



HEARTS MATTER TO JESUS

HEARTS WILL BE WOUNDED

JESUS WANTS TO HEAR OUR STORY

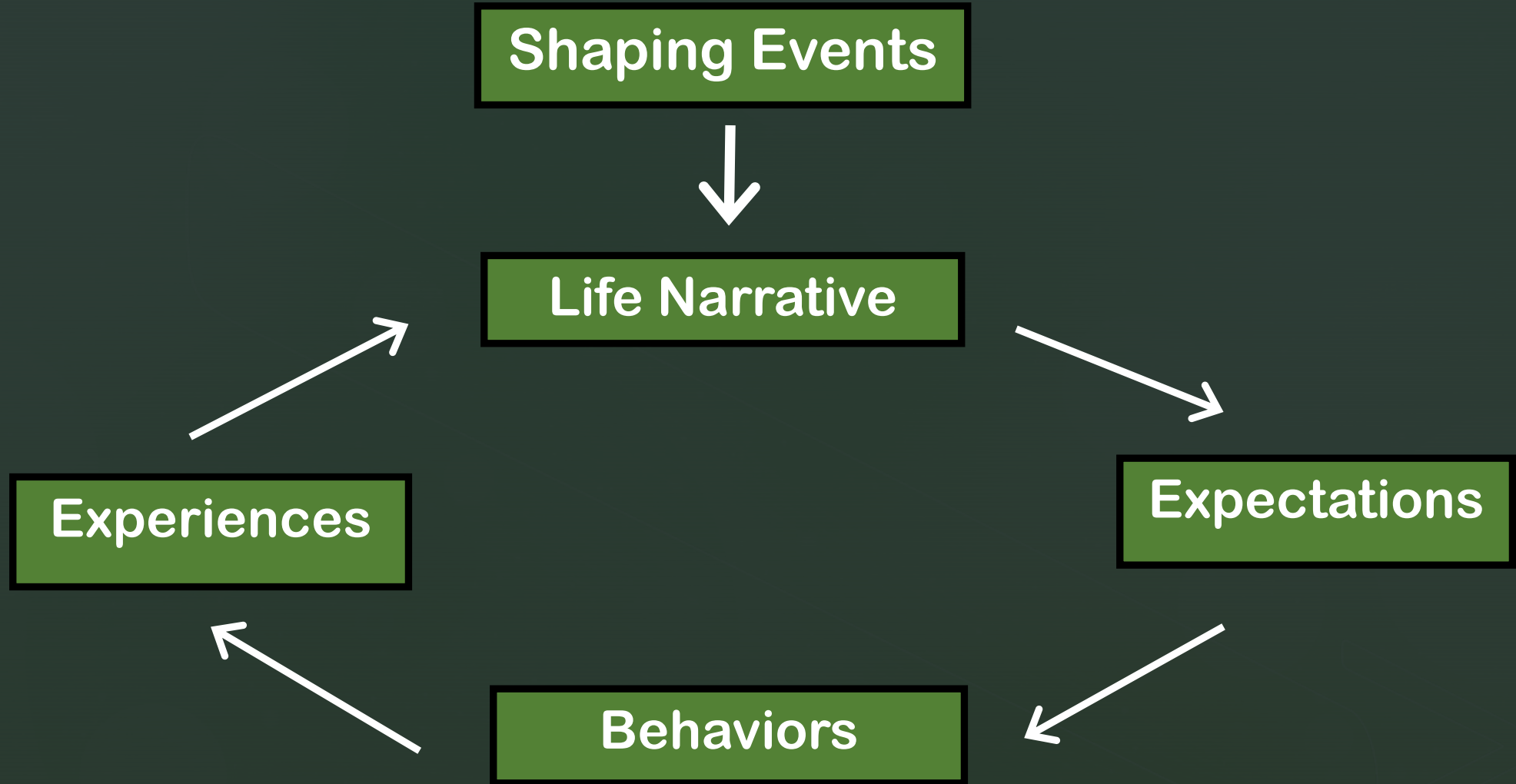
JESUS HAS SOMETHING TO SAY

WE CAN HEAR & ENGAGE WITH HIM

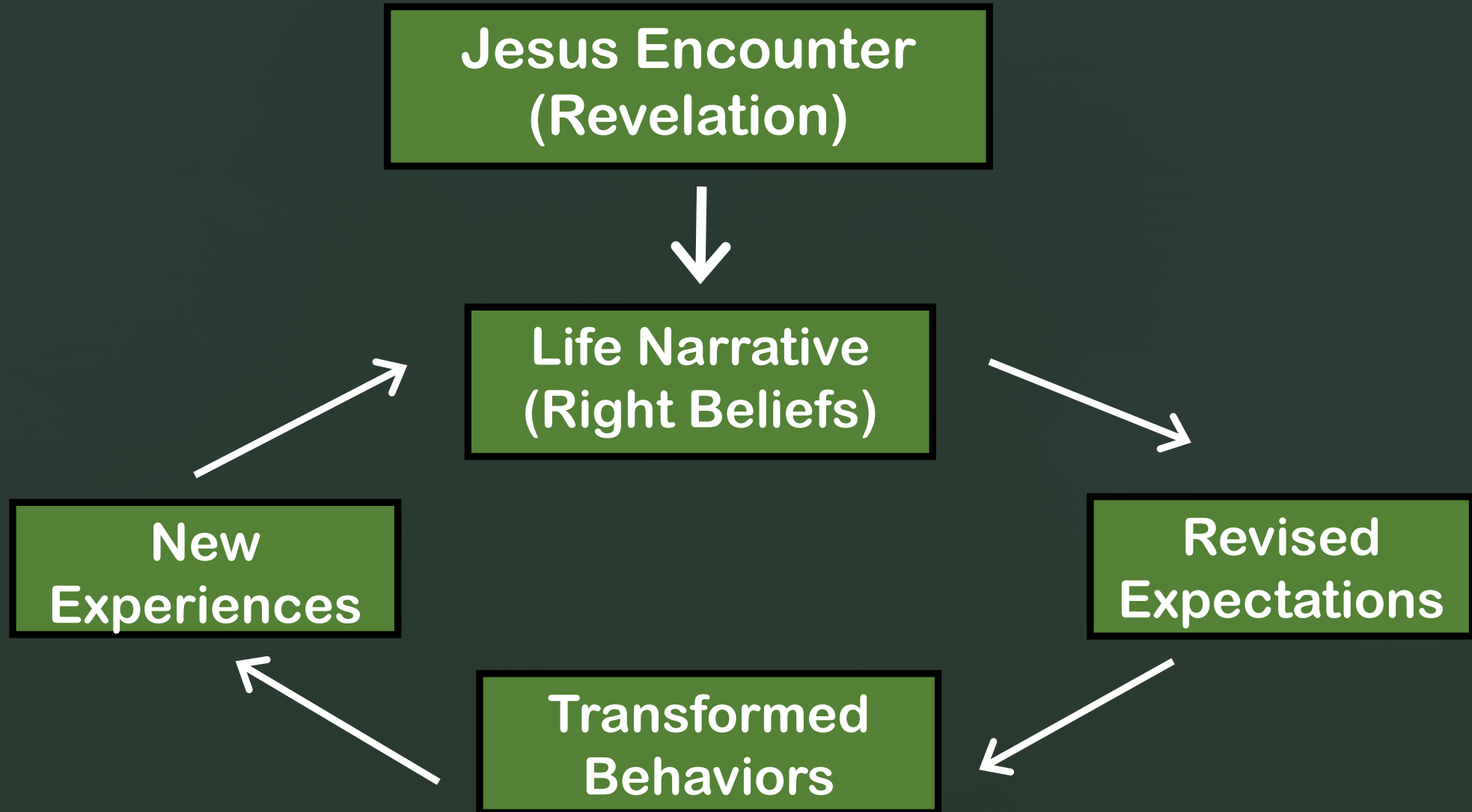
OUR HEARTS CAN BE HEALED
AT DEEPER AND DEEPER LEVELS



Life to Heart Cycle



Heart Healing Cycle




SPIRITUAL

- ACCOUNTING:
Telling the Whole Truth

And there was a woman who had a discharge of blood for twelve years, and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse. She had heard the reports about Jesus and came up behind him in the crowd and touched his garment.

For she said, “If I touch even his garments, I will be made well.” And immediately the flow of blood dried up, and she felt in her body that she was healed of her disease. And Jesus, perceiving in himself that power had gone out from him, immediately turned about in the crowd and said, “Who touched my garments?”



...And he looked around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling and fell down before him and told him the whole truth. And he said to her, “Daughter, your faith has made you well; go in peace, and be healed of your disease.” —Mark 5:25-34

WHY?

Recognize how buried hurt
is self-destructive

List unhealthy behaviors
connected to this hurt

Addictive behaviors: eating,
exercising, shopping, pornography

Destructive behaviors: putting yourself
down, withdrawing from relationships

WHAT?

Briefly describe what happened

Things that were done

Words that were said

Attitudes that were displayed

Things this person failed to do
for you

EMOTIONS:

Recognize the feelings involved



Helps
identify pain

Memories
stored in our
emotions

“Feel in
order to
heal.”

KEY EMOTIONS

HURT

- offended
- wronged
- heart-broken
- devastated

SAD

- disappointed
- grieved
- crushed
- despairing

ANGRY

- resentful
- annoyed
- frustrated
- hostile

KEY EMOTIONS

AFRAID

- stressed
- anxious
- threatened
- paralyzed

WRONG

- embarrassed
- ashamed
- dirty
- guilty

KEY EMOTIONS

UNLOVED

- unknown
- left out
- rejected
- lonely

INADEQUATE

- vulnerable
- confused
- powerless
- failure

DISCONNECTED

- withdrawn
- apathetic
- shut down
- distant



LETTER: Express your hurt

Be thorough

Be honest

Use your voice

FORGIVENESS: A decision and a process

- Forgiveness as a ***decision***: choosing not to hold emotional 'debt'
- Forgiveness as a ***process***: working through your own inner reactions

PRAYER: Release the Debt

- “Jesus, I ask you to give me forgiveness to release over (name) I choose to forgive (name) and I cancel the debt that is owed.”
- We have been forgiven and that is why we can forgive.

“Freely you have received; freely give...”

Matt. 10:8

SPIRITUAL ACCOUNTING: A Summary

