

# 3 WAYS TO GET THROUGH

**A HEATBREAK:** *ROMANTIC*  
*RELATIONSHIPS*

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*Rolland Berehr*

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Published by Famous Ground Faith Inc. 2016

Printed & bound in Zimbabwe by Kardrick Media

3 Ways to get through a heartbreak

RB7/2016- Zimbabwe

First Famous Ground Faith Inc. Free Edition: 2016

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

I want to extend my personal and sincere thanks to:

**Veny Msipa-** your thoughts and insights have shaped me to be the man I have always wanted to be and to achieve my greatest goal in life. Without your positive criticism and ideas, this book would not have been a success. Loads of love.

**Pastor Sibusisiwe Buzuzi-** I have been blessed and privileged to work alongside you. Thank you so much for believing in me and teaching me to love and serve God with a loyal heart.

**Bindura University of Science and Education class of 2015-** thank you so much fellows for motivating me. Your enthusiasm and excitement is contagious.

**Sister de Cora Bere-** your Godly wisdom and unique insights have made me stronger.

**Wendy Muzite-** without your expertise this project would not have been possible.

**Tatenda Mugodhi-** my best friend, you amaze me every day. I thank God for your unconditional love and enthusiastic spirit and I pray that our friendship will stand the test of time.

**Apostle T.F Macheka and Pastor C Macheka-** thank you so much for your godly guidance and counsel. Your teachings have helped me understand deeper things of the kingdom of God and they have gave birth in me the zeal to do more for the kingdom.

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## 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).*

**G**od 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).*

**A**s 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.<sup>1</sup> 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.<sup>2</sup> 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

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

<sup>2</sup> *“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.<sup>3</sup>

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.<sup>4</sup> 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 Him<sup>5</sup>. 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

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

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

<sup>5</sup> *"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).*

**G**od’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 beautiful<sup>6</sup>. 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.”*<sup>7</sup> 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.

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

<sup>7</sup> *“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. <sup>8</sup>He 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...”***<sup>9</sup> 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

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<sup>8</sup> *“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)*

<sup>9</sup> *“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.<sup>10</sup> 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.<sup>11</sup> 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.<sup>12</sup> 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

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<sup>10</sup> *"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)*

<sup>11</sup> *"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)*

<sup>12</sup> *"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).*

**T**he 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.<sup>13</sup> 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

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

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