

# Seven Ways to Support the Brokenhearted

one



## Acknowledge their pain without fixing it.

- Action: Listen, and simply say, “I’m so sorry you’re experiencing this,” instead of rushing to advice.
- “*The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.*” (Psalm 34:18 NKJV)

two



## Offer consistent presence and prayer, not just one-time comfort.

- Action: Check in regularly—send a text, invite them to go for a walk, pray for and with them, and sit with them in service.
- “*Bear one another’s burdens, and so fulfill the law of Christ.*” (Galatians 6:2 NKJV)

three



## Protect their dignity in the congregation.

- Action: Shut down gossip, avoid probing questions, and treat them with the same respect as before. The less you know, the better.
- “*Let no corrupt word proceed out of your mouth, but what is good for necessary edification.*” (Ephesians 4:29 NKJV)

four



## Create safe spaces for grief and processing and include them in church life.

- Action: Host small groups or support circles where they can be heard, and feel a part of a community. Don’t assume they want to step back—invite them to serve, lead, or attend as they’re ready.
- “*Weep with those who weep.*” (Romans 12:15 NKJV)

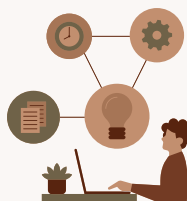
five



## Offer practical help for daily life.

- Action: Provide meals, childcare, or help with errands when life feels overwhelming for them.
- “*If a brother or sister is naked and destitute of daily food... but you do not give them the things which are needed for the body, what does it profit?*” (James 2:15–16 NKJV)

six



## Encourage healthy spiritual practices, gently.

- Action: Share short devotionals, pray with them, or sit in silence together before the Lord and remind them that God still has purpose for their life beyond this season.
- “*For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.*” (Jeremiah 29:11 NKJV)

seven



## Equip leaders with sensitivity training.

- Action: Invite [SeparationDivorceGrief.org](https://separationdivorcegrief.org) to speak with pastors and ministry leaders about caring for those facing marital breakdown or grief.
- “*And I will give you shepherds according to My heart, who will feed you with knowledge and understanding.*” (Jeremiah 3:15 NKJV)