

Heartache

by Elaise Pinheiro

It hurts deep.
It is as if someone is squeezing your heart.
It hurts all the way to the depths of your essence.
It shakes your foundations.
It makes you feel small and raw.
The marks are not seen, but they get noticed.
You go quiet or start talking too much.
You became sarcastic and caustic.
You cover your hurt with jokes, making light of it.
Talk is superficial, so no one detects the rain.
What rain? It is a full-blown storm on the inside.
The water rises, and at some point, the shell cracks.
The water flows out as tears fall, dark and lonely.
But wait. Someone is reaching out to you.
Your sinking stops. Jesus has you.
From the depths of despair, hope has come.
Your song changes.
You have a healer, a comforter.
Like the precious oil that runs down.
Down the head and face to the clothes.
Healing rain that touches deep.
God calms the storm of the mind.
He slows the frantic running of the anxious heart.
God calms you with his love.
Let the healing begin.
Ellie DeAlmeida Pinheiro

Time. You can only have time if you are given life. People on borrowed time still have time. People who ran out of time finished their seasons. Some people feel as if their season of pain and heartbreak will never end. Healing takes time, and I am wondering where you are in the spectrum of suffering. Rational thoughts disappear when you are in deep pain. Everything you hear regarding what is causing your pain also becomes distorted. Anger and pain can make you believe your hurting heart instead of what happened. In time you will be able to look at it more clearly when your vision clears from the tears and your mind is not captive to pain. Heartache is a difficult season where we look in the mirror and do not recognize who is looking back. As human beings, we have basic needs. When those are in jeopardy, the pain can tear your heart apart—being loved, being respected, being safe, being part of something that matters to you, being

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able to take care of yourself and your family—having the ones you love close to you, on your side. It does something to your heart when you dwell in pain and bitterness for too long. People around you begin to give you more space as resentment grows. You are wrapped in thorny weeds. You look around and find yourself alone. Not alone as on a deserted island, but alone as in loneliness. No one gets it; no one understands. They have moved on. Anxiety creeps in and brings along fears. As the tears dry and the pain intensify, your eyes only see hopelessness. Life goes on. Most can put on a fake smile and keep this anger and pain locked inside. Sometimes it gets free and comes out, scaring the people around you. Here on earth, you will face heartaches; open wounds will sometimes bleed and hurt. Continue to crucify the flesh. Do not give up, but keep in step with the Spirit. Do good even when it seems you have been given an excuse to sin. God has not abandoned you because that is not in his nature. God is love, and he is faithful. He will get you through this pain. There is a time for everything. Time for spring, summer, fall, and winter. Whatever season you are in, take your focus out of the season and focus on the eternal. Renew your mind, rejoice, praise, and pray. In every situation, reach out to God, and peace beyond your comprehension will guard your heart and mind. Let the healing begin.