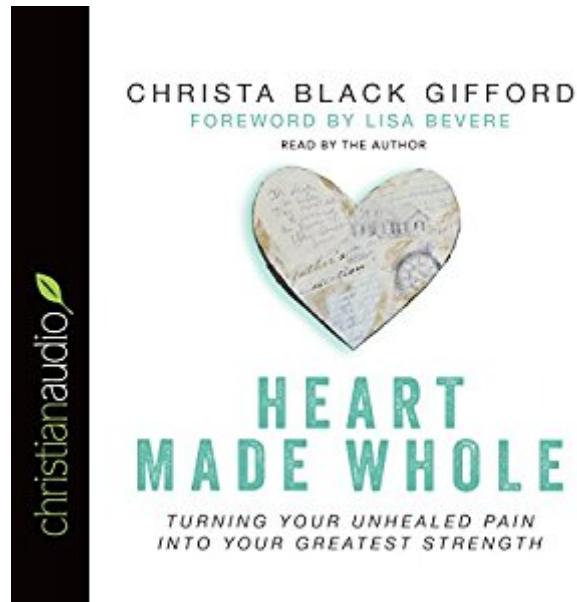


The book was found

# Heart Made Whole



## Synopsis

In *Heart Made Whole*, Christa Black Gifford shares her own stories of loss, betrayal, and personal tragedy, chronicling clear steps to redemption to help those in pain invite the true healer into the tangled mess of their broken hearts. Gifford reminds listeners that pain is not their enemy; however, unhealed pain can become their greatest foe if it's not taken to Jesus. Growing up as a preacher's kid, Gifford had been submerged in Christian culture for decades when she uncovered the truth - that there were broken parts of her heart that weren't on friendly terms with the god who lived inside. Through disappointments and traumas, she had learned to guard her heart from God, keeping her angry, entrapped, and disconnected. As struggles and hardships continued, she finally learned to run toward her relationship with God when things got hard instead of running away from him like she had in the past. The more that she did this - building her heart's capacity for intimacy and deep relationship - the more her heart began to heal from the inside out. She teaches listeners to access the solution that's already living inside of them - the god who forever made their hearts a home. When trials and tragedy hit our lives in a fallen world, our hearts can get smashed to bits, and we end up putting God on trial and blaming him for the mess. But Christa helps listeners understand that they don't have to live controlled by their circumstances - or angry with God. Instead, she provides powerful insight and practical steps to turn the painful fire that comes to destroy us into an unexpected friend that can produce our greatest healing. The condition of the heart determines the condition of life - and the heart can be bound up and healed, producing freedom and abundant life. Christa helps listeners experience steps to turn their pain into the healing and wholeness available to every believer.

## Book Information

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## Customer Reviews

Christ's Black Gifford has been a special gift to me from the Lord she came to my church for a women's conference and we ended up getting an encounter with Jesus. She spoke a lot about the heart and referenced it back to this amazing book that she wrote. This book and our encounter has really changed my whole view on how I treat my heart. I've been stomping on it for years and I'm finally asking Jesus, surrendering it to Him, and most importantly forgiving myself which I never thought was apart of the process. But it's crazy how much I've needed to do that because God can forgive me a lot easier than I can myself. This is a special book to me and I hi highly recommend it.

This book is life changing. Reading this has brought so much insight and freedom. Your heart is so important yet often neglected in order to keep up with life until we crash and burn. Facing hard things and letting our hearts feel is so needed to move forward and partnering with God is key to healing fully. This book is highly recommended and is full of tools to have a healed, whole, healthy heart.

I have been on a lifelong journey to be healed from wounds that dug deep in my earliest years. A few books have been transformational in my healing. Heart Made Whole is one of those books! It is more than just words on a page. It is based on the living and active word of God so it is living and active. The words have broke through my disillusioned thinking, changed my perspective, and spread a healing balm on my wounds. I am so grateful for Christa's journey and her sharing so that she can breathe new life and healing on those of us on the journey alongside her.

This book isn't just for people who have experienced heart ache or trama its for everyone who has come face to face with life because sometimes life sucks and you just have to learn how to listen to your heart, trust what it's telling you, and let the healing begin. I have spent years reading books on inner healing. It's part of what I do for a living and this book, by far, is the BEST book with such practical steps to healing pain you might not even recognize you have.

A must read for anyone that has had a broken heart - which, of course, means everyone needs to read this book! Christa speaks life to the broken places of our hearts, having walked the path of

loss, shame, betrayal, and woundedness with her readers, sharing God's desire for all of us to walk in love with Him. But it's not just a book of stories; guiding questions that follow each chapter allow readers to really delve into the brokenness, taking as long or as little time needed to heal. I've spent countless years trying to fix the broken, crazy, 'unfixable' parts of me, and this book has reached the places in my heart that no other book, speaker, or church could. I cannot recommend this book enough.

It's not just that you won't be the same after reading this book, you CANNOT be the same after reading this book. The freedom and wholeness that the author, Christa, opens up for her reader is amazing. This book is absolutely life-changing. Christa takes you through her own journey of experiencing loss, trauma, pain, and grief, and ultimately, healing... and gently guides you in wading through your own brokenness to come out on the other side with a whole heart. There is no fluff in this book. It's real and it's powerful. This book is for anyone who has experienced any type of pain, and that is everyone; and this book is for anyone who wants a heart made whole... and that, too, is everyone. This book is for you.

To say this book is a life changer is not even the tip of the iceberg. If you're ready for a full-on, Jesus-loving, heart-healing experience, this book is for you. Even if you're just wanting a deeper relationship with God, this book is for you as well. I can only describe Christa's insight into the human heart and God's nature as supernatural, and I truly believe chains will be broken from these pages. Heart Made Whole gave me the tools and perspective I needed to mend my broken heart, and I'm so grateful for her willingness to share her experience.

Out of all the books I've read that cover the area of healing, I've never read one that has truly been transformational until now. This book has something for everyone, whether you're in a place of deep pain or if things are going great and you just want to learn how to deal with your emotions. One thing I love best about it, is that you don't feel judged for anything; this book doesn't give a list of things that you should or shouldn't be doing, it simply holds loads and loads of truth that has unbelievable power and freedom. I grew up thinking that the way to manage your emotions is to just train your mind not to dwell on them. As long as you're ignoring those feelings and thoughts, you're doing great. I didn't realize though, that because of that way of thinking, I was actually avoiding facing the very things that would help me find victory. In the short time that I've had this book, I've already been seeing changes in the way I see myself and others as well as in the way I handle

things. I have severe insecurity and trust issues that have resulted from years of abuse, rejection, and so many other hurtful experiences. I just accepted the fact that I'll probably always be this way and that I just have to learn how to manage things so I don't let those negative emotions control me. What I've found though, is I've become so heartless towards others and increasingly unhappy. I'd have random outbursts of anger and fear, and I'd just hate myself even more because those negative emotions were ruining my life. Since reading this book, I'm starting to see that freedom and healing CAN and WILL be possible in my lifetime. I don't have to manage the pain anymore and neither do you. I can't recommend this more or say enough that would do this book justice. Go get it for yourself and see what amazing things can happen for you as you read it!!

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