

## Tell Your Heart To Beat Again Matthew West/Bernie Herms/Randy Phillips

If you'd like to see a video of the song: <https://youtu.be/IcnIJYkgVSS>

You're shattered, like you've never been before;  
the life you knew, in a thousand pieces on the floor.  
And words fall short in times like these,  
when this world drives you to your knees  
You think you're never gonna get back to the you that used to be.

Refrain:

Tell your heart to beat again, close your eyes and breathe it in.  
Let the shadows fall away, step into the light of grace.  
Yesterday's a closing door, you don't live there anymore.  
Say good-bye to where you've been and tell your heart to beat again.

Beginning, let that word wash over you.  
It's alright now, Love's healing hands have pulled you through.  
So get back up, take step one, leave the darkness feel the sun.  
'Cause your story's far from over, and your journey's just begun.

Refrain:

Let every heartbreak, and every scar  
Be a picture that reminds you who has carried you this far.  
'Cause love sees farther, than you ever could;  
In this moment heaven's working, everything for your good.

Refrain:

Oh, so tell your heart, to beat again...

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"You're shattered, like you've never been before;  
the life you knew, in a thousand pieces on the floor."

Psalm 88:1-3 *"O Eternal One! O True God my Savior! I cry out to You all the time, under the sun and the moon. Let my voice reach You! Listen to my prayers! My soul is deeply troubled, and my heart can't bear the weight of this sorrow. I feel so close to death."* The Voice Bible<sup>1</sup>

Have you ever had an experience that left you feeling like your life was "in a thousand pieces on the floor"? Describe that time.

“And words fall short in times like these, when this world drives you to your knees  
You think you’re never gonna get back to the you that used to be.”

Lamentations 3:19-20 *“The thought of my suffering and homelessness is bitter beyond words. I will never forget this awful time, as I grieve over my loss.”* New Living Translation<sup>2</sup>

Isaiah 24:16 *“My mind reels and my heart races. I longed for evening to come, but now I am terrified of the dark.”* New Living Translation<sup>2</sup>

It’s easy to get stuck in the dark times and sadness of our lives. And sometimes it feels like we don’t have the words to explain those situations; but it’s important to stop and look at them. Describe – as best you can - how those times can feel, and, if you know, why you get stuck there.

“Tell your heart to beat again, close your eyes and breathe it in.  
Let the shadows fall away, step into the light of grace.”

Isaiah 9:2 *“Those who walked in darkness have seen a radiant light shining upon them. They once lived in the shadows of death, but now a glorious light has dawned.”* The Passion Translation<sup>3</sup>

Ephesians 1:18 *“I pray that He will give light to the eyes of your hearts so that you will understand the hope to which He has called you, what rich glories there are in the inheritance He has promised His people.”* Complete Jewish Bible<sup>4</sup>

Have you ever experienced “a radiant light shining” on you when you were in the shadows? Who was that light for you? How did it feel? Did it help you “understand the hope to which He has called you”?

“Yesterday’s a closing door, you don’t live there anymore.  
Say good-bye to where you’ve been and tell your heart to beat again.”

Psalm 42:11 *“Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise Him again, my Savior and God.”* New Living Translation<sup>2</sup>

2Thessalonians 3:5 *“May the Lord bring you into an ever deeper understanding of the love of God and of the patience that comes from Christ.”* The Living Bible<sup>5</sup>

Is it easy for you to accept that “yesterday’s a closing door, you don’t live there anymore”? Why? Does putting your “hope in God” help you? Why do you feel that way?

Can a deeper understanding of God's love help "your heart to beat again"? Describe how. Can the "patience that comes from Christ" make it easier to move on from "where you've been"? In what ways?

"Beginning, let that word wash over you.

It's alright now, Love's healing hands have pulled you through."

Isaiah 61:1b *"He has sent me to comfort the broken hearted and to proclaim that captives will be released and prisoners freed."*  
New Living Translation<sup>2</sup>

Proverbs 4:20-22 *"My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body."*  
New Living Translation<sup>2</sup>

Release from "prison" is a new beginning. What "prison" can God's comfort free you from? Why is it important to let God's words "penetrate deep into your heart"? How can the love they convey "bring life to those who find them, and healing to their whole body"? Have you had an experience like this? Describe it.

"So get back up, take step one, leave the darkness feel the sun.

'Cause your story's far from over, and your journey's just begun."

2 Corinthians 4:6 *"For God who said 'Let there be light in the darkness' has made this light shine in our hearts so we could know the glory of God that is seen in the face of Jesus Christ."*

New Living Translation<sup>2</sup>

2 Corinthians 1:4 *"He comes alongside us when we go through hard times and before you know it, He brings us alongside someone else who is going through hard times so that we can be there for that person, just as God was there for us."* The Message

What would it feel like to you to "take step one" and allow the light that is Jesus to "shine in (your) heart"? Sit with idea, and feel the warmth of the sun.

What would your story look like if you could be "alongside someone else who is going through a hard time"? Can you see yourself helping others the way "God was there for us"? Describe what that might be like.

“Let every heartbreak, and every scar  
Be a picture that reminds you who has carried you this far.”

1 Peter 2:21-25 *“This is the kind of life you’ve been invited into, the kind of life Christ lived. He suffered everything that came His way so you would know that it could be done, and also know how to do it step-by-step. He never did one thing wrong, not once said anything amiss. They called Him every name in the book and He said nothing back. He suffered in silence, content to let God set things right. He used His servant body to carry our sins to the Cross so we could be rid of sin, free to live the right way. His wounds became your healing. You were lost sheep with no idea who you were or where you were going. Now you’re named and kept for good by the Shepherd of your souls.”* The Message<sup>6</sup>

It is Jesus’ sacrifice that brought about our ultimate healing. How do we make our personal heartbreaks and scars reminders of all that Jesus went through on our account?

‘Cause love sees farther, than you ever could; In this moment heaven’s working everything for your good.

Ecclesiastes 3:11 *“Yet God has made everything beautiful for its own time. He has planted eternity in the human heart but even so, people cannot see the whole scope of God’s work from beginning to end.”* New Living Translation<sup>2</sup>

Romans 5:5 *“And this hope will never disappoint us. We know this because God has poured out His love to fill our hearts through the Holy Spirit He gave us.”* Easy-to-Read Version<sup>7</sup>

Ephesians 3:17 *“Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down deep into God’s love and keep you strong.”* New Living Translation<sup>2</sup>

Does not being able to “see the whole scope of God’s work from beginning to end” make it harder to understand what’s happening in your life? Can you trust that “God has poured out His love to fill your hearts”? That “heaven’s working everything for your good”? What does/could that feel like to you?

Can you let your roots “grow down into God’s love” and allow that to keep you strong? Why? How does that feel?

“Tell your heart to beat again, close your eyes and breathe it in.  
Let the shadows fall away, step into the light of grace.  
Yesterday’s a closing door, you don’t live there anymore.  
Say good-bye to where you’ve been and tell your heart to beat again.”

Danny Gokey: “The Great Physician has fixed your heart and my heart. But I find it interesting that we allow the voice of the enemy to whisper louder than the voice of our Father. And it seems like some of these voices tell us - you know what, that situation we’ll never recover from, or what that person did you can never forgive again. But I’m here to let you know that you can forgive again, you can get back up again, you can move forward with your life. And you don’t have to walk with a limp... God has fixed your problem, your heart is fixed, but you have to come in agreement with God. I look at my story, and I look at how I went through loss and I had to get myself back up. When I look at the pain of my past, it doesn’t sting like it used to. But I look back and I see you. Look at what the Lord has done, and I know God wants to do the same for you. I want you to begin to hope again. He wants you to believe again, He wants you to trust again. The Great Physician, Our Father, through Jesus, wants you to tell your heart to beat again.”

*“And I will give you a new heart, and I will put a new spirit in you.”*  
Ezekiel 36:26a New Living Translation<sup>2</sup>

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