

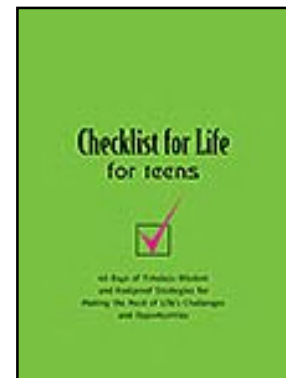
## Handling Breakups, “The Ex-Files”

To begin, “Breaking-up is Hard to Do” – was a saying pulled from a song in my youth. But breaking-up – or ending a romantic relationship – may not be necessarily hard for the person doing the breaking...as it is for the person being broken. **Usually one (person) is doing most of the breaking and the other is reacting to the bad news.** And it may seem difficult when you’re romantically involved but, standby, it seems impossible after years of marriage.

Whether knowing the person for a few months or many years, breaking-up can be devastating. As my second oldest boy (Ben) once said, “you broke my heart”; breaking-up sometimes includes brokenness (of the heart) and damage to our emotions and senses. The *human condition* desires to be loved and to love; it is a natural desire...even need.

In the ordeal of some romantic or relational break-up is opportunity (yes, I said “opportunity”). Consider (and believe):

- Rejection or romantic denial is not a reflection on your character; just because another person has decided to end the relationship is no reason to believe that you do not have value or worth. **As hard as it may be to understand – or accept – another person does not determine your worth.**
- The reason(s) for break-up may not be clear (to you) – or may not be clear to either of you. Remember that people (all people) are fallible and will act or respond in irrational ways where emotions (to include fear) supercede reason or clear-thinking. Such causes for relationship failures or problems are often true in teen romance – and in some degree – continue into adult relationships as well.
- Don’t try to deny or suppress your feelings – and don’t believe that you can just conveniently forget about the person or relationship. A healthy view and remembrance is to try to consider the positive aspects and experiences of the relationship without lasting anger or bitterness...
- Don’t fall into the trap of a *rebound relationship* – as this will merely *gloss-over* the heart’s condition – without any real recovery or respite. The result of a broken relationship needs time and healing; allow it to happen for your good and benefit.



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### Homework:

Please try to do these:

- Give your heart to God to repair
- Trust God with your heart in the future
- Realize that recovering will take time
- Be careful to “guard your heart”
- Believe that recovery is possible
- Be careful (or be sensitive) toward other people’s hearts
- Treat your date with respect

Things to Do:

- ✓ Give your heart to God for safekeeping
- ✓ Ask God for wisdom before you give your heart away
- ✓ Pray that you’ll see God’s love for you today
- ✓ List qualities (like faithfulness) you require (and desire) in a person before you agree to go out with him or her.
- ✓ Read *Justin Lookadoo’s Dateable*
- ✓ Thank God for his concern of the brokenhearted
- ✓ Decide now to always treat an ex with respect

A quote from Walter Hilton\*\*: “**Do your utmost to guard your heart, for out of it comes life.**”

\*\*Walter Hilton was a devotional writer and English Mystic in the 14<sup>th</sup> century.

From Psalm, chapter 34: “**If your heart is broken, you’ll find God right there; if you’re kicked in the gut, he’ll help you catch your breath.**”