a pilgrimage to deepen our experience of God, rather than a means to get through a tough time, we will begin to change from the inside out. David began to understand and embrace that truth as he wrote:

"Blessed are those whose strength is in you, who have set their hearts on pilgrimage. As they pass through the Valley of Baca, they make it a place of springs; the autumn rains also cover it with pools. They go from strength to strength, till each appears before God in Zion." Psalm 84:5-7

The Desert Awakens the Heart to Worship God

"Hear my prayer, O Lord God Almighty; listen to me, O God of Jacob. Selah. Look upon our shield, O God; look with favor on your anointed one. Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in
the house of my God than dwell in the tents of the wicked. For the Lord God is a
sun and shield; the Lord bestows favor and honor; no good thing does he withhold
from those whose walk is blameless. (Beloved) O Lord Almighty, blessed is the
man who trusts in you." Psalm 84: 8-13

When you find yourself in the Desert

Acknowledge your need to have God identify any areas that may be minimizing
your thirst for spiritual renewal, and personal spiritual revival.

"For My people have committed two evils: they have forsaken Me, the Fountain of
living waters, and they have hewn for themselves cisterns, broken cisterns which
cannot hold water." Jeremiah 2:13 Amplified Bible (AMP)

Only Jesus Christ can fill the spirit of a person who believes in Him, and opens
their life to His Lordship.

"Now on the final and most important day of the Feast, Jesus stood, and He cried
in a loud voice, If any man is thirsty, let him come to Me and drink! He who
believes in Me [who cleaves to and trusts in and relies on Me] as the Scripture has
said, From his innermost being shall flow [continuously] springs and rivers of
living water." John 7:37-38

Begin praising God for your desert and begin to rediscover a renewed dependency
upon Him.

"In everything give thanks: for this is the will of God in Christ Jesus concerning
you." 1 Thessalonians 5:18

Recognize that depending upon God for all things brings glory to Him, and
depens your faith.
"But my God shall supply all your need according to his riches in glory by Christ
Jesus." Philippians 4:19

Your desert pilgrimage just may be the best thing that ever happened to you. The
brokenness that can be healed as you open your heart to God, will be replaced with
His peace, joy and love.

“You will make known to me the path of life; In Your presence is fullness of joy; In
Your right hand there are pleasures forever.” Psalm 16:11
Pathway Principles:

1. The backside of the desert is a place spiritually, where isolation, limited inner resources, and spiritual dryness become a way of life. Identify a time in your life when you found yourself in the backside of the desert.
   
   • What brought that about?
   
   • What did you learn there?
   
   • What led to your coming out of that time of your life?

2. What was the biggest issue that David struggled with in this desert experience?

3. When spiritual dryness accompanies life in the backside of the desert, what is it that God wants most from us?

4. Write a prayer to our Heavenly Father seeking for Him to restore spiritual refreshment and vitality into your relationship with Him:

   Daily Meditation Scripture:

   “As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food.”

   2 My soul thirsts for God, for the living God. When can I go and meet with God?
   3 My tears have been my food”
day and night,
while people say to me all day long,
   “Where is your God?”
4 These things I remember
   as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
   with shouts of joy and praise
   among the festive throng.

5 Why, my soul, are you downcast?
   Why so disturbed within me?
   Put your hope in God,
   for I will yet praise him,
my Savior and my God.” Psalm 42:1-5
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Chapter 3

Getting back on your feet after Failure

One of life’s most challenging disciplines has to do with how we handle failure in our lives. Not succeeding in one’s aspirations, endeavors or achievements, is certainly impactful as to how we view ourselves, what we understand to be God’s will for our lives, and how we use our abilities to fulfill that calling. It does take courage to attempt again, that which we have failed to accomplish in the past.

However, there is a deeper issue of failure that threads throughout the tapestry of this writing:

*The failure to make the right decision in the hour of testing, and thereby falling short of glorifying God in a situation where we could have done so, but chose not to. It is there, in that moment, that we missed Critical Lessons within the Crucible of Failure.*

The origin of the word **Crucible** comes from the Latin word, *Crucibulum*, and it dates back to the 1500’s, to identify the hollow area at the bottom of a metallurgical furnace where solid unrefined metals were melted into a molten liquefied mass. It was in the 17th century, one of the most violent periods of history, where there was great and terrible suffering, that the word “**Crucible,**” was used to describe a time of severe and catastrophic testing or trial. The Crucible of Failure, in this context, is seen to be God’s refining process within us; a testing time where He uses our times of falling short of glorifying Him in a specific situation, as a means for us to learn critical lessons, and thereby deepen our commitment to Him.

**Struggling in Silence**

Over the years, I have regretfully discovered that some of my friends were often burdened with sensitive issues that I too was grappling with, but we all kind of hid behind our own masks of self-protection. It would have been so good to openly share with one another that we needed support and help to make it through a difficult time of personal failure. Instead, we struggled alone.
It isn't easy to be vulnerable to others. We discover in life, that it is far easier to speak about transparency in a relationship than it is to live it, especially when we know what we are capable of, and fail to example it in our lives.

I am convinced that most people are truly sincere as they seek to live out their faith each day, but in the hour of testing, many can find themselves falling short, failing miserably, and missing the mark.

**The Reality of Failure**

Failure in life is an inevitable reality. As a child, we learn how to walk, only after we have incalculable experiences of falling down. The more a child discovers the freedom of walking and then running, he gradually learns how to minimize the pitfalls that can often cause him to stumble. In our spiritual pilgrimage, no one wakes up and greets the morning with, “How can I totally make a wreck my life today?” We don’t start our day with a strategy to find new ways to trip and fall flat on our faces.

When we stumble and fall, we must find the courage to get back up and hopefully learn from the experience so as not to repeat it. World War II General George Patton was well known for his blunt, no nonsense, advice. In relation to failure, he once wrote, “I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom.”

**The Ripple Effect of Failure**

We never fail in life without touching the lives of other people. One of the consequences of personal failure is that it has a ripple effect that impacts others, especially those who are closest to you.

Failure doesn't come without cost, suffering does not come without pain, and with every wound there will always be the inevitable print of a jagged scar. The following quote is said to have been found in one of Gandhi’s faded journals, "Our fingerprints do not fade from the lives that we touch."

When we honestly acknowledge the sad reality that each of us has feet of clay, and our own inevitable Achilles Heel, we are far less apt to judge someone else that has failed. Compassion and humility should lead each of us to reach out to someone caught in the grip of failure, and extend a strengthening hand of friendship and appropriate support. It is so easy to judge...and so hard to forgive.
The enemy of our soul has an arrow tempered and sharpened to find just where our shield is lagging in the midst of the battle, and as an expert marksman, he strategically identifies where we are most vulnerable to fail. Each of us has an Achilles’s Heel, and the enemy discovered it in us long ago.

**The Pathway Back from Failure**

How precious it is that God, even though we so often sin, will provide forgiveness, healing, and relational restoration when He is given all of the pieces. Courage to sustain in the midst of the storm, is not as impressive in the majestic Oak as it see’s the seasons of winter come and go. It is more amazingly displayed in the delicate blossom that reaches forth and opens, even while it is touched by bitter frost on a cold spring morning.

In the Quiet Place, amidst the reality of our own imperfection, there is found the wondrous shadow of Calvary's precious victory.

“For it is God who works in you to will and to act according to his good purpose.” Phil. 2:13

Amidst the ashes of our own human frailty, personal failures and broken dreams can be found the beauty of His faithfulness to continue to work within us, so that He can freely shine through us. That work will continue until He comes to call His Bride to Glory, or until we step into His presence at the end of our journey here.

“Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.” Phil. 1:6

In the Quiet Place, we can gaze into His face, and draw near to His heart only because we are accepted in the Beloved, by virtue of His precious blood which He shed upon that rugged cross for all of our sins. One of God's primary purposes in our lives is to have free access to the hidden places of our true self. Masks don’t work with God.

In the Quiet Place, as we walk with Him along our own personal pathway to knowing Him, we need not be afraid to be open and vulnerable; for it is there that the Throne of Grace is open to us to find mercy in our greatest hour of need.

“Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:16
The Crucible of Failure is where we begin to discover that the way up, is often down. It is where we find that the purifying and refining process of God's work within us, becomes the place where His image, begins to shine through us to reflect Jesus and not ourselves.

**Pathway Principles:**

1. Failure is always difficult to come back from. When we fail, what is the worst thing we can do?

2. What does God want us to do first when we sin?

3. Identify a time in your life when you failed and struggled in your relationship with God because of it. What was the most important lesson you learned from that experience.

4. Write a prayer to your Heavenly Father that resolves an issue of failure in your life either now or from the past. Focus upon thanking Him for His forgiveness.
Daily Meditation Scripture:

“How blessed is he whose transgression is forgiven, 
Whose sin is covered!

2 How blessed is the man to whom the LORD does not impute iniquity, 
And in whose spirit there is no deceit!

3 When I kept silent about my sin, my body wasted away 
Through my-groaning all day long.

4 For day and night Your hand was heavy upon me; 
My vitality was drained away as with the fever heat of summer.

5 I acknowledged my sin to You, 
And my iniquity I did not hide; 
I said, “I will confess my transgressions to the LORD”; 
And You forgave the guilt of my sin.” Psalm 32:1-5 NASB

“You are my hiding place; You preserve me from trouble; You surround me with songs of deliverance.” Psalm 32:7 NASB
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Chapter 4

Healing the Broken Heart in The Quiet Place

The silent burden of a broken heart…we have all experienced it at some time in our lives. It has been said that God can heal a broken heart if we give Him all the pieces. That is certainly true, but the real challenge is to first find all of the pieces, and that is easier said than done. Like shards of a broken glass, the pieces weave themselves deep into our hearts.

The pathway to The Quiet Place is often bathed in the tears of those suffering the hurt of a broken heart. It is one of our life experiences that if unresolved, can ripple on throughout our lives, affecting each significant relationship in the future. If the woundedness within does not experience the healing that is needed to move on, it is very hard to build trust and intimacy with another.

Working Through the Pain of a Broken Heart

There is a period of time, when the hurt within, literally takes away the capacity to breathe without pain. The painful ache touches a precious and vulnerable place often unknown to friends and family, but God knows it is there; an icon from an earlier time in our lives. When hurting is the only thing you can feel for a time, it can be a very lonely place.

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

Those who are the closest may encourage you to get over it, to move on, and let it go, but relational hurt most often heals slowly. The struggle can come from close friendships gone awry, but mostly it is forged and cast within the breakdown of intimate relationships; a significant other that meant enough, that the loss cuts deeply into the marrow of our soul.

“What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil.” Job 3:25-26
The Death of a Dream

We all dread loss. When we focus only upon the things that we count as loses in our lives, we become miserable. When an intimate relationship ends, it is as if a death has taken place, but there is no real shared funeral service to mark it as a place in our past personal history. Relational loss can linger on, and often whispers in the periphery of our minds, with feelings of deep regret, guilt, resentment and sorrow.

It has been said that time heals all wounds, but that isn’t really true. In time, the memory of something painful may dull, but the rasp of its presence upon our consciousness needs only a nudge to awaken its tenacious hold upon our memory. For some, there is the discovery that someone you thought you couldn't live without in your life, becomes someone you wish you had never met.

Only God can Heal a Broken Heart

There are countless ways to numb the pain that is within the human heart, and the world has an innumerable array of temporary remedies that simply do not last and never truly heal the hurt within. Only the God who created us knows the intricate and complex nature of inner woundedness in man. Only He can heal us deep within, when our hearts are broken and we are in deep anguish.

There are many people who suffer through their grief alone, and are unwilling, and resistant to be vulnerable with God, even in the midst of great sorrow. Some blame God for the break-up, feeling that if He loved them He would have prevented the loss.

“\textit{In quietness and trust is your strength, but you would have none of it}” Isaiah 30:15

Opening your Heart to the God who Created you

David was struck with a sense of wonder at the all-knowing depth of God’s insight into the human heart and soul, and wrote in awe the following:

\textit{“You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways.”} Psalm 139:1-3
David put action to that truth, and humbled himself before God to thoroughly search his heart, and reveal to him any unhealthy hurt within.

“Search me O God, and know my heart; Try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.”  
Psalm 139:23-24

The Hebrew word “hurtful” in the NASB version, is more literally translated, “…way of pain…” David requested that God explore his heart to see if there might be any, “way of pain,” within him, perhaps suggesting that even he might not realize the existence of a painful woundedness within.

**The Pathway to Healing a Broken Heart**

When a relationship ends the hurt left behind can be debilitating. Trying to forget someone you love is like trying to remember someone you never knew. One must bring the hurtful burden of that loss to God, in order to find a comfort that only He can provide.

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”  
2 Corinthians 1:2-4

You must first drive a tap into the Maple tree in order to draw out the sweet sap to make Maple syrup. Likewise we must step forth in faith, and personally tap into that comfort, in order to experience His healing and gentle quietness within. Otherwise we may pray unceasingly, yet continue to experience unrelenting grieving, without any relief from the burdensomeness of the sorrow.

**Finding God's Comfort in The Quiet Place**

During a time of great distress, David found a secluded quiet place, and communed with God and penned,

“I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.”  
Psalm 131:2

We have all seen the sweet peace, and contentment that a child often experiences in the tender, nurturing arms of his mother. When you draw near, you can almost hear the infant cooing and purring with satiation and contentment.
If you are struggling with a broken heart, remember that it takes time to heal. Consider the following few suggestions that have proved helpful to those that have also experienced a broken heart:

- Allow yourself time to Mourn the Loss

- Take Responsibility to Care for Yourself

- Work through Unresolved issues of Forgiveness

- Spend Devotional time in The Quiet Place

“He heals the brokenhearted and binds up their wounds.” Psalm147:3

Pathway Principles:

“Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you; (Isa, 41:10) “For I am the Lord your God, who upholds your right hand, Who says to you, ‘Do not fear, I will help you.’” (Isa 41:13) NASB

1. When a love relationship ends, a broken heart is inevitable for at least one of the two people in the relationship. Why is this kind of break-up so life impacting?
2. What definition would you give for a broken heart?

3. Why does the woundedness of a broken heart often last so long in the lives of many individuals?

4. How does the following verse of Scripture apply to the issue of a broken heart?

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

5. Write a prayer to your Heavenly Father that focuses upon His Attribute of Love, and how that alone restores a broken heart with healing.

Daily Meditation Scripture:

“The LORD is my shepherd,
I shall not want.
2 He makes me lie down in green pastures;
He leads me beside quiet waters.
3 He restores my soul;
He guides me in the paths of righteousness
For His name’s sake.
4 Even though I walk through the valley of the shadow of death,
I fear no evil, for You are with me;
Your rod and Your staff, they comfort me.
5 You prepare a table before me in the presence of my enemies;
You have anointed my head with oil;
My cup overflows.
6 Surely goodness and lovingkindness will follow me all the days of my life,
And I will dwell in the house of the LORD forever.” Psalm 23
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Chapter 5

The Painful Reality of Death in The Quiet Place

The death of a loved one, is one of the most painful experiences that you will go through in this lifetime. While it is true that death is inevitable, it remains the unspoken topic amongst family and friends. There is a reason for this. It is awkward and scary to speak about the reality of death within the family, because it most often makes family members feel uncomfortable. Death could touch our life, or the lives of those that we hold dear, at any time, and it is terrifying, and overwhelming. The very thought of it grips our hearts so painfully that we almost gasp at the possibly that it could happen to any of us, at any time.

“Unto God, the Lord belong the issues of death” Psalm 68:20

While the Bible is primarily a book about life, it also tells us how to discover the key to experience Everlasting Life, and it passionately teaches us how to enjoy an abundant life here on earth. To address this most important issue in life, the aged Apostle John wrote:

“For God so loved the world that He gave His only begotten Son, that whosoever believes in Him should not perish, but have everlasting life.” John 3:16.

The Bible conversely then is not primarily a book about death, yet it treats the subject of death throughout because death is part of the cycle of life in God’s plan for mankind.

All of us are going to die. Some will grow old and die; some will die at an earlier age. Over our lifetime we will all slowly fade like flowers, and wither like grass (Psalm 103:15). We all will experience aging, illness, and a vicissitude of diverse health related frailties throughout our lifetimes. Although we can be thankful for the wonders of modern medicine, and for the intricate skills of dedicated doctors, the fact still remains that death will eventually come to all of us. At death, the body will return to the dust of the earth, and the soul will be carried immediately either into the presence of Christ (for those who die in Christ), or, it will enter into a place called “Hades” (for those who die in their sins still separated from God).
The Importance of a Personal Faith in God

The Bible teaches vividly that those who are saved, will at death go to be with Christ, in a state of conscious bliss, and are immediately in fellowship with Christ. These are they who have embraced Christ as their Savior, having accepted the atoning sacrifice of His shed Blood on the cross (II Peter 1:18-19), for the forgiveness of their sins (Ephesians 1:6-7).

The Apostle Paul declared that "to be absent from the body" is to be “present with the Lord” (II Corinthians 5:8). And later, he says that “to depart and be with Christ, which is far better Philippians 1:23).

Paul longed to be with Christ, and desired to depart out of this world. The interval between death, and the resurrection, is a state of absence from the body, during which time the soul is disembodied, and exists in a separate state; not in a state of inactivity and sleep, for that would not be desirable. The soul is filled with joy and peace, enjoying the presence of God, and praising Him. The soul waits eagerly for the resurrection of the body, when both body and soul will be united together again. After that, there will be no more absence, neither from the body, nor from the Lord:

“….and to be present with the Lord.”

This was promised to Christ in the Everlasting Covenant, that all of His spiritual seed and offspring would one day be with Him. This He expected; it was this joy which was set before Him, that carried Him through His sufferings and death, with so much steadfastness and perseverance. This is the fruition of His prayers and His intercession, and what all of His preparations in Heaven led to. It is this powerful glorious truth which supports and comforts the saints under all their sorrows here on earth. It makes them meet death with hope, which would otherwise be filled with dread, and burdensome. It is the promise of glory unspeakable that makes us desirous to depart from this life, so that we can to be with Christ, which is far better.

The Comforting Words of Christ

In a time when His disciples were weary, struggling with doubt, and uncertain, as to what lie ahead for all of them, Jesus said: "Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions, if it were not so, I would have told you. I go to prepare a place for you. And if I go and
prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also" (John 14:1-3).

Where is Jesus right now?

He is with the Heavenly Father in Heaven. (Hebrews 10:12; 12:2; Colossians 3:1; I Peter 3:22) Where He is **right now**, is where each believer in Him is **right now**. Not hindered from going to Heaven because we grieve for them too much here, or that we cannot let go. Not trapped here because we have not prayed for the dead enough, not wandering the earth needing to figure out some lost step, or unresolved problem, which must be solved before they are free to go to Heaven. If **they are His**, they are **with Him**. They are not stuck here, but rather they are wondrously at peace there. Jesus is Love, Jesus is Peace, Jesus is Joy, and so are the emotions and deepest expressions of those who have gone to be with Him.

"So here is what we can always be certain about. As long as we are at home in our bodies, we are away from the Lord. We live by believing, not by seeing. We are certain about that. We would rather be away from our bodies and at home with the Lord. So we try our best to please him. We want to please him whether we are at home in our bodies or away from them."(2 Corinthians 5:6-9)

When the spirit of a Christian leaves his body it goes immediately into the presence of the Lord Jesus Christ. "**For we know that if our earthly house** (our physical body) **passes away, we have a dwelling place for our soul from God**, a **dwelling place not made with hands**, (like a house is made) **but is eternal in Heaven. For in this we groan, earnestly desiring to be clothed with our habitation which is from heaven**" To pass away and immediately leave one’s body, causes the human soul to move from the body we were born with, and pass that very second, into the presence of God.

“O death, where is thy sting? O grave where is thy victory?”(I Corinthians 15:53)

It is somewhat like leaving one room, and walking into another room. In this sense we pass through the door to be with God in Heaven, but are unable to pass back through to the physical temporal world here on earth. God places an inestimable value upon the moment of our homecoming to Heaven.

“**Precious in the sight of the LORD is the death of His saints.**” (Psalm 116:15)
The Challenge of Aging and Illness

When the Bible speaks of how we as human beings experience our lives in a physical body, it expresses that we who are in this body do groan, (aging, feeling unwell, and struggling with the physical trials of this life) being burdened, and desiring that one day our mortal physical bodies will pass on into the presence of God, so that we will feel no more pain, no more sorrow, and shed no more tears.

“He will swallow up death in victory: and the Lord God will wipe away tears from off their faces.” (Isaiah 25:8)

Once we become converted to Christ, God has given us the Spirit to live within us while we live in these physical bodies, as a guarantee, that one day, we will be free from this life to live forever with Him in Heaven, and also with our loved ones, who have gone on before us. (II Corinthians 5:17-21).

For the Christian who has walked with God for many years, death is more often faced with a sense of anticipation. He can look at death like a prisoner, awaiting release from prison; like a schoolchild, when the end of the term is near; like a migrant bird, ready to fly south; and like a person in the hospital, ready to go home.

More often the senior believers amongst us, begin to think more of the wonder of Heaven that awaits them, as they recognize their time is near. There will finally be a release from the pain and suffering in their aged bodies, and they long to be set free to be with Christ. To be a Christian at the sunset of one’s life, more often sheds a different perspective about death than one who has just began to live their lives.

What Happens to the Soul when we die?

Some teach that the soul sleeps after one passes away, but you will not find this taught in Scripture. You will find that Jesus says that it is the physical body is sleeping when we die.

"He said to them, "Make room, for the girl is not dead, but sleeping.' And they ridiculed Him." (Matthew 9:24) "These things He said, and after that He said to them, 'Our friend Lazarus sleeps, but I go that I may wake him up.' Then His disciples said, 'Lord, if he sleeps he will get well.' However, Jesus spoke of his death, but they thought that He was speaking about taking rest in sleep. Then Jesus said to them plainly, 'Lazarus is dead.'" (John 11:11-14)
This means that his soul was not in his body at that moment because he had died. The miracle was not waking Lazarus up from a deep sleep, but in calling his soul to reside back into his dead body. This was a miracle that proved that He was the Messiah. Only the Messiah could raise someone from the dead according to Old Testament prophetic teachings. (Luke 7:21-23)

Saint Paul made it clear that our spirit leaves our body at the moment of death, and immediately goes to be with the Lord. However, our bodies are in a state of sleeping (or in a state of waiting, not indwelt by the human soul after death, until they are resurrected).

"But I do not want you to be ignorant, brethren, concerning those who have fallen asleep (or who have passed away before us), lest you sorrow as others who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus." (1 Thessalonians 4:12-13)

The Greek word here used for sleep (death of the body) is not the same Greek word that is used for a person who is sleeping as we all do at the close of every day.

"For this we say to you by the Word of the Lord, that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep. For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ (the physical bodies of those who have died previously), will rise first. Then we who are alive and still living in our physical bodies, shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. Therefore comfort one another with these words." (1 Thessalonians 4:14-18)

Those who have died already are in Heaven with the Lord. When Christ returns with them, He will take the bodies of these people, and resurrect their physical bodies into a glorious resurrected body, and He will put their spirit, back into this glorious resurrected body! This body will be like Christ's resurrected body. Then those who are alive on earth at this time, will be given a glorious body a split second after those who have returned with Christ get their new resurrected bodies.

"But now Christ is risen from the dead, and has become the First-fruits of those who have fallen asleep. For since by man came death, by Man also came the resurrection of the dead. For as in Adam all die, even so in Christ all shall be made alive. But each one in his own order: Christ the First-fruits, afterward those who are Christ's at His coming." (1 Corinthians 15:20-23)
The Human Body after Death

What if a Christian died and their body has been burned up? What if they died at sea and their body is lost? What if their body is totally destroyed and there is nothing left of them?

Do you think anything is too hard for the Lord? He made us from the dust of the earth to begin with, so if He has to start all over again, that would not be hard for Him! The Apostle Paul wrote, under the inspiration of the Holy Spirit:

"But someone will say, 'How are the dead raised up? And with what body do they come?' Foolish one, what you sow is not made alive unless it dies. And what you sow, you do not sow that body that shall be, but mere grain-perhaps wheat or some other grain. But God gives it a body as He pleases, and to each seed its own body" (1 Corinthians 15:35-38).

"Jesus said, 'I am the resurrection and the life. He who believes in Me, though he may die, yet he shall live. And whoever lives and believes in Me shall never die. Do you believe this?" (John 11:25-26)

If we have repented of our sins and believe in Jesus, we have eternal life which starts now.

"He who believes in the Son of God has the witness in himself; he who does not believe God has made Him a liar, because he has not believed the testimony that God has given His Son. And this is the testimony: that God has given us eternal life, and this life is in His Son. He who has the Son has life; he who does not have the Son of God does not have life. These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue to believe in the name of the Son of God." (1 John 5:10-13)

The Strong Desire to be with God in Heaven

We might also want to leave this life and be with the Lord, but He needs us here to finish the ministry of reaching out to others, and showing them the way to find peace with God, by accepting Jesus Christ as their Lord and Savior.

Jesus told the one thief on the cross when he was about to die, "Assuredly, I say to you, today you will be with Me in Paradise." (Luke 23:43) This was after the thief had seen his need of salvation and had asked for help from Jesus. He had said, "Lord, remember me when You come into Your Kingdom." What a simple prayer,
he just admitted he was a sinner in need of salvation. He asked Jesus to remember him. Now he is in Heaven with the Lord, the very day he died physically his spirit was sent to Paradise.

“Blessed are the dead who die in the Lord from now on! says the Spirit, “so that they may rest from their labors, for their deeds follow with them.” Revelation 14:13

**Where will you go when you die?**

When speaking about Heaven and how to get there, Jesus told doubting Thomas this:

"Jesus said to him, 'I am the Way, the Truth, and the Life. No one comes to the Father except through Me.'" (John 14:6)

If you have doubts, and are not certain, about where you will go when you die, pause right now, where you are, and pray this simple prayer of faith:

"Heavenly Father, I know I am a sinner in need of salvation. I want to go to Heaven when I die, Father, please save me. I believe that Jesus Christ is your Son, born of the Blessed Virgin Mary. I believe that He died on the cross for my sins, and that He was resurrected again the third day. Father, I repent of my sins, and I invite Jesus Christ to come into my life, by Your Holy Spirit, and make me a child of God. Lord, I give my life unreservedly to you. Thank you Heavenly Father, in Jesus name amen."

**It is Painful to Lose Someone that we Love**

Our hearts do grieve, and we deeply feel the bittersweet loss of a loved one when they die. This sorrow is also tinged with the peace of God, knowing that they are with Jesus in Heaven. When know that we ourselves one day, will approach the borders of death, and we are mindful of the fact that those we leave behind will be lonely, and will grieve at our passing.

The knowledge that we are leaving behind loved ones, and friends, will be painful. We grieve for the sadness, and loss, that they will experience at our passing. In The Quiet Place, our focus will be turned Heavenward…where Jesus Christ will await us, at the moment of our death, with arms wide open.
The Quiet Place has an Eternal Perspective

Sadly, many people today do not care to know God, and have not accepted Jesus Christ as their Lord and Savior, so they do not have an eternal perspective on life. Many speak lightly and casually about death and eternity. Perhaps they have such an attitude to hide some of their deep feelings of fear, and uncertainty, that they have concerning their own death.

Those who are genuinely committed to serving Christ, can truly enjoy life today, even amidst the trials and storms of life, because death is not a constant dread. We think about it. It brings sadness to our hearts, but we are not terrified of it. Deep down within our heart, we know that “to die is gain.” For the Christian, it means, “to depart and to be with Christ which is far better.”

From the Quiet Place to our Heavenly Place

Medical science can help people die a relatively painless death, but only the Christian message of hope through Jesus Christ can help us die in victory, with a heart filled with God's peace. None of us know the hour, the exact place or the specific way in which our life will end. The uncertainty of life and the certainty of death, should cause us to make a daily commitment to follow the Lord more devotedly. It should also create within us, the burden that flows from His heart, to our heart, that others must know God’s gracious and merciful plan of Salvation, found only through faith in His Son, Jesus Christ.

As we live our lives here, we are His voice, we are His hands, and we are His feet; God wants to genuinely lead each of us to people who are hurting, lonely, hungry, and thirsty, and who are desperately lost, and need to discover how to begin an intimate relationship with God through faith in Jesus Christ.

There is a test as to whether your mission on earth here is finished: if you are alive, your mission on earth is not finished.

“In the ages to come, Christ Jesus will show the exceeding riches of His grace in His kindness toward us. Even the hard times which we face in this life are products of the kindness of God.” (Ephesians 2:7)
Pathway Principles:

1. The loss of a loved one creates a grieving process that is unavoidable. Why is it that grieving is the natural response to death in the family?

2. What can happen if the grieving process is disacknowledged and pushed aside in a person’s life?

3. In your lifetime, what has been the hardest grief for you to get through, and why?

4. The Bible has a certain perspective on death and the afterlife that centers solely on the issue of having Jesus Christ as one’s own personal Savior. Do you share this belief and if so why?

5. Write a prayer to your Heavenly Father, expressing your thoughts and feelings about this issue.

Daily Meditation Scripture:

“My soul weeps because of grief; strengthen me according to Your Word.” Psalm 119:28

“Surely our griefs He Himself bore, and our sorrows He carried.” Isaiah 53:4

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.” II Cor. 1:3-4
The Quiet Place

Chapter 6

Breaking Free from the Shadow of Depression

The man sitting across from me appeared to be well adjusted, successful and good natured. Underneath the calm exterior, I later discovered, was a sea of profound depression and unresolved grief. From early childhood, he had lived in a place he called Shadowland, where everything was gray, and the sun was enshrouded in dark clouds. His parents had always chided him to smile, cheer up, lose the long face, and at least pretend to be having a good time.

He discovered that he could pretend to be happy. When he acted out as a clown, people liked that, and laughed at his comedic ways. As the years unfolded, he discovered many ways to shield himself from appearing to be depressed. He had masks for every occasion, read joke books constantly to update his banter, and climbed the ladder of success. His wife and children were somewhat oblivious to this other side of the man, and so was everyone else.

He had recently received a promotion at work, with a generous bonus incentive, and was inundated with kudos from his team. Later that evening, he celebrated lavishly with family and friends. The next day, instead of driving to work, he drove instead to a favorite place along the Pacific coast.

He carefully climbed a trail to the top of a rugged cliff face, and gazed out at the vast expanse of an indigo blue sea. The horizon was banked in dark brooding clouds, suggesting that a storm was headed inland.

“I stood on the edge of that cliff, and slipped off my tie and coat. I was about to end my life, and for some strange reason, it seemed important not to jump while dressed in a $1200.00 suit and a $250.00 tie. Ridiculous.”

The man did not jump that day. Instead, he began a journey that led to a process of healing from a lifetime of depression. Several months later, having embraced faith in Jesus Christ, and establishing his own Quiet Place he smiled and said,

“I am beginning to rebuild years of negative thinking about myself.” He looked out the window of my office and continued, “Renewing my mind daily with the
Scriptures, and the inner peace that has come with my new found faith, has broken the cycle of depression. I have a ways to go, but deep inside, I am free.”

Renewing the Mind in The Quiet Place

As we open the Word of God in The Quiet Place our hearts are touched by His Spirit. He gives us His peace, and invites us to lay the burden of despair at His feet.

“I pour out before Him my complaint; before Him I tell my trouble. When my spirit grows faint within me, it is you who watch over my way. I have no refuge; no one cares for my life.” Psalm 142:2-3

In the book of Romans, the Apostle Paul outlines our part in transforming our thinking, and shows us that it is a process rather than a singular act of faith and obedience.

Aligning our will with God’s Will

“Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.” Romans 12:1

Paul urges each of us to yield ourselves to God unreservedly and unconditionally, and ties it to an act of worship on our part. Our submission is directly linked to our need to bow the knee to God’s Sovereignty.

Acknowledging His Lordship in our Lives

With the submission of our will to His purposes, we are given insight into how to obey God and glorify Him, if we are committed to knowing and following His Will for our lives. The building blocks and mortar of God’s Will, are always found in the bedrock of God’s Word.

He has broken the chains that had enslaved us, and has set us free. We can change....The key is in our attitudes. He will never lead us in a direction that is contrary to the Scriptures.

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.” Romans 12:2
Changing Habitual Thought Patterns

It is crucial, in recovering from depression, to work faithfully on the process of monitoring and changing, negative self-defeating thought patterns. These are beliefs one can develop about life that sabotage one’s capacity to become a purpose oriented, fulfilled, and mentally healthy individual.

Renewing: ἀνακαίνωσις - a renovation, and a complete change: "To cause to grow up, new, to make new; new strength and vigor is given to one; to be changed into a new kind of life as opposed to the former corrupt state." Young's Literal Translation

The Impact of Negative Thinking

Suffering through hardship, and physical pain, make it especially difficult to grapple with hopeless, depressed and pessimistic thinking. It is so painfully difficult to shift your mind to a positive optimistic outlook when your body is wracked by pain and suffering.

The very nature of pain is that it is always more intense than pleasure. A person in continual pain, experiences it morning, noon, and throughout the long lonely night.

Renewing the Mind takes Initiative

Taking the initiative to monitor and manage one’s thinking is not an easy or natural motivation for a person struggling with depression to do on his own. A counselor may be needed to help structure a process to accomplish this.

It is important to keep in mind that arresting wrong thinking, and shifting the focus to thinking that is based upon God’s Word and His promises, may not change the level of a sufferer’s physical pain. Over time however, heathy thinking has a way of impacting the healing process of the body too. The important thing to discover and embrace is that God is very near in the midst of the pain, and that a sweet fellowship with Christ is not only possible, it is real.

“Peace does not dwell in outward things, but within the soul; we may preserve it in the midst of bitterest pain, if our will remains firm and submissive. Peace in this life springs from acquiescence to, not in exemption from, suffering.”

Francois Fenelon
God’s Word illuminates the pathway that we are facing in the midst of trials, hardship and suffering, to reveal to us how to respond Biblically to it.

The choices before us are not easy today. They seem grayer than ever, and in a survival mindset, it always seems logical to take the easier path.

“But the path of the righteous is like the light of dawn that shines brighter and brighter until the perfect day.” Proverbs 4:18

The Pathway of Healing leads to The Quiet Place

As you work through a time of depression that you might be going through right now, remember that it is a step by step, day by day process. Breaking Free from depression takes time, but be vigilant and remember that the pathway to healing leads to The Quiet Place.

The Amazing Grace which gives us a new life in Jesus Christ, came with an incredible cost. His life in exchange for yours and mine…it is truly a gift from God. He paid a price that He did not owe, so we could have a gift that we could not buy.

“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.” Ephesians 2:8-9

“…Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures.” 1 Corinthians 15:3-4

“For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect.” 1 Peter 1:18-20
Pathway Principles:

1. Why does depression take such a strong hold on a person’s life that can sometimes last for many years?

2. Reflect on a time when you went through a period of depression. What was it that helped you break free from being stuck there?

3. Medications for depression are appropriate when it is medically indicated that medication is a necessary part of the healing process. Why is it important to see that as the only initiative in dealing with depression?

4. Struggling with depression need not be seen as that which limits a person’s creativity and ability to use their gifts to help others. In what ways can depression actually initiate tapping into personal resources that one would not normally access?

5. What Bible Characters have demonstrated that they themselves likely had struggled with periods of depression?

6. Write a prayer to your Heavenly Father that delves into the aspect of depression in your own life and ways that you would desire Him to help you with?

Daily Meditation Scriptures:

“God is our refuge and strength, a very present help in trouble. 
2 Therefore we will not fear, though the earth should change 
And though the mountains slip into the heart of the-sea; 
3 Though its waters roar and foam, 
Though the mountains quake at its swelling pride.” Psalm 46:1-3

“Casting all your anxiety on Him, because He cares for you.” I Peter 5:7
Epilogue

There is the idea in life that “Somewhere Over the Rainbow,” there is a paradise that is the antithesis of the profound emptiness of sorrow, grief, and depression. Some live their lives “Somewhere Under the Rainbow,” and cannot find the pathway that will lead out of a painful Shadowland. The following is a reflective glimpse of what it is like to be someone who lives in the shadow of depression.

Somewhere Under the Rainbow

I once found myself aware of raindrops on the window pane.

There was a time I only saw the sun, and did not see the rain.

Rainbow tears upon my face, from eyes that fade to gray;
the colors of the world I see in shadows more each day.

When did this darkness cloak my life, I truly do not know?

Is there a pathway out from Somewhere Under the Rainbow?

There was a time my eyes could see the sunbeams through the trees,
and smell the fragrance of the dawn, in days when I was free.

The who I was, became the one I lost...a little more each day,
'tis the sun I hide away from now, in corners now I lay.

My prayers are whispers I cannot speak, why.... I do not know....

will I now always live my life, Somewhere Under the Rainbow?

I touched the edge of Heaven once and heard the angels sing.
I am a stranger to myself, no ledge on which to cling,
When was the last time I saw something grow,
*Somewhere Under the Rainbow?*

How is it that a lullaby dream, I dared to dream one day,
was only a song and not a prayer, of come whatever may?
My troubles didn't melt like lemon drops but are cast with feet of clay;
The skies that are *Somewhere Under the Rainbow*, are stormy, cold and gray.

I was diagnosed with depression, and prescribed an SSRI,
it was supposed to make me smile, but still inside I cry;
A broken shattered rainbow dream, no pill can ever heal;
why is it that they who know me best, cannot see that my pain is real?

*Some where along the way of life, I lost the me I was to be,*
*The Lion and the Tin Man and the Scarecrow, they only frightened me.*
I was lost in shadow, and played the role of come whatever may,
there were no fields of poppies, or ruby slippers to show me the way.

*Then Jesus found me bruised and lost, down a cobbled yellow brick road*
*I learned that there is really no way that I could carry life's load.*
He said, "Take my yoke upon you, it is soul rest that you need."

"My Yoke is easy and my burden is light, all you need to do is receive.

He bore the burden of my soul, and carried it to Calvary;

Only He could free my heart from its pain and misery.

The weight of life, lost dreams and hurt, it lifted from within.

I shed each mask I’d learned to wear, and each role I'd found safety in.

I am now His and He is mine, forever it will be.

The rainbow is in my heart today and His I'll ever be.

Somewhere Over the Rainbow, I am not meant to Fly.

Let Bluebirds dance amidst the clouds, I shall not question why.

To bring His light to Shadowland, that is my ministry,

to find the lonely pilgrims, lost and seeking lullaby dreams.

Sometimes we live for a time in Shadowland, so that we can become trail guides, to show those who dwell there, that there is a way out from Somewhere Under the Rainbow.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30

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