

Dealing With  
Heartbreak and  
Overcoming Toxic  
Relationships: By  
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## Chapter 1: What to do when you are experiencing heartbreak

Many Christians have experienced getting their hearts broken. Many have been in long-term relationships and are hurting from getting out of these relationships. Relationships do not work out due to conflict, a lack of communication, a lack of trust, a lack of effort, a lack of intimacy, infidelity, having different goals in life, and a lack of respect for each other. Other factors why a couple may break up or get out of a relationship are relocation to another city, state, or country. A person may break up with another person because of financial problems, the other person cannot take care of themselves or the other person, or family and societal pressure, or it is a toxic relationship.

Many couples grow distant from each other because they do not include God in their relationship. These couples do not pray together or read their Bibles together. This is what keeps a relationship or marriage glued together. There is no perfect relationship or marriage, but when God is at the center of the relationship, things work together for good.

There will still be attacks on the relationship and marriage because the enemy does not want this relationship or marriage prospering. The enemy will try to stop two people from coming together in marriage because he knows that two are better than one. Ecclesiastes 4:9-12 says, "Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Again, if two lie together, then they have heat: but how can one be warm alone? And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken."

The enemy knows that couples who come together in marriage are so powerful together. That marriage union is a threat to the kingdom of darkness and to the enemy's camp. So the enemy will do all he can to cause division and separation among couples who may be engaged or married.

Also, the enemy will cause couples to be tempted to have sex outside marriage or even to cheat on each other with other people. The enemy wants two couples to commit adultery, lust, and fornication outside of that

marriage or relationship. The enemy is so crafty and cunning. He knows a person's weaknesses and how to downplay them. He knows how to get a couple to have bitter, harsh feelings towards each other and stop talking to each other because of an argument or a conflict. When couples stop communicating their differences, that is when they grow distant and grow apart from each other. That is when a relationship may come to an end or a person may get their heart broken.

When couples can communicate with each other and make compromises, that is when their relationship will be more prosperous. Couples should sort out their issues and be willing to work with each other on showing forgiveness, love, mercy, and compassion towards each other. Couples should be willing to show the heart of Christ in their thoughts, words, and actions towards each other.

Couples may have trust issues because they were not able to trust a person from their past who did them wrong. So they carry that trust issue into their current relationship or marriage because they have never healed from the pain or trauma. The person may still be holding onto baggage from their past relationship that

they never healed and delivered from. A couple may have a hard time trusting God as well, because they did not learn how to trust others or God growing up as a child or an adult.

A couple may show a lack of effort in commitment to this relationship or marriage. They may not show much interest in the person they are with in a relationship or marriage because their love has grown cold towards each other. They may have lost feelings for each other. The couple may have lost that love and intimacy that they had for each other since the beginning of their relationship or marriage. The couple may need to spark an interest or a love for each other again or pray to their Heavenly Father to reignite the relationship or marriage again.

Sometimes marriages fail to work because there is no intimacy in the marriage. Married couples do not show any sexual intimacy. They refrain from sex for long periods of time, which causes one couple to be tempted to fornicate or commit adultery outside the marriage. That is when the marriage falls apart, because there was no sexual intimacy or no affection between the married couples. Married couples should

show affection by hugging and kissing each other because that keeps their love for each other intact.

As far as a relationship outside of marriage, there should be no sex or physical intimacy until marriage. Physical touching and intimacy in a relationship can lead to sex, fornication, or adultery outside of marriage. That is what the enemy wants to do. He wants to try to tempt couples into having sex before they get married because they have a passion, or they burn for each other. That is the main reason why they should get married in the first place. 1 Corinthians 7:8-9 says, "I say therefore to the unmarried and widows, it is good for them if they abide even as I. But if they cannot contain, let them marry: for it is better to marry than to burn."

Couples may separate from a relationship because they have different goals in life, and they want different things in life. That is okay. Some relationships fade away with time because they were youthful relationships, and they were not God-ordained or destined. So people get out of relationships because they were not meant to be, and the couples had different goals or aspirations. It could be that a couple

may split up because one person wants to go back to school or serve in ministry while the other person does not.

A relationship may be unequally yoked. If the relationship is unequally yoked, then it is not going to work out. One person may believe in Jesus Christ and the other person may not. Sometimes relationships start off that way. Two people who are unbelievers get into a relationship, but then one of them gets saved and born again, so they end up getting out of that relationship because it is unequally yoked. 2

Corinthians 6:14 says, "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?"

Couples who are in relationships may have a lack of respect for each other. The one may dominate the other and be abusive or toxic. Or they may not accept each other for who God has created them to be. They may devalue each other. They may see each other as unworthy because of a flaw or an imperfection in each other. Couples should love and accept each other the way Christ loves us. Couples should see each other



through the eyes of Christ and not through their own flesh. It is not about physical appearance and always having to look good on the outside. But it is about the heart. God is looking at our hearts and souls. You may look good outwardly, but your heart is not right inwardly.

So a couple who does not respect each other should distance themselves from each other and respect boundaries. A couple who does not respect each other should not be together in a relationship, but it is different if it is in marriage. I will talk about marriage in one of the following chapters.

A couple may get out of a relationship because of relocating to another city, state, or country. The couple may not want to have a long-distance relationship, and they have different goals and interests, so they choose to move on from each other and separate from the relationship. The couple may just decide to be friends, but they still get along with each other. A couple may also split up because of going without a job or not having the finances to take care of themselves or the other person. They may be homeless or jobless and may not be able to handle a relationship at the

moment. In that situation or circumstance, God can still provide, whether the couple had money or not.

Another factor why couples break up is because of family and societal pressure. Family members or friends may not want a relationship to work out because the parents do not want the couple to be together for certain reasons. It could be because of race, ethnicity, or religion. If the relationship is God-ordained, the enemy is going to try to stop the couple from coming together and getting married. So the enemy will send family and friends on both sides of the relationship to stop them from coming together. The enemy may even send attacks from different people and sides to get the couple to break up.

Also, family members and friends may not agree with a couple coming together because they hear rumors or gossip from others about the couples who are together. So they will try to separate the couples by getting into a fuel or an argument with them. It could be parents with their children. This is why many Christian couples elope. They get married without their family members knowing. They do it secretly behind their backs because they do not want others to know in their family.

Lastly, a couple may break up because it is a toxic, negative, and abusive relationship. There may be gaslighting in the relationship or word curses spoken over each other. The other person may be abusive physically, emotionally, mentally, spiritually, sexually, etc. The abuse from that relationship is causing trauma in the other person the longer they continue to stay in that relationship. So one partner may need to separate from the other so that they can be in a healthy environment. They also may need to separate from each other so that they can heal from the trauma, abuse, neglect, pain, and heartbreak.

When a couple in a relationship breaks up, those two people may be heartbroken for a few weeks to a few months. It just depends on how long they were together. If the couple were close to each other and shared a bond or a soul tie, they may have a hard time getting over each other and moving on from that relationship. That couple may need healing and deliverance from soul ties and from heartbreak. But if that couple asks God for help to move on from that relationship, He will give them the strength and the

power to overcome heartbreak and the past relationship.

So what should you do if you were in a current relationship, and you broke up, and now you have a heartbreak? You may have been close to that other person and are having a hard time letting them go. You may still want to talk to them every day and see them. But you know you should not because of certain problems and circumstances. You know you need help moving on and moving forward, but you do not know what to do.

First, you need to ask God to help you to move on from that person or relationship. Cry, mourn, and grieve over that person because tears allow for healing. So does time as well. As time goes on, it will become easier to move on from that person. You may need to stop talking to that person you were in a relationship, with because if you keep talking to them, then you are going to continue to be in pain and get your heart broken even more.

After you get out of this relationship, you may need to occupy your time doing other things, such as, focusing

on your relationship with Jesus Christ and fulfilling your purpose. Find out what gifts and talents God has given you and use them for His glory. If you love to sing, draw, write, record videos, paint, cook, then do those things for God's glory and kingdom. We are called to create and build on this earth.

Our purpose is to be good stewards and to use what God has given us for His glory. We are here to build His kingdom on earth and not our own kingdom. Find out what God has called you to do in this season of your life. You may need to ask Him and sit quietly in His presence and wait on Him for the answer. He will lead and guide you and instruct you in the way you should go.

You may need to focus on growing and maturing in your relationship with God. You may need to ask God to heal you from the heartbreak and from the person who hurt you or did you wrong. You may need to ask God to help you to forgive the other person you were connected to or in a relationship with. You may be holding onto bitterness or resentment towards that other person.

You may need to ask God for deliverance from certain soul ties, addictions, or mental and emotional health problems. God wants to heal you from the inside out. He wants to heal not only your heart, but any kind of trauma you have gone through. He wants to restore what the enemy has stolen from you. He wants to mend the brokenness, the hurt, the pain, the betrayal, and the loss.

You may be struggling with depression, sadness, grief, or anxiety because of heartbreak. God may want to heal and deliver you mentally. He wants to give you stability and soundness of mind as you continue to spend time with Him reading His word and talking to Him. You may want to take time to be single and to focus on bettering yourself and your relationship with God. You may want to write down your goals and dreams that you want to accomplish in your season of singleness. Work on your goals and dreams. Work on your skills and creativity. Focus on serving your purpose and doing what God has called and created you to do.

At the right time, God will send the right spouse into your life at the right time. We just need to trust Him and

His timing. Allow Him to work on our hearts preparing us for the one He has for us and for marriage at the right time. God knows what we need, who we need, and when we need it. We just need to wait on Him and know that His plans are better than ours.

## Chapter 2: How to heal from past wounds and trauma

You may have been in a toxic relationship where you were traumatized. You may have been hurt or abused physically, emotionally, verbally, or sexually. You may have soul wounds that need healing. You may be jumping around from relationship to relationship to numb the pain because you still have festered wounds that have not been healed yet. A relationship with a man or woman cannot fill the void inside, only Jesus Christ can. You will keep getting your heart broken. You will keep going to the same kind of people that want to use you, abuse you, and take advantage of you. That is because of your hurt, pain, and trauma that is unresolved within you. A person with unresolved wounds, pain, and trauma is going to keep going to others to feel loved and validated. When really that person needs to experience the love of God. Only the love of God can change a person and make them

complete. A person needs to go to God for His love instead of finding it in a person or a relationship.

A person may experience trauma, abuse, or abandonment from more than one relationship. That person may need to forgive and let go of past relationships and people in their lives in order to move on and heal. People that have gone through trauma in their life experience the same cycles and abusive patterns and people in their life. They may revisit old memories or people from their past. Those old memories trigger the trauma responses in those people. A person may experience PTSD or anxiety because of abuse or trauma.

The person needs to get down to the root of the issue or the heart of the issue. They need to find out what is causing these symptoms or trauma to begin with and deal with it head on. They may need to go to God with their hurt, pain, wounds, and trauma and allow Him to touch and heal their hearts, minds, and souls. That comes from spending time in the presence of God. That is when Jesus Christ can work on you and change you and transform you into a new person when you are in His presence.



Jesus Christ can reach the inner depths of your heart and soul. He can help you to overcome the hurt and pain by erasing the memories caused by it and by dealing with trigger responses and an unforgiving spirit. He may have you go through a process of healing over time. Total and complete healing does not happen overnight or in one day. It takes time for a person to move on from the past and not stay stuck. A person needs to be willing to want to get help from God and move on from certain toxic people and habits that hold them back.

When a person does not heal from wounds and trauma right away, the wounds fester and get infected, and then spread to other parts of the body or to other areas of their life. Someone may be struggling with trauma from an abusive relationship, and now they try to numb the pain by going to drugs, alcohol, or sex. That leads them to have an addiction to substance abuse.

Substance abuse may lead to depression or suicidal thoughts. That is why people need to recognize when they have unresolved trauma and abuse in their life and that they need true healing from God. When they get

free from toxic relationships and sin cycles, then they can receive healing and deliverance.

In addition, if a person is struggling with trauma or abuse from a relationship, and they want to heal from it, they should seek counsel from other trusted and godly family members or friends and possibly a therapist that is a Christian. This helps a person to heal and recover from abuse and trauma. When you can talk to someone who is supportive, loving, and caring, they can offer a listening ear, prayer, and encouragement. You can even join support groups for people who have been through domestic violence or trauma. This will help you to heal and move forward in a healthy way.

### Chapter 3: How to get over a toxic relationship

There are many Christians today that are stuck in toxic relationships. The relationships may be abusive, negative, or energy-draining. The first step to getting out of a toxic relationship is to recognize that you are in one. It is to recognize that the other person is toxic, negative, or abusive. When you can recognize when someone is toxic in your life, then you are better able to handle the situation. You may be led to leave that

person or relationship. I am going to share with you some simple steps that you can take to move on from a toxic relationship.

When you are in a toxic relationship, it is best to seek counsel from God. Ask Heavenly Father what you should do when in a toxic relationship. Ask Him what is the next step you need to take in this relationship. He will lead and guide you to take the next step that you need to take. Then, seek counsel from others who are trusted, whether that be friends and family, who understand you and your situation. These friends and family members should be godly because you do not want to get ungodly counsel from unbelievers.

The next step when in a toxic relationship is to set healthy boundaries with that person. So, if you are in a romantic relationship, you may need to break it off and let that person go. If you hold on to that person, it is only going to do you more harm than good. That person is just going to keep using and abusing you. You have to know when to put an end to it. It is for your ultimate good and best. You may want to change your number or block that person. Or you may want to unfriend or unfollow them on your social media pages.

This will help you to move on from them because you will not see their content, or you will not have access to them all the time.

The next step when you want to get out of a toxic relationship is to work on taking care of yourself. You can take care of your body by eating healthy, exercising, and getting proper sleep. You can take care of your soul by reading the Bible and talking and listening to God. You may want to get guidance and direction from Jesus Christ on how to leave this relationship and where to go. After you get instructions from God, you want to move on those instructions and go where He is leading you to go.

You may want to pack your bags and go and stay with a family member or a friend until you find another place to go. Pray and ask God to provide you with permanent shelter. He will open the right doors at the right time. We just need to trust Him and know that He wants the best for us. He does not want us to stay in unhealthy relationships or toxic environments that are a restraint on us. He wants us to get the healing that we need. He wants us to heal from trauma, abuse, abandonment, and brokenness.

He wants to heal us from the hurt and pain we have gone through in these toxic relationships. Moving on is the one way to heal a hurting heart and soul. When you cut ties with this person, you are allowing God to come in and do His work on the inside of you and change you. You may not be able to change the other person who did you wrong, but you can pray for them and forgive them from a distance.

You also may want to ask God to send godly people into your life who will pour into you in a godly way. These people will be there to encourage you and pray for you in your time of need and struggle. God knows who you need in your life and when you need them. You just need to trust Him and His plan for your life. Focus on being single and focusing on Jesus Christ and your relationship with Him. Serve Him and your purpose and watch Him bring in the right people at the right time.

Chapter 4: What to do when in a toxic marriage. Should you get a divorce?

If you are in a toxic marriage, you should continue to love, pray, and forgive your marriage partner. It may be

hard for a wife to submit to a controlling and manipulative husband. That husband may tear down the wife and speak ill of her and the same with the wife. There may be conflict, division, and strife between the marriage partners. That is what the enemy wants. The enemy wants to try to separate married couples because he hates marriage unions. He wants to try to stop couples from coming together in marriage. The enemy knows that when two married couples are together they are powerful along with God at the center. When couples get married, they are to love and submit to each other as unto the Lord. The couples are to keep God at the center of their marriage by praying and reading the Bible together.

When couples do not keep God at the center of their marriage, that is when the enemy sows division and strife among the married couples. This is because the couples are not praying against the enemy's attacks. The enemy wants to try to divide and separate married couples. He also wants to try to get married couples to remain unfaithful to their marriage partner by committing sexual immorality and adultery outside the marriage covenant. That is when married couples may be tempted to get a divorce instead of just separating.

But God hates divorce. He does not want married couples divorcing except when a marriage partner remains unfaithful to the marriage covenant. Malachi 2:16 says, “For I hate divorce!” says the LORD, the God of Israel. “To divorce your wife is to overwhelm her with cruelty,” says the LORD of Heaven’s Armies. “So guard your heart; do not be unfaithful to your wife.”

If there is abuse or neglect in the marriage, the spouses may want to communicate with each other about how they feel and talk it over with each other and with God. They may want to seek counsel from God and from a marriage counselor on what they should do in their marriage. God will lead and guide both of them. God may use other people in their lives to speak into them and into their marriage. The Lord may use people in their lives to lead and guide them. But couples should have their own personal relationship with Heavenly Father. They should be seeking Him every day for counsel, guidance, direction, and instruction for their lives, marriage, and children.

The Lord will show the married couples what they should do according to where they are at in their marriage. The Lord will show the couples if they need

to reconcile with each other. If the marriage is dangerous because of abuse of some kind, the Lord may lead the married couples to separate from each other and to heal from any pain or trauma.

But God may not want married couples to get a divorce because He hates divorce. He would either want married couples to remain separated or to get back together. 1 Corinthians 7:10-11 says, “Now to the married I command, *yet not I but the Lord*: A wife is not to depart from *her* husband. But even if she does depart, let her remain unmarried or be reconciled to *her* husband. And a husband is not to divorce *his* wife.” But most couples do not last long in their marriages, and they end up divorcing and moving on to someone else. Many couples get divorced from their first spouse and marry another. That is the same as adultery, unless there was unfaithfulness in their first marriage. Matthew 5:32 says, “But I say unto you, That whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.”

A couple who has separated from each other can still remain married for years. They do not have to get a



divorce if God is not leading them to do that. During their separation, God may be working on their hearts, transforming them into new people. Everything about them changes, including their thoughts, mindset, hearts, attitudes, and behavior. The Holy Spirit does work on the inside of them and changes them to become more Christlike. The couple may go through healing and deliverance. Once they have been changed, they may come back together in marriage as completely different people. The couples may renew their vows. The couples have healed from past trauma, abuse, and neglect. They have forgiven each other for their past hurt, pain, and wounds. Their love for each other has reignited. Mark 10:9 says, "What therefore God hath joined together, let not man put asunder."

Chapter 5: How to recognize a counterfeit and how to move on from a counterfeit relationship

Firstly, what is a counterfeit Christian? How can you identify when there is a counterfeit in your life? A counterfeit Christian is someone who is not in the will of God for your life. That person may not be sent by God. The counterfeit may be sent from the enemy as a distraction from God and your purpose in life. A

counterfeit will either distract you, deceive you, or tempt you to sin and go astray from the presence of Christ. A counterfeit person has a hidden motive or agenda. That person will be working for Satan secretly behind your back. The enemy will be using the counterfeit in your life to steal, kill, and destroy you. Many counterfeits get women pregnant and the same with men too. They end up conceiving and having a baby, and then the woman or man is stuck with a child and with that counterfeit.

A lot of counterfeits pull the true Christians away from God and their purpose in life. Most counterfeits are not genuine Christians because they do not have a genuine love for God and for one another. Their love for others is a counterfeit love. The love of God is pure and a genuine Christian will have a pure love and a pure heart. But a counterfeit heart is impure, and not right with God. That is why it is so important to check the fruit in a person's life and to look at their character and how they treat others. If they have good fruit, then you know that they are sent by God.

Christians should ask God to remove any counterfeit men out of their lives. They should ask Him to send in the right people that are sent by Him and people who

will draw them closer to Him and not away from Him. Christians should ask God for His perfect will to be done in their lives. When God sends you a real spouse, you will know that person is sent from Him because He will reveal that to you, and you will not have to second guess it. That person will work alongside you and help you to advance the kingdom of God. They will help you to grow in your relationship with Him and fulfill your purpose in life. You will be working together to bring souls to Christ and to the kingdom of God.

## Chapter 6: The pain of separation and how to move forward

Many Christians are going through the hurt and pain of separation and divorce. They may still be healing from heartbreak, grief, and loss. They may be grieving and mourning over the loss of a relationship or marriage. They may have bitter feelings toward the other person and may need to forgive the other person and themselves. How can a person truly move on from a relationship? They may need to first separate from that person and relationship. Once they do that, they may need to allow time to heal from their past relationships, wounds, trauma, and abuse. They may need to allow

God to work on them and transform them into Christlikeness. They may need character refinement and for their faith to be tested, tried, and strengthened. A Christian will go through many trials and tribulations to test their faith and to build character. That is how we grow and develop patience and endurance.

If you have already moved on from a relationship, you may need to focus on growing in Christ and developing yourself and your relationship with God. You may need to focus on how you can serve God and His kingdom on earth. When you stay single and focused on the Lord, then He is going to send the right person into your life at the right time. We just need to focus on Him and doing His will for His glory.