~PART ONE~

Calling on the Triple GGG
to Heal a Broken or Wounded Heart
God the Father, God the Son, and God the Holy Spirit

Many people will make sure to pay for an AAA (American Automobile Association) travel club membership before embarking on a road trip. It makes sense to have help available when car trouble threatens to ruin our travel plans. Perhaps the engine may breakdown, and we would need a tow. Following our road trip theme, this chapter is about having a broken or wounded heart that needs a tow by the Triple GGG. Getting stuck this way can happen to anyone.

Many Christians have gotten stuck in their journey with God, and then wondered why his or her heart has grown cold. That is because, more often than not, we are blind to the root cause of our trouble. Staying stuck is spiritually unhealthy and creates opportunities for Satan to influence our thinking. Since having the mind of Christ is our goal, we must recenter our minds and hearts, always looking to God for His answer.

People are made for relationships. Every aspect of our lives revolves around relationships. This is because God designed us to have our needs met through relationships with people, and a relationship with Him. There is no other way to be fulfilled, affirmed, find significance, be respected, or to be loved. Having our primary needs met is the only way we can thrive in this life. In a healthy relationship, each person's needs are being met—this is how we were created. Of course, the healthier our relationships, the more rewarding they will be.

We all suffer heartbreak and brokenness, but some people have experienced life-altering trauma and suffer from devastating heart wounds. God wants to heal and restore you from the wounds you carry. Allow God to deliver you from unmet expectations, rejection, extreme offenses, the weight of guilt, and the isolating walls you have built, all of which create dysfunction in our relationships. When our human relationships suffer, we suffer.

When it comes to our broken relationships, we only have a limited viewpoint. We can't know all of the dynamics involved in the dysfunction because we are too close to our troubles. Moreover, it is impossible to understand all of the nuances of another person's perspective, much less be objective about them.

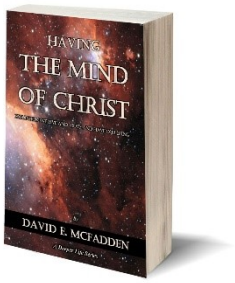
Having the mind of Christ means that we choose to zoom out to see God's broader picture—what does God see, and what does He say about our broken relationship? If we don't go to God, we will continue to operate with tunnel vision. In our short-sightedness, we tend to build more walls to protect our heart from more pain, which further threatens our relationships. Our efforts to self-protect naturally evolve into self-centeredness, which is a relationship killer.

We must also remember that from our narrow viewpoint, we will invariably petition God to change the other person. However, by choosing to seek God's perspective, He meets us in our quest—we experience His love that draws us out of our self-focus. This is

the place where His love brings peace to our storm. The truth is that God wants to bring healing to us as we surrender our pain to Him. In other words, God will use our troubles to bring healing and to produce Christ-likeness in us whether the other person changes or not.

A broken and wounded heart is a significant hindrance to having and enjoying a vibrant relationship with God, as well as our desire to thrive in our horizontal relationships. Therefore, our thoughts and feelings about God, and the role He plays in the midst of our troubles, are the primary focus of this chapter.

Information and Revelation
Application and Transformation

Heavenly Father, thank You for Your Word says that You desire that I prosper and be in good health—I receive Your Word for me. I just learned about Your desire to heal me and set me free from the heart wounds of my past. LORD, I believe Your Word when it says that Jesus came to redeem me and to restore me through His precious blood that He shed on the cross for me. I now receive Your provision for my healing in Jesus' name. LORD, I apply the blood of Jesus to my mind. I ask You to heal my emotions that have been imprinted with offenses, trauma, and distresses from my past, as well as the associated memories that threaten to destroy my future. I ask You to heal my heart of the sinful conditions that separate me from You and obstruct the healthy relationships You want me to have. LORD, I ask You to restore me to a sound mind by renewing it as I read and meditate on Your Word—change me from the inside out, as only You can do. LORD, I ask You to reveal the treasures of wisdom and knowledge that You have reserved for me in Your love letter, written to me so that I can have the mind of Christ. I ask this in Jesus' name. Amen.

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Excepted from *'Having the Mind of Christ'*