

# The Day Your Heart Became Bigger Than Your Wounds

By System Import | Sermon | March 14, 2026

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We all carry invisible scars. Some are from childhood, inflicted by the people who were supposed to protect us. Some are fresh, the result of a betrayal you never saw coming, a loss that swept your feet out from under you, or a failure that still haunts your quiet moments. When we are wounded, the natural human reaction is to shrink. We build walls. We close off. We make our world smaller to protect the tender, broken places inside. We vow, "I will never let anyone hurt me like that again." And in doing so, our hearts become tight, hard, and narrow. We survive, but we stop thriving. We stop loving. We become prisoners of our own defense mechanisms.

But there is a different path—a supernatural path that defies human logic. It is the path where pain, instead of constricting your heart, actually expands it. It is the moment when the pressure of your suffering pushes out the walls of your soul, creating more capacity for God, more capacity for empathy, and more capacity for glory. This is the miracle of the "enlarged heart." It is the day you stop looking at your wound as a grave and start seeing it as a garden. It is the day you realize that the thing the enemy meant to destroy you was actually the tool God used to make you vast. And before we dive in, if this message is already stirring something in you, hit the subscribe button and stay connected to God's Word daily, because we are about to journey from the constriction of pain to the expansion of purpose.

The Bible is full of people who were deeply wounded—rejected, abused, forgotten, and betrayed. Yet, these same people became the giants of the faith. How? They did not let their wounds define the size of their lives. They allowed God to perform a spiritual surgery where the scar tissue became muscle. Today, we are going to explore seven biblical truths about how God uses your deepest pain to create your greatest capacity. We are going to discover how your heart can become bigger than the thing that tried to break it.

### Number 1: The Physics of Spiritual Expansion - "You Have Enlarged My Heart"

In Psalm 119:32, the Psalmist makes a fascinating statement: "I run in the path of your commands, for you have enlarged my heart." Other translations say, "when you set my heart free." The Hebrew concept here implies a broadening, a widening, an increasing of capacity. But how does a heart get enlarged? In the physical world, a muscle only grows through tearing and resistance. You have to put it under weight until micro-tears occur, and when it heals, it grows back bigger and stronger.

Spiritual expansion works on the same principle. God often allows the "weight" of trial and the "tearing" of loss not to destroy the heart, but to stretch it. When you are in the middle of grief, it feels like you are dying. But in reality, your soul is being stretched. You are developing a capacity for depth that you never had before. A shallow heart cannot hold deep revelation. A narrow heart

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cannot hold wide influence.

The day your heart becomes bigger than your wound is the day you realize that the suffering has carved out a cavern in your soul that God can now fill with His presence. You can love deeper now because you have hurt deeper. You can trust harder now because you have been broken harder. The wound was the excavation process. God was digging a well. Stop cursing the shovel and start filling the well. The expansion is for your future authority.

## Number 2: The Joseph Principle - From the Pit to the Provider

If anyone had a right to a small, bitter, shriveled heart, it was Joseph. Betrayed by his own brothers, thrown into a pit, sold into slavery, falsely accused of rape, and forgotten in prison for years. He experienced every form of abuse: familial, systemic, and judicial. By all rights, he should have emerged as a broken, angry man, intent on revenge.

But when we see Joseph in Genesis 45, standing before the very brothers who destroyed his life, his heart is not small. It is massive. He weeps so loudly the Egyptians can hear him. He embraces them. And he feeds them. He says, "You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives" (Genesis 50:20).

Joseph's heart had become bigger than his wound. His wound said, "Starve them." His heart said, "Feed them." How did he get there? He allowed the suffering to purge him of self. In the prison, he ministered to the butler and baker. He kept serving. He kept expanding. The "day" it happened for Joseph was likely a process of dying to his ego in the dark. If you want a heart like Joseph, you must refuse to let the betrayal turn you into a victim. You must let it turn you into a provider. Your pain is the training ground for your palace.

## Number 3: The Fellowship of the Wounded - "Comfort Others" (2 Corinthians 1)

One of the surest signs that your heart has outgrown your wound is the shift from "Why me?" to "Who can I help?" In 2 Corinthians 1:3-4, Paul writes, "Praise be to the God and Father of our Lord Jesus Christ... who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

Pain creates a unique credential. When you have lost a child, you have a credential to speak to grieving parents that a theologian does not have. When you have survived addiction, you have an authority to speak to the addict that a person who has never struggled does not have. Your wound becomes a well of water for others.

When you keep your pain to yourself, it festers. It becomes a toxic pool. But when you open your

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heart and let your experience flow out to bring healing to someone else, the pool becomes a river. The toxicity is washed away. The day your heart becomes bigger than your wound is the day you use your scar as a key to unlock someone else's prison. You realize, "I went through this so I could go back and get them." This is the ultimate victory over the enemy: using his attack against you to plunder his kingdom. If this message inspires you, don't forget to subscribe for more Bible insights every week.

## Number 4: The Breaking of the Alabaster Jar - Release of Fragrance

In Mark 14, a woman comes to Jesus with an alabaster jar of very expensive perfume. She breaks the jar and pours the perfume on His head. The disciples are indignant at the "waste." But Jesus defends her, saying she has done a beautiful thing.

The alabaster jar represents the "container" of our lives—our outer shell, our composure, our self-protection. Inside is the precious nard—our worship, our love, our essence. But here is the catch: the fragrance cannot be released until the jar is *\*broken\**. As long as the jar is whole, the perfume is trapped.

Your wounds are often the breaking of the jar. It is the shattering of your pride, your self-sufficiency, and your carefully curated image. It hurts to be broken. But it is only in the breaking that the true fragrance of your spirit is released. People who have never been broken often have a "contained" worship. But people who have been shattered worship with an abandonment that fills the room. Their love for Jesus is potent because it comes from a place of desperate gratitude. The day your heart becomes bigger than your wounds is the day you stop trying to glue the jar back together and just let the worship flow. You realize the fragrance is worth the breaking.

## Number 5: The Refusal of the Root - Choosing Grace Over Bitterness

Hebrews 12:15 gives a stern warning: "See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many." Bitterness is a root. It grows underground. It feeds on the memory of the offense. And if it is allowed to grow, it will constrict the heart like a strangling vine. It will choke out your joy, your peace, and your spiritual sensitivity.

To have a heart bigger than your wound, you must be a ruthless gardener. You must kill the root of bitterness. How? By applying the grace of God. "Falling short of the grace of God" means failing to apply the grace you received (from Jesus) to the person who hurt you. It means saying, "I will be a reservoir of judgment" instead of a "river of grace."

Forgiveness is the tool that digs up the root. Forgiveness does not mean what they did was right; it means you refuse to let what they did shrink your heart. It means you refuse to carry the baggage.

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When you forgive, you are cutting the tether to the past. You are declaring that your future is more important than your history. The day you forgive the unforgivable is the day your heart expands beyond the boundaries of human reaction into the realm of divine nature.

## Number 6: The Wounded Healer Identity - Keeping the Scars

When Jesus rose from the dead, He had a glorified body. He could walk through walls. He was imperishable. Yet, He chose to keep His scars. He showed Thomas the holes in His hands and His side. Why? Why keep the reminders of the torture?

Because His scars were no longer marks of victimhood; they were badges of victory. They were the proof of the price paid. They were the identification that made Him accessible to us. Jesus is the ultimate "Wounded Healer." He does not hide his wounds; He uses them to heal ours.

Your heart becomes bigger than your wound when you stop hiding your scars. You stop being ashamed of your story. You stop feeling like "damaged goods." You realize that your scars are your testimony. They prove you survived. They prove God is a Healer. When you can look at your scar and not feel the sting, but feel the grace, you have arrived. You have transitioned from "victim" to "victor." Your identity is no longer "the one who was hurt," but "the one who was delivered."

## Number 7: The "Stephen" Moment - Vision of the Glory

Finally, we look at Stephen, the first martyr of the church. In Acts 7, as he is being stoned to death—rocks crushing his body, hatred screaming in his ears—he does not curl into a ball. He does not curse his enemies. The Bible says, "But Stephen, full of the Holy Spirit, looked up to heaven and saw the glory of God, and Jesus standing at the right hand of God." (Acts 7:55).

In the moment of his deepest wounding, his heart expanded to encompass heaven. He prayed, "Lord, do not hold this sin against them." He echoed Jesus. His heart was so full of God that there was no room for the rocks to create offense. The vision of Glory displaced the sensation of pain.

This is the ultimate goal. To be so "full of the Holy Spirit" that even when the world throws rocks at you, your eyes are fixed on the standing Jesus. When you see the Glory, the pain of this world becomes "light and momentary" (2 Corinthians 4:17). The day your heart becomes bigger than your wound is the day your vision of God becomes bigger than your vision of people. You are too captivated by His beauty to be destroyed by their ugliness.

## Conclusion

Your wounds are real. The pain is valid. But the container of your heart is flexible. You have a choice today. You can let the wound shrink you, making you bitter, fearful, and isolated. Or, you

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can bring that wound to the Great Physician.

We have learned the Physics of Expansion, seeing pressure as growth. We have embraced the Joseph Principle, turning pits into platforms. We have accepted the Fellowship of the Wounded, comforting others. We have Broken the Jar to release the worship.

We have dug up the Root of Bitterness, embraced our Scars, and fixed our eyes on the Glory.

Let God enlarge you. Let Him take the broken pieces and build a mosaic of grace. Let your heart grow so wide that it can hold both the sorrow of the past and the joy of the future. The enemy wanted to break you, but God is using this to make you whole.

Before you go, make sure to subscribe, like this video, and share it with someone who needs encouragement today. And join us next time as we uncover another powerful truth from God's Word.