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A BROKEN SPIRIT

In Proverbs 17:22 it says, ***“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”*** The word dry means literally to dry up. This proverb indicates that a possible cause of arthritis (a disorder of the joints or dryness in the joints) can come from a broken spirit. A broken spirit literally takes the breath out of a person. You might say it is a “sucker punch.” If it isn’t dealt with, it can bring a root of bitterness and can cause a broken spirit.

Several years ago, a distant family member had rheumatoid arthritis. Her hands were greatly affected. Her fingers were twisted, and she could barely use them. One day she visited my home, and we had a long conversation. She shared that when she was younger that she had two children out of wedlock and could not take care of them the way her parents thought that she could. She had been involved with drugs and alcohol, and things were out of control in her life. Her parents stepped in and legally took these children away from her. She did not get to see them much when they were young, and only when they were somewhat older given the opportunity to be around them.

She had become very bitter towards her parents, and never forgave them for taking the children away. She said she could never forgive them for doing this. I could understand her pain, but also told her that not forgiving her parents could lead to a broken spirit.

As I ministered the love of God to her, the Lord impressed upon me to tell her that he would heal her of the arthritis if she would forgive her parents. I shared this with her, and she said it would be hard. I encouraged her, and finally she said that she would forgive them. We prayed a prayer of release of the bitterness and she forgave her parents. We also prayed that she could forgive herself. Then, we prayed for the arthritis and instantly she was healed. Her hands became absolutely normal. She could bend her fingers and hands like they had never been in the former condition. We hugged and wept and thanked the Lord for what He had done.

A few weeks later I saw her again, and her fingers and hands were back in their previous arthritic condition. I was amazed. I asked her what had happened, and she said, “I just can’t forgive them.” Sad to say, she never received the healing God wanted her to have because of unforgiveness. It is like a poison to not forgive and become bitter my friends. It destroyed her, and she died very young.

Do you have a broken spirit caused by unforgiveness? Perhaps you should ask God to forgive you, and then forgive those that have hurt you. Don’t be bound in the spiritual dryness in your life that comes from not forgiving others. Release it to God and let Him bring healing to your life. Let a merry heart rise up in you and it will be the medicine that God wants you to have.