

“My Healing Heart” – a poem by J.B.
written in response to Healing Hearts’ study, “The Hem of His Garment”

When I came here ten weeks ago,
My heart was completely shattered
Until that time there were very few
Who made me feel like it even
mattered

Of course I had Christ Jesus
Who was tenderly carrying me through
But He knew I needed
these women here
That would pray and love me too

They were the ones God chose for me
Right from the very start—
He knew I needed all three of them
To help Him mend my heart

As we’ve studied God’s Word together
And allowed it to sink in deep
He’s given me laughs
I didn’t know I needed
And friends to hear me weep

In the beginning we learned of Sue
Whose journey was not easy
Then we learned we’d share ours too
Hearing that made my stomach queasy

For most of the people
I had shared it with
Quickly walked or ran away
I wondered what these women
would do
When they heard what I had to say

My marriage has been devastated
By addictions out of control
Satan has claimed victory
20 years he surely stole

My husband broke his wedding vows
And he’s lied and lied again
How could a good Christian man
Be caught up in so much sin?

As his wife, I had strived to be
Close to perfect in every way
But alcohol had a grip on him
And temptations led him astray

The locusts have eaten so very much,
How can it be restored?
There’s just one way I know of...
It can only come from the Lord

That is why He brought me here
He’s got good plans for my life
There is greater value of being His
And not just in being a wife

So we continued in the chapters
We reflected on Truth and sin
We took a journey through His steps
To see where Jesus has been

He was betrayed and abandoned
He was denied and completely rejected
His pain was more than we can know
Though in His death we are perfected

I had been focusing on my husband
And the pain from being betrayed
That I failed to see Jesus understands!
And on the cross He surely paid

He paid for my husband’s sin
And He paid for all of mine too
Forgiveness happened on that cross
Because His love for us is true

We are called to forgive others
Not only just seven times
But seven-ty times seven
No matter what their crime

After the chapter on forgiveness
A difficult section unfolded next
It was God’s design for intimacy
And why He created sex

Our Father in heaven wanted
Sexual intimacy for our good
But this world has distorted it
Just like He knew it would

Sex has become perverted
Moving outside of the marriage bed
And this is when Satan creeps in
And causes so much dread

Because of this my heart has been
Broken beyond what I could bear
But then these women came into my life
And they have helped my God repair

My heart has started to heal
Maybe it will be better than ever before
For God promises in His good Word
To mend and to restore



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So here we are at the end of this study
And what have I to show?
It’s too soon to trust my husband
But I can trust Jesus as I grow

I have learned to take thoughts captive
To be filtered through His light
Then I receive them back from Him
As He shows me what is right

I have learned that I am stubborn
That I have wanted to keep control
But it is in my very weakness
That my Savior can shape my soul

I have been crucified with Christ;
And it is no longer I who live
But Christ who lives within me
It is to Him my life I give

He will mold me and will make me
Into who He wants me to be
Even though He’s had to use hard times
To open my eyes and see

His mercy is everlasting
He is sufficient in all His grace
He can make beauty from our ashes
Maybe that’s why He brought me
to this place

So instead of continuing to grieve about
The great pain in my sad story
I will choose to take the victory back
And use it all
for God’s great glory

