

3 WAYS TO GET THROUGH

A HEATBREAK: *ROMANTIC*
RELATIONSHIPS

Rolland Berehr

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3 Ways to get through a heartbreak

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In loving memory of my father Mr B.Z Bere. You are greatly missed dad.

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Introduction

| | |
|---|-----------|
| <i>Chapter 1: What is a heartbreak?</i> | <i>1</i> |
| <i>Chapter 2: The Root Cause: Lack of knowledge</i> | <i>2</i> |
| <i>Chapter 3: The Solution: God's Word</i> | <i>5</i> |
| <i>Chapter 4: The Solution: Power of Thoughts</i> | <i>9</i> |
| <i>Chapter 5: The Solution: Forgiveness</i> | <i>13</i> |

INTRODUCTION

“No matter how rewarding these relationships can be, life’s experiences have proved over and over again that romantic relationships are one of the major reasons why some people are living miserable and painful lives” (Rolland Berehr).

God created mankind to live happily on earth. The people we meet in life and the various human relationships we enter into were designed by God to make our life on earth exciting and worthwhile. The fact that we have met people along the way who have abused us, betrayed or rejected us does not prove in any way that God fashioned us to live miserably and heartbroken. The infinite variety of objects aired in nature proves that we are encompassed and protected by a loving God, who supplies us with all the essential resources necessary for our wellbeing hence we ought to enjoy life and enjoy it all the days of our lives.

There are many forms of human relationships that are created as human beings get acquainted with each other. These can be classified into five main types which are; romantic relationships, friendships, casual relationships, family relationships and professional relationships. Although these forms of relationships differ, their primary objective is to make our lives enjoyable, assist us in finding our calling and help us reach our maximum potential.

This book, however, deals with one form of human relationships which plays an important role in the day to day lives of human beings- Romantic relationships. Romantic relationships are largely thought of as friendships with the addition of passion, intimacy and commitment. One expert on romantic relationship concurs that, romantic relationships are based on understanding and these are the most rewarding of all human relationships. *“When you have a romantic relationship with someone, you share attitudes, visions, dreams, strengths and vulnerabilities with that person. There is also mutual support between each other; you and the other person grow and you are willing to learn from the other person and vice versa”* (Matsumoto: What is a romantic relationship). Nevertheless, most people enter into a romantic relationship with the intention to enter into the union of marriage if the compatibility test passes.

No matter how rewarding these relationships can be, life’s experiences have proved over and over again that romantic relationships are one of the major reasons why some people are living miserable and painful lives. These relationships can be calamitous and dangerous the moment people fail to manage and deal with challenges associated with them effectively. Many people are bearing the brunt of rejection, abuse and betrayal associated with romantic relationships and their story on earth has been that of wretchedness, pain and sorrow.

Nevertheless, if you are one of those people who have been rejected, abused, betrayed, used or taken advantage of in a romantic relationship this book is for you. It motions counsel that is effective and practical to make you realise your self-worth and help you get through your heart-breaking experience rejuvenated and stronger. The counsel in this book has worked in my life and in the lives of many who have got hold of it and managed to apply it in their lives. I can tell you with no doubt that once you fill your mind with the thoughts in this book and

apply them in your situation, you will definitely get out of that heart-breaking situation victorious, never to experience any heartbreak ever again in your life.

CHAPTER I

WHAT IS A HEATBREAK?

“Some heartbreaks in life are God ordained. There are some people we hold on to who are not good for our purpose and future. God knowing our inability to let go of these people, He makes them hurt us so much that we are left with no option except to let them out of our lives” (Rolland Berehr).

As social beings, much of our joy comes when we interact with others. We develop relationships because we are innately social and therefore the need to belong to a social group. When we commit to relationships we become happy, comfortable and relaxed but when we fail to handle these relationships we end up having heartbreaks.

It is now universally acknowledged that relationships are dynamic and they go through five notable stages which are; acquaintance, build up, continuation, deterioration and termination. It is during the deterioration and termination stages that many people experience a heartbreak.

There are numerous reasons why romantic relationships come to an end. Death is one of them. However, for the purpose of this book I will be dealing with that heartbreak that occurs after someone has been rejected, betrayed, abused or taken advantage of in a romantic relationship and this brings me to the working definition of the term heartbreak in this book. *A heartbreak is a sorrowful experience that one goes through after he or she has been rejected, abused, betrayed or taken advantage of in a romantic relationship.*

CHAPTER II

THE ROOT CAUSE: LACK OF KNOWLEDGE OF WHO WE ARE

“My people are destroyed from lack of knowledge” (Prophet Hosea).

The primary cause of your heartbreak is the lack of knowledge of your true identity. There is no better reason than this and I can bet you any amount of money on this one. You are not heartbroken because you have been rejected, abused, betrayed or taken advantage of. No! Rejection, abuse and betrayal are “on the surface” causes of your heartbreak but the root cause of the pain you have right now is the lack of knowledge of who you are and why you are here on earth. That is why God spoke through the Prophet Hosea that my people perish because of lack of knowledge.¹ You might say that you know who you are but let me tell you one thing, self-discovery which is not founded on the word of God only brings one to a state of absolute despair, hurt, pain, sorrow, anguish and disappointment. Self-discovery goes beyond describing your personality traits and elucidating them but also involves an in-depth understanding of your sole purpose on this earth as well as your rights and privileges you ought to enjoy whilst you are on this earth- which is the most important thing.

God is the author and creator of life and all that is in it. Like any inventor or manufacturer, God has a manual for our life which shows us who we are and how we ought to function on this earth. This manual is His word. God’s word is replete of astounding truths which show us who we are and the reason why we are here on this earth and these truths are the true definitions of who we are. Once we define our lives basing on these fundamental truths we will never find ourselves drowning in heart-breaking experiences and should we find ourselves in pain, healing will be right at our free disposal to partake. I can attest with no doubt that those people who have defined their lives on the basis of God’s truths have known no lasting heartbreak in their lives. When faced with rather adverse and heart-breaking situations they rejoice because they know what it means. Instead of pity partying and wallowing in pain they get ready to testify and get geared up to sing “He has done it once again” because they know God wants to show off in their lives.

Great men of God like St Paul and St James wrote countless times that despite the adverse circumstances they went through, they rejoiced because they knew that their trials and tribulations were meant to show forth the glory of God. No wonder why Apostle Paul advised us to be joyful when we face trials and tribulations.² The man had come to the full knowledge of who we are and why we are here on earth. He had come to that understanding that every situation in life no matter how heart breaking it might be, it is designed by God to make us better and stronger. He had fathomed that no matter how painful the experience

¹ *“My people are destroyed from lack of knowledge” (Hosea 4:6)*

² *“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds.” (James 1:2)*

might be, there is a very good reason why it has happened and that reason is to show forth the power of God in our lives and in the lives of others through us.³

The reason why you are hurting is because you defined yourself not according to your Creator's manual which is the word of God but you have allowed the worldly standards and systems to define you and this has led you to have a misinformed definition of your true-self. In other words, you don't know who you are and why you are here on earth. As sure as the Lord lives, if you knew who you are and your purpose on this earth, nothing and no one in this world would make you feel the pain or hurt you are feeling right now. Let me tell you an 'ugly' truth, if you don't consent God through His word to define you, as sure as the sun rises from the east someone or something else will define you and once that definition is not based on the word of God there is only result for you- a heartbreak!

Your level of education, beauty and talent are not able to define you. Yes, they might be able to give you a hint of who you are and your purpose on the earth but still they only give you a glimpse of the bigger picture. Your family background and the environment you live in cannot be able to define you also, they can only give you a shadowy idea of yourself. The only thing that can show you your true identity and purpose on earth is the word of God. All other things are mere pointers to the truth, but the truth is embedded in God's word.

God's word is clear about who we are and why we are here on earth. The word of God tells us with clarity that we are kings and priests.⁴ This means that we are born to rule and reign. The moment God placed you on this earth He gave you power to exercise dominion over every circumstance in life and be victorious always. Jesus walked on this earth as a human being and Oh Boy the man had no sense of need and defeat. He subdued every challenge that came His way to the extent of conquering death itself! But listen to what He said before He was taken up to heaven, He said that we can do more than He did if we believe in Him and in God who sent Him⁵. My friend, you a victor and defeat has no power over you.

The word is evident that we were created for God's glory and we are precious and honoured in God's sight. This entails that you are special and no one on this earth and nothing in Hell or Heaven has the mandate to look down upon you or treat you like you are a piece of trash. God spoke through the prophet Isaiah and said, ***"Since you are precious and honoured in my sight, and because I love you, I will give people in exchange of you, nations in exchange of your life"*** (Isaiah 43:4). This means rejection, is not part and parcel of your mandate on earth. You were put here on earth to be loved, cared for and to be cherished.

However, lack of knowledge of these truths and failure to apply them in our lives is the root cause why we allow people to reject us, betray us, abuse us and take advantage of us, consciously or unconsciously, leading us to be heartbroken in the end. You have to think and

³ *"He made everything beautiful in its time."* (Ecclesiastes 3:11)

⁴ *"And hath made us kings and priests unto God and his Father"* (Revelations 1:6)

⁵ *"Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the father"* (John 14: 12-14)

act like a king to be treated like one. You have to think and talk like someone special to be treated like that. Simple. The truths found in God's word add value to your personality and once you absorb them and act upon them everything in your life and around you will definitely respond to what the word says about you.

You might say that Rolland I know all of that, I know who I am, and I know why I am here on earth according to what the word of God says, but knowing it is not enough still. Applying it and living it is the key. James 1:23-24 says, ***“anyone who listens to the word but does not do what it says is like someone who looks at his face in the mirror and, after looking at himself goes away and immediately forgets what he looks like.”*** You have to act upon the word. As I will expound in the next chapters, you should let your whole being come to terms with your true identity in God and start to live and think like what the word of God says about you. Once you start to apply the word of God in your life I can tell you with no doubt that rejection, abuse or betrayal by fellow human beings will not usher you into self-loathing, acrimony, sorrow and despair. Once you start to live your life in sync with your true identity in Jesus Christ, the world around you will start to respond to this identity and rejection, abuse, betrayal and heartaches will be nothing but history!

CHAPTER III

THE SOLUTION: GOD'S WORD

“God’s word is an inexhaustible spring of life” (Ephrem of Edesa 306-373 A.D).

God’s word is the most fundamental and effective cure for heartbreaks. Simply put, the word of God is the most effective medicine for healing broken hearts, thus Immanuel Kant noted that, *“the Bible is the greatest benefit which the human race has ever experienced. A single line in the Bible has consoled me more than all the books I ever read.”* God’s word is full of cogent truths that show you who you are and the way God sees you and these truths have the healing power that you need to get through your heart-breaking experience.

The word of God has the power to right the wrongs in your life for instance, obsolete and deceptive belief systems that exalt themselves above the will of God for your life. Dear friend, you don’t have to continue walking aimlessly in the dark in your quest for the right solution to your heartbreak. God already has the answer all laid out for you. All you have to do is study and meditate upon His word and find it.

Yes! People might have rejected you, poured scorn on you, used you, abused you, took advantage of you and betrayed you. Yes! The world might have made you feel like you are worthless and robbed you of all your buoyancy and self-esteem. Yes! Yes! Yes! You are heartbroken and all your hopes for better days and a brighter future have been crushed. But wait a minute... before you let the negative energy around you pulls you down and let the people who have hurt you rejoice over your downfall, take the word of God and meditate upon its truths constantly, you will be very much amazed with what you will find. The healing that you need is all laid out in God’s word.

If you are heartbroken because your partner has rejected you and left you feeling so worthless, betrayed, used and taken advantage of, the word of God will tell you that you are amazing and very beautiful⁶. God’s word will definitely give you all the valid pretexts why you should be happy rather than wallow in pain. When God created you and decided to put you on earth He said to Himself that *“THIS IS GOOD.”*⁷ And that settles it. Your existence is good in the sight of God and nothing and no one can ever change that. You are not an accident my friend. Your partner might have told you that you were mistake to be in his or her life but that does not mean you are a mistake to God. You did not come here on earth as a surprise to God. God carefully planned, created and planted you on earth for a specific purpose, therefore in His sight you are special. In His perfect sight you are perfect! Yes! Yes! Yes! A zillion times yes! In the eyes of the great almighty you are brilliant, unique and definitely the best of His creation.

⁶ *“I praise you because I am fearfully and wonderfully made, I know that full well.” (Psalms 139:14)*

⁷ *“God saw all that he had made, and it was very good. And there was evening and there was morning.” (Genesis 1:31)*

God takes pride that you are His handwork. ⁸He has great satisfaction in the talents that He gave you when you use them to benefit and inspire the entire human race. God is gratified with your beauty, intelligence and your whole being. Listen to what God said to Satan concerning Job, ***“have you considered my servant Job? There is no one on earth like him...”***⁹ Believe it or not, God says that very statement about you each and every day of your existence because you are His. He boasts because of you. The fact that your partner failed to appreciate your beauty, talents or existence doesn't in any way change the view of God concerning you and His thoughts towards you. The fact that your partner took you for granted and never returned the love you showed him or her does not ascertain that God does not love or care for you.

Nevertheless, God is not going to help you to get out of that heart breaking situation because He already did! He gave you His word. All you have to do is study what the word says and apply it in your life. Take charge of your life and control it according to the word of God and see the joy it will produce in your life.

The world treat us according to the way we view ourselves. Of equal importance, people around us treat us according to the way we allow them to and that's a fact. If you want to be treated with love and respect first of all view yourself as someone who deserve to be treated with love and respect and those around you will respond accordingly. If you want people to appreciate and value you, all you have to do is let the word of God define you and adds value to personality. Treat yourself according to the precepts of the word and the world around you will have no choice but to appreciate and love you. Think, Talk and treat yourself as a king to be treated like one. Simple!

To show you that He loves you, God sent His only begotten son Jesus Christ to die for you on the cross before you knew Him and before you were conscious of your existence. This corroborates that, in the sight of God you are that special someone who is worth fighting for and worth dying for. That is why over and over again God has put different mechanisms to bring you closer to Him so that the devil won't have control over your life and drag you to the pit. Dear friend, you were bought with the highest price-the precious blood of Jesus! I'm sure that does better to show you your worth and how special you are. You have a price tag written on you that states that you are worth the precious blood of Jesus Christ. Even if we are to take all the minerals of this world and coalesce them with all the currencies of this world, the value is not even enough to purchase you!

If the world cannot fathom that you are worth dying and fighting for, it does not mean that it is a lie that you are worth dying and fighting for. If the world fails to treat you like someone special it does not mean that you are not special. Infact, it is your fault that you have allowed people around you to treat you as they see fit by not allowing God's word to permeates your

⁸ *“For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do” (Ephesians 2:10)*

⁹ *“Then the Lord said to Satan, “Have you considered my servant Job? There is no one on earth like him: he is blameless and upright, a man who fears God and shuns evil.” (Job 1:8)*

whole being and define you. My friend, you have to be conscious of your worth and value illuminated in God's word. You have to know that that person who has rejected you has lost a treasure in you so valuable that God Himself had to send His only begotten to die and fight for it.¹⁰ Let it sink in your heart that you are special. Allow your heart to absorb the truths embedded in God's word and get to that level where you comprehend that the person who betrayed you, used you or taken you for granted is the one who lost and not you. The moment you allow God to work in your life through His word, I can tell you with no doubt that no one and nothing can make you feel worthless, rejected, betrayed, used or taken advantage of and you will never be heartbroken when people decide to leave you or betray you.

Constant study of the word of God will definitely assure that God will open other avenues or places where people will accept and treat you well. Take for instance the story of Joseph in the Bible, his brothers rejected him.¹¹ They made him feel so cheap and worthless when they threw him in the cistern and later sold him into thralldom. In contrary, look at what God did, He opened doors for Joseph to become the second most powerful man in Egypt. Come to think of it, as his ten brothers were busy rejecting Joseph on this end, God was busy opening the whole of Egypt to accept him on the other end. The story of Joseph is one of the inspiring stories where God turned rejection, betrayal and abuse into a blessing. Now, the amazing thing about God is that He is the same yesterday, today and forever. He can do for you what He did for Joseph thousands of years ago if you apply His word in your life. God is not a respecter of persons and most importantly He always has something better for you, the sooner you accept it the better.

The world is close to 7 billion people now. God can still give you someone who can love you like you are the only person in this world. Don't be stuck just because someone has rejected you. Don't cry your eyes out just because someone who is too blind to see your worth used you, betrayed you or is taking you for granted. Get up and believe that God has someone better for you. As surely as the Lord lives there is someone out there who is willing and ready to love you whole heartedly and care for you deeply.

It is normal to feel pain and hurt especially after someone you loved and cared for deeply rejected you, used you, abused you or took you for granted. Right now you might be having all sorts of negative feelings beaming and exalting themselves all around you. But let me tell you something that heartbreak will work out for your good! The word of God pontificates that all things works together for good to those who love God.¹² Notice one thing, the word does not say some things but rather all things. This means that even your mistakes, that rejection, abuse and betrayal will work out for your good! God does not want you to be

¹⁰ *"For God so loved the world that he gave his one and only son, so that whoever believes in him shall not perish but have eternal life." (John 3:16)*

¹¹ *"So when Joseph came to his brothers, they stripped him of his robe-the ornate robe he was wearing- and they took him and threw him into the cistern." (Genesis 37:23-24); "So when the midianite merchants came by his brothers pulled Joseph out of the cistern and sold him for twenty shekels of silver..." (Genesis 37:28)*

¹² *"And we know that in all things God works for the good of those who love him, who have been called according to his purpose" (Romans 8:28)*

embarrassed or to live in sorrow, so He makes sure that whatever happens in your life whether good or bad it will work out to your advantage.

God is about to open endless opportunities for you to be in places that you never thought you would be. God is about to open doors for you to be in the presence of elevated people just to turn that heartbreak into a blessing. The Almighty is about to open doors of opportunities for you that ‘seemingly happy people’ will kill for. Just believe and apply His word in your situation and see how He will turn your tears into tears of joy.

Stop wallowing in pain and allow God’s truths to take charge of your life. With the word of God at your disposal there is no reason for you to keep on feeling dejected and worthless. With God’s truth in your heart, you don’t need to have a plethora of books or human counsel to help heal from your heartbreak. You don’t need to keep on wasting money, time and energy on human effort, all you need is the word of God and it will produce in you what it talks about. Contemplate upon it day and night, meditate upon its truths and then apply them in your life, in no time you will be the happiest person this world has ever seen!

So what’s your point Rolland?

The point that I am trying to drive into your spirit is that, in order for you to live a happy, joyous and heartbreak free life you have to make God’s word your point of reference in all circumstances in your life and let it be your source of inspiration, motivation and happiness. Build your confidence, self-esteem and self-image on God’s word and live according to what the word says. The moment you become aware of your true identity and worth the world and those around you will definitely treat and love you accordingly. I can tell you with no doubt that, once you accept your true identity found in God’s word, you will taste no heartbreak, rejection and betrayal again in your life.

CHAPTER IV

THE SOLUTION: POWER OF THOUGHTS

“Your thoughts, intentions, motivations and aspirations-whether they be secretly pondered in the heart, openly declared as desires, or formally written as goals- mould and shape your personal universe into something that is either grand and beautiful or base and hideous. Whatever you harbour in the innermost corridors of your thought life will sooner or later reveal itself in the outer arena through the people you encounter and circumstances you face” (Unknown).

The experiences we go through in life are shaped by the way we think and what we think, thus we define our lives by our thoughts. Your mind is so pungent and creative that if you harness it to think the right thoughts always you will have all the joy and happiness this world has to offer. You can create for yourself a good romantic relationship and change a bad one for the better with your mind. All you have to do is channel your thoughts towards that which you want and you will have it!

The writer of the book of Proverbs acknowledged and esteemed the power of thoughts that he remarked that, a man is a product of his thoughts.¹³ Your life is dependent and influenced by the way you think, thus right thinking is an essential necessity. Your thoughts like a tree they bear fruit. If you think positive thoughts you will manifest positive things in your life and if you think negative thoughts, you will also attract negative things in your life. You can use the creative ability of your mind to create that ideal romantic relationship you have always wished for. You can start today to think right and be healed of that heartbreak.

The Law of Attraction

The law of attraction is one of the most talked about universal laws or principles in our contemporary world. This universal law got much worldwide attention after the release of Rhonda Byrne’s international hit movie *The Secret*. There are so many testimonies of people who applied consciously the law of attraction in their lives and created riches and stable romantic relationships. The interesting thing about this law is that, whether you are ignorant of consciously unaware of its existence and how it works you are not deprived of it to work in your life. In other words, this law works is at work each and every day of your life whether you are conscious of it or not and whether you like it or not. Nevertheless, by being aware of it and applying it consciously you can take advantage of this universal law and get through that heart-breaking situation victoriously never to experience it again.

The law of attraction functions on the premise that you attract those things that you pay attention to, focus on or spend your energy on whether you actually want them or not. In other words, the law of attraction brings forth in your life whatever things you focus on whether you want them or not. This entails that, if you think negative thoughts, those

¹³ *“For as he thinketh in his heart, so is he” (Proverbs 23:7: KJV)*

negative thoughts will produce experiences in your life that mirror your negative thoughts. On the other hand, if you think positive thoughts, your positive thoughts will produce manifestations that mirror your positive thoughts.

In order for you to create that ideal romantic relationship that you want, you must take charge of your thoughts. If they are negative, you must make sure that you change them to be positive always. If you gripe about how your life sucks because your partner rejected you, abused you, took advantage of you or betrayed you, it will suck for as long as you keep on thinking and talking that way. If you complain about how incomplete you are and how difficult it is for you to find the right man or woman in your life, you will definitely be incomplete and it will be very difficult for you to find the right person who will love and treat you right.

Make a decision today, decide those things that you want to manifest in your life and change your mentality to focus on those things that you desire to see happening in your life. Spending much of your time feeling worthless, defeated, rejected, used or abused will only attract more of rejection, abuse and defeat in your life. Spending most of your days vocalising how your man or woman cheated on you, used you, rejected you or took advantage of you will do you no good except to increase situations in your life which will leave you feeling rejected, used, defeated and taken advantage of. In other words, focusing your attention on how your partner wronged you will only increase the chances of you meeting romantic partners who will do you wrong. Yes you have been hurt and yes you are in pain but paying attention to all of that will attract more of hurt and pain in your life!

There are pragmatic changes that you have to make in your life for you to be able to condition your mind to think positive thoughts always. You have to be careful what you hear, read and see because the things you hear, see and read have a great impact, both positive and negative, on your thought pattern. The writer of the book of Proverbs knowing the importance of this wrote that, ***“above all guard your heart, for everything you do flows from it.”*** (Proverbs 4:23). Don't allow any thought or ideas to enter into your mind, some thoughts and ideas are worth blocking because they do you no good. You have to get rid of everything around you that brings you sadness and reminds you of how you were rejected, abused, taken advantage of or betrayed. You have to stop reading books, newspapers and articles that doesn't inspire you to see yourself and the world around you as beautiful and lovable. You have to avoid listening to songs and watching movies that well up negative feelings in you. Avoid spending time with people who don't encourage you and who constantly reminds you of your hurtful past. Instead, spend much of your time reading books and listening to sermons as well as music that motivates you to see yourself as someone special. Spend time with people who see the best in you and who encourage you to see yourself as someone who deserve to be loved, valued and cared for. This helps your mind to stay in the positive lane which in turn will help you to stay positive in the midst of pain, hurt and disappointment.

Another way of keeping your mind positive is to be grateful. Despite the fact you are heartbroken, you also have to admit that you have somethings to be grateful to God about. Being grateful opens up your eyes to see how loving, merciful and caring God is. The more you become grateful about all the good things in your life, the less you will focus on the negative things that have happened to you. I recommend that you to write a list of all the things you are grateful to God for. When you find yourself thinking about the pain your partner caused you and how heartbroken you are, I want you to take out that list and focus on the good things you have written there. This will help you to switch effortlessly from negative thoughts to focus on positive ones which in turn will help you to maintain a positive and healthy mind.

You have to stop thinking about what happened no matter how difficult it might be. You have to leave the past behind and move on. Change your thought pattern and start to focus on the relationship you would want to manifest in your life. Start to feel good about yourself. Drawing from the word of God, accept your true identity and start to value yourself and see yourself as someone beautiful and lovable. Instead of feeling betrayed, used and taken advantage of, start to see yourself with that person who loves you. Create a positive mental picture in your mind of the relationship that you want and focus on that mental picture over and over again until it produces what you want. ***“As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over again the kind of thoughts we wish to dominate our lives,”*** (David Thoreau).

It is now important at this stage to point out that thinking positively is not enough to grant you that happiness and ideal romantic relationship you desire, you must add feelings to your thoughts. It is one thing to think of yourself as someone special and it is another thing to really feel that you are special. This is the key. You must have that deep conviction within you that you are special, lovable and valuable. You must have that note within you that really believes that you are worth fighting for and worth dying for. You have to feel it. You have to really know beyond any doubt that no one has the mandate to look down upon you, reject you, abuse you or betray you. The moment you add feelings to your thoughts you will realise that things will start to change in your life and they will start to align themselves with your thoughts bringing closer to you that which you want to manifest in you life.

After adding feelings to your thoughts you have to act now. For you to attract something after you have thought about it and your feelings are in sync with your thoughts you have to act like you have received it already. That's faith. Your thoughts and your actions should not contradict each other. R. Byrne postulates that, ***“when you want to attract something in your life, make sure your actions don't contradict your desires.”***¹⁴ If you desire to be happy and be healed of your broken heart start right now to act like you are happy and healed. If you desire to be in a happy romantic relationship, start to act like you already have that person who makes you smile and treats you like you are the only person in this world. Start

¹⁴ *The Secret*

to make changes in your life that support your thoughts and feelings and you will have that which you desire.

Story of my life

When I was in college, I was in love with this girl... ok let me call her Tasha. Believe you me, she was one of the most beautiful girls on campus and me being an average good looking guy it seemed so impossible that a guy like me would date such a girl. I remember how my friends laughed their lungs out when I told them that i wanted to ask her out on a date. To them it seemed so impossible for a guy like me to get the attention of that girl. But listen to what I did, first of all I made a decision within my heart that I was going to win Tasha's heart. I then created a mental picture in my mind of the places I would go with her, the songs I would sing to her and things we would do. I pictured her smiling at me, holding my hand and playing with things. Most importantly I imagined myself going with her to church to meet my pastors and friends as well as my family. I moved on to think of her all around me to actually feel her all around me! The mental picture became so real to me that I could actually smell her scent, feel her touch, hear her voice and see her smile. I went a step further, to actually act as if she was already in my life. I deleted all the numbers of the girls I was flirting with and I actually announced to my friends that I had won her heart which they did not believe anyway! It took about three weeks to do this, and guess what happened, I bumped on her in a supermarket on a Saturday... To cut the long story short, I went on to date Tasha for two good years to the surprise of my friends and many people at the campus! (Full story in the book: ***A world without the Devil.***)*

If I managed to do it, definitely you can do it to!

CHAPTER FIVE

THE SOLUTION: FORGIVENESS

“The moment you acknowledge that you love someone, forgiveness is unavoidable” (Rolland Berehr).

Forgiveness is an indispensable virtue that one needs to have to live a successful life, full of joy and free from heartaches from the past. I can bet a million dollars that one of the reasons why you are heartbroken right now or still heartbroken even after a long time is that you are harbouring bitterness and unforgiveness. You are heartbroken because you are unwilling or you are finding it hard to forgive the person who hurt you. Now, the moment you decide not to forgive you put yourself in danger of re-living the hurtful moments you have encountered and this encumbers any progress that you are making to live a happy and fulfilled life.

Pastor G. Maldonado in his book the *Dangers of Unforgiveness* adumbrates that, ***“forgiveness is a mystery to those who do not embrace it, but it is a wonderful revelation for those who have trusted its sweetness.”*** I can tell you with no doubt that if you embrace forgiveness you will definitely get through that heartbreak stronger than before, never to experience any heartbreak again in your entire life. Forgiveness is so powerful that if you embrace and employ it, it will change your life and catapults you to that life that is free of pain, hurt and sorrow. Forgiveness opens up your mind to new possibilities and your eyes to new opportunities.

Forgiveness means to let go of the person who did you wrong. It also means to let loose of the pain someone caused you or to bequeath grace upon someone who has done bad things to you unconditionally. In the case of a romantic relationship, however, if you have broken up with your partner, forgiveness does not mean that you have to get back with her or him and start the relationship all over again or pick it up where you left it. Sometimes it is essential to keep your distance and avoid the same person to cause you more pain. In addition, forgiveness does not necessarily mean that you have to forget the wrong that the person has done to you or wipe out what has happened. Forgiveness simply entails that you have cut loose the pain and the person that has caused it and let go those feelings of vengeance and hate towards the person.

The dangerous thing about unforgiveness and bitterness is that, it kills you the person who holds it rather than the person who wronged you. Double Tragedy. Embracing unforgiveness in your heart is like drinking a bottle of poison and then expect the other person to die. In simpler terms, unforgiveness is like a virus, it kills the host cell!

I know it seems so unfair to forgive someone who hurt you, betrayed you, used you and manipulated you after all that you did to make him or her happy. I know how hard is it to forgive someone who took your love for granted after all the sacrifices you made to make the relationship work. You might have lost your virginity during the process. I know how hard and painful it is. But you also have to know that it is way much better to forgive because the

results that comes from forgiveness are eternal and beneficial to you more than they are to the person you have forgiven. No matter how unfair it might seem you have to forgive so that you can have peace and lasting happiness.

If you are waiting for an apology from the people who have hurt you before you forgive them, you have to get ready to wait for eternity. Some people that have wronged you don't even know that they have wounded you and therefore will never come to apologise.

Wherever they are those people are happy and are never affected by the fact that you are hurting. Some don't even care whether you forgive them or not. Their lives are moving according to their plans and no doubt they are enjoying each and every moment as it passes whilst you are wallowing in pain and bitterness. You have to make that decision today to forgive and let loose of the pain for your progress and happiness without getting any apology from anyone. You just have to let go and forgive for you to enjoy life and get through that heartbreak never to experience it again.

In the Bible Jesus set a paragon of forgiveness. When He was on the cross He prayed to God so that He can forgive His persecutors.¹⁵ Note that Jesus' persecutors never asked for forgiveness. The most amazing thing about the story however is that, Jesus actually remarked that they did not know what they were doing. Fools. This is a clear attestation that some people hurt us not because they want to but they just don't know the consequences of their deeds and words. They are so idiotic that they don't realise the repercussions of their actions. Now if you hold unforgiveness against those people you are actually putting yourself in their league. You are also a fool! Sorry. How can you hold a grudge against a fool unless if you are also a fool?

Those people who hurt you might not express their regret to you because they have pride. They are too proud to admit that they wronged you and they will never divulge that they did. To them what they did to you is correct and they have a million reasons to justify their actions towards you. For instance, some may say that they rejected you because you were no longer delectable to them. Some may say they cheated on you because you were no longer fun and adventurous blah blah blah! They will always try to make you take the blame for whatever actions they took against you. Now, by refusing to forgive you are also putting yourself in their league. Why are you giving a million sanities why you do not deserve what they did to you? Who then deserves it?

The Bible is satiated of heart-warming stories of people who forgave other people who did them wrong. Joseph forgave his brothers in spite of the fact that they have done all sorts of bad things to him yet he never did anything wrong to them.¹⁶ Jesus Christ forgave His persecutors. Come on, Jesus had every right to be bitter and to remain that way. First He was God, second He had spent so much time and energy healing the sick, feeding the hungry and

¹⁵ *"Jesus said, Father, forgive them for they do not know what they are doing. And they divided up his clothes by casting lots"* (Luke 23:34)

¹⁶ *Genesis 45- This is the narrative of how Joseph revealed himself to his brothers. He actually told them that all that happened was God's plan and he had also forgiven them for what they did to him.*

more importantly teaching the word of salvation to the people. However, it is these same people that He healed, fed and preached to that handed him over so that He can be crucified but despite all that Jesus set an example and forgave them. If Jesus himself was aggrieved in the most hurtful and shameful manner who are you then to say that you don't deserve to be wronged? If God with all his might and power exonerated those who wronged Him, who are you then to withhold forgiveness?

Pride manifests itself in different ways and unforgiveness is one of them. If you find yourself failing to forgive someone who has wronged you, you are actually saying that you so very much special that you don't deserve to be wronged and my friend that is pride. You are proud! Nevertheless, the word of God is crystal clear on the matter of pride. It purports that God elbows the proud and uplifts the humble.¹⁷ If you find yourself not making any progress in any area of your life one of the reasons why it is like that is because you have blocked the hand of God to do wonders in your life because you have pride which manifests itself through unforgiveness. God is left with no option except to stop the flow of His blessings in your life because He cannot go against His word. You are short circuiting the power of God to flow effectively in your life because you think too highly of yourself to the extent of denying forgiveness to those who victimised you and this has led you to miss your God ordained blessings. No wonder why so many people who harbour bitterness and unforgiveness do not progress much in life and are always unhappy and not healthy.

I know of a story of a woman who got a breakthrough in her life because of forgiveness. She narrated her story during testimony time at a Sunday service at the church that I attend to. She noted that, for 5 years she was unemployed and she was believing each and every day for a job. For 5 years she had, prayed, fasted and seeded for the job but nothing happened. It was only when she acted upon the word of the Man of God to forgive the person she was holding in her heart when she finally got the job! Power of forgiveness. . Nothing moves my friend as long as bitterness is concealed in your heart. God cannot bless you when you are denying the gift of forgiveness to others which He freely give you whenever you are in need of it.

Unwillingness to forgive is actually a rebellion against God, and the moment you rebel against God you open yourself to the mercy of the enemy- the devil. Rebellion against God leaves you with no divine protection and guidance. This means that you will be prone to all sorts of attacks from the enemy. No wonder why the apostle Paul in his letter to the Ephesians noted that, ***“in your anger do not sin; do not let the sun go down while you are still angry and, do not give the devil a foothold”*** (Ephesians 4:26). I have noted one thing in my Christian journey, people who harbour bitterness struggle from all sorts of spiritual attacks, demonic oppression and possession. Unforgiveness boots you out from the presence of God and opens doors for the enemy to come and make your life miserable. Unforgiveness actually gives the devourer the right to torment you. The longer you decide to withhold

¹⁷ *“He mocks proud mockers but shows favour to the humble and oppressed.” (Proverbs 3:34)*

forgiveness, the longer the enemy will torment you and shatter all your dreams for a better life.

Moving on, God forgives you according to the way you also forgive others. The word of God teaches that if you forgive those who have wronged you, God will also forgive you but if you do not forgive those who have wronged you, God will not forgive you as well. When Jesus was teaching His disciples how to pray, forgiveness is the only request in the prayer with a condition. Listen, ***“Our father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us this day our daily bread. AND FORGIVE US OUR DEBTS, AS WE FORGIVE OUR DEBTOR. And lead us not into temptation, but deliver us from the evil one.”*** (Matthew 6:9-13). In this manner your forgiveness from God is largely dependent on the way you forgive others. God forgives you each and every time you do Him wrong, He offers you that gift of forgiveness unconditionally every time you are in need of it. As His child He expects and commands you to do the same. He expects you to extend that gift to others unconditionally and every time they ask you of it. Withholding it means you are selfish and this pushes God to withhold it from you too since you are unable to share it with others.

Commenting on the words of Jesus in the Lord’s Prayer, ***“Forgives us our debts, as we forgive our debtor”***, Saint Gregory of Nyssa proposes that, ***“Our discourse has come to the pinnacle of virtue. The words of the prayer now trace the profile of a person who would approach God. Such a person would no longer seem to be within the realm of human nature but one who, through virtue, would be likened to God himself. He would appear to be another god doing those things which only God can properly do. For the forgiveness of debts is a unique and special prerogative of God. It was said “No one can forgive sins but God alone” (Mark 2:7). If then a person seeks to imitate in one’s own life the attributes of the Divine Nature, he becomes in some way that which he manifestly imitates through action... do you see to what greatness the Lord exalts those who hear Him through the words of the prayer? He transforms human nature in some way to be close to the divine. He decrees that those who approach God should become gods. Why do you come to God, He says, in a slavish manner, trembling in fear and plagued by you own conscience? Why do you exclude yourself from the confidence which coexists with the freedom of the soul from the beginning and which is intrinsic to the essence of your nature? Why do you use flattery with Him who cannot be flattered? Why do you direct fawning and flattering words to the one who looks at the deeds? Every blessing that comes from God is permissible to you. You can possess it with a free spirit. Be your own judge. Cast the saving vote for yourself. Do you ask God to forgive your debts? Forgive the debts of others and God will cast His favourable ballot. You yourself are the lord of judgement concerning your neighbour. This judgement whatever it may be, will bring an equal decision upon you. For whatever you decide to do, will be ratified by the whole judgement in your case too”*** (The Lord’s Prayer, The Beatitudes: Ancient Christian Writers).

Take a minute and think for a while the sins that you have committed against God. Imagine how bad they are and how bad your end will be if those sins are not washed away by God. Now in line with the word of God, it is your responsibility to see that those sins are forgiven or not. The bible says, ***“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive you”*** (Matthew 6: 14-15). It all depends on you. All you have to do is to forgive those people or that person who has rejected you, betrayed you, abused you, used you or manipulated you and God will definitely offer you the same gift of forgiveness that you are in dire need of.

Unforgiveness blinds you to see the numerous opportunities that come your way to be happy and be in love again. When you harbour bitterness in your heart you are always suspicious of others that you no longer see any good in other people you encounter. When opportunity to be in love again presents itself, you always miss it because you think everyone is out there to hurt, betray and use you. Bitterness balks you from creating any meaningful and lasting relationships with others and in most cases you will end up pushing people away who really love and care for you. With bitterness in your heart you end being the one who hurt people unnecessarily because you will be thinking that everyone has the intention of hurting you so you end up thinking that it is better to hurt them first before they hurt you.

The good news however that, forgiveness is a choice and it is possible. If you need peace of mind, progress and healthy just make that conscious decision today to let go of the people who hurt you and let go of the pain they caused you. Once you let them go, you will see the hand of God working mightily in your life causing you to progress in every area of your life as well as healing you from any infirmities you might be suffering from.

For forgiveness to be effective and lasting, you have to voice it. That is, you have to reach out to the person who harmed you and say it out that you have forgiven him or her. If the person is far away you can call. If the person is in your vicinity if it's possible you can arrange a meeting and say it out that you have let loose of the pain he or she caused you. This helps a lot believe you me. If you still feel that you are not able to talk or see the person who hurt you, know that you are still bitter and you still hold feelings of hate towards the person. When you forgive someone you should get to that state where you don't feel pain or feelings of hate and vengeance when you see the person who hurt you or hear his or her name said out.

Dear friend, it is so very much possible to live a happy and fulfilled life. It is possible to live a pain free- heartbreak free life. It is possible to wake up every morning buoyant and expectant of good things to happen in your life. All you have to do is to forgive those people that have hurt you and let loose of the pain that they have caused you. Forgiveness is so powerful that if you offer it to those who caused you pain unconditionally, it will transform your life and loose the chains of pain, hurt and sorrow that are binding you. Forgiveness it's a choice that you have to make and you are supposed to make it for you to get through that heartbreak and live a happy life.



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