



My Heart Hurts: Finding Hope in Heartache

Cindy Hobbs Janecka

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The physical condition of heartache is real and can be agonizing. It is a deep, aching pain that cannot always be alleviated by friends, music, laughter, distraction, or even prayer. The pain of heartache can occur when we experience the loss of a relationship or a loved one, when we feel betrayed, rejected or abandoned, or when devastation or disappointment descends upon our lives. When we experience such intense pain and sorrow, we often wonder if we will ever find our way out of the darkness that has overcome us. In My Heart Hurts Cindy shares the compelling story of a 60-day journey through her own heartache. Using her personal experiences and the truths from the Bible, Cindy offers to others the comfort and hope she has found in God's faithfulness, promises and unending grace.

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