

Healing Your Heart: Poems, Songs, and Prayers for Solace and Recovery



Healing Your Heart: Poems Songs and Prayers

by Sandra Hillawi

★★★★☆ 4.5 out of 5

Language : English

File size : 207 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 72 pages

Lending : Enabled

Paperback : 24 pages

Item Weight : 2.88 ounces

Dimensions : 8.5 x 0.06 x 8.5 inches

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When your heart has been broken, it can feel like the pain will never end. You may feel lost, alone, and unsure of how to move forward. But know that there are people who care about you and want to help you heal. And there are words that can provide solace, support, and hope.

This collection of poems, songs, and prayers has been gathered to offer you comfort and inspiration during this difficult time. These words have been written by people who have experienced heartbreak and loss, and they understand the pain that you are going through. They offer their words as a way to help you heal and find your way back to happiness.

Poems

"Healing" by Langston Hughes

I have been broken in many pieces, But I will not be broken in spirit. I will rise again, And I will be stronger than before.

"Hope" by Emily Dickinson

Hope is the thing with feathers That perches in the soul And sings the tune without the words And never stops at all.

"The Broken Heart" by Rumi

The broken heart is a place of great pain, But it is also a place of great potential. For in the breaking, we are open to new possibilities. We can learn to love again, And we can find a deeper level of compassion for ourselves and others.

Songs

"You'll Never Walk Alone" by Gerry and the Pacemakers

When you walk through a storm, Hold your head up high And don't be afraid of the dark. At the end of the storm, There's a golden sky And the sweet silver song of a lark.

"Lean on Me" by Bill Withers

People get ready, there's a train a-comin' You don't need no baggage, you just get on board All you need is faith to hear the diesels hummin' Don't need no ticket, you just thank the Lord

"I Will Survive" by Gloria Gaynor

I've got all my life to live I've got all my love to give and I'll survive I will survive, hey, hey

Prayers

"A Prayer for Healing"

Dear God, I come to you today with a broken heart. I have been hurt and betrayed, And I am struggling to find my way back to happiness. I pray for your healing touch, For your comfort and your peace. Help me to forgive those who have wronged me, And help me to find the strength to move on. Amen.

"A Prayer for Hope"

Dear God, I am feeling lost and alone. I don't know how I am going to get through this. But I believe in you, And I know that you will help me. Give me the strength to keep going, And give me the hope to believe that things will get better. Amen.

"A Prayer for Love"

Dear God, I open my heart to love again. I know that it is possible, Even though I have been hurt in the past. Help me to find someone who will love me for who I am, And help me to give love in return. Amen.

These poems, songs, and prayers are just a few of the many resources that are available to help you heal your heart. If you are struggling with heartbreak and loss, please know that you are not alone. There are people

who care about you and want to help you. Reach out to your loved ones, or seek professional help if needed. With time and support, you will heal and find happiness again.



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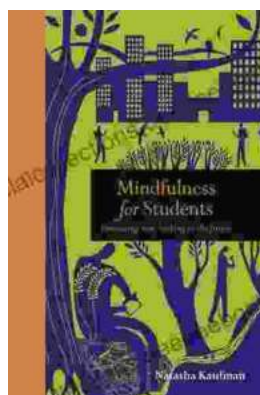
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