By John Eldredge at Wild at Heart

This is what Jesus nearly always does when he comes to mend those rifts in our hearts. He brings his comfort and mercy to those times and places where we suffered the shattering blow, and the heart in that place often feels the same age as it was at the time of the event, even though it might have been decades ago.

It might be a surprise that Christ asks our permission to come in and heal, but you may remember that famous passage from Revelation, "Behold, I stand at the door and knock" (Rev. 3:20 NKJV). He doesn't force his way in, and the principle remains true after we have given Christ the initial access to our hearts that we call salvation. There are rooms we have kept locked up, places he has not had access to by our own will, and in order to experience his healing, we must also give him permission to come in there.

Will you let me heal you?

The work of Christ in healing the soul is a deep mystery, more amazing than open-heart surgery. A friend described his experience as having Christ "holding the broken parts of my heart in his hands, and bringing them all together, holding them tenderly until his life brought a wholeness or a oneness to what was many pieces." That idea of "binding up" our brokenness involves bringing all the shattered pieces back together into one whole heart. Reintegrating those places broken off by tragedy or assault.