

PROCESSING

THE ISSUES OF YOUR HEART

*A path to help you resolve issues of
offense, hurt, and loss.*

It's never too late for a
FRESH START

"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23 (NIV)

If YOUR heart was the only wellspring (drinking source) from which others could drink, how healthy would they be?

A sobering question, isn't it? Whose heart hasn't been affected by some- one or something? But even if our wellspring has become polluted with unforgiveness or bitterness, we still can have a "fresh start" for our heart!

It is our prayer that as you process the issues of your heart by writing out your responses to the questions on the following pages, that you will be free from your past, not just survive but thrive in the present, and look forward to a hope-filled future!

Also, please note The Ultimate Fresh Start on page 18. For your process to lead to true freedom, and a forgiven and forgiving lifestyle, it will be imperative that you experience your Ultimate Fresh Start prior to Part V - FORGIVE. Otherwise, you will not be able to give away what you have not received.

Remember, it's NEVER TOO LATE!

Forgiven, forgiving and free!

1. OFFENSE/HURT/LOSS

WHO OR WHAT HAS OFFENDED OR HURT YOU?

OR... WHO OR WHAT HAVE YOU LOST?

"Test me, O Lord, and try me, examine my heart and my mind..." Psalm 26:2 (NIV)

Begin by identifying areas of offense, hurt or loss in your life.

(a) Choose **one** of the above offenses, hurts or losses from your life to process at this time.

The offense, hurt or loss is **–or–** The offending person is:

(b) Write out a small narrative on the issue you wish to process:

2. EFFECT

HOW HAVE YOU BEEN AFFECTED?

“Search me, O God, and know my heart; test me and know my anxious thoughts.” Psalm 139:23 (NIV)

How has this specific offense, hurt or loss affected you?

(a) What have your thoughts been?

(b) What have your thoughts been toward the person involved (as applicable)?

(c) What have your feelings been?

The following list of words is to help you identify what you may be feeling in relationship to your specific offense, hurt, or loss.

Circle those that most apply to you:

Rejected	Dumb	Distrustful	Ugly
Hopeless	Unwanted	Hate	Unprotected
Angry	Out of control	Dirty	Stupid
Judged	Rage	Worthless	Insecure
Failure	Unclean	Unloved	Fat
Abandoned	Lonely	Anxious	Condemned
Helpless	Sad	Resentful	Shamed
Bitter	Betrayed	Trapped	Loser
Guilty	Used	Jealous	Victimized
Depressed	Inferior	Fearful	Inadequate

d) Using the words that you have circled above, or other words that apply, write out how this specific offense, hurt or loss has affected you.

3. RESPONSE

HOW HAVE YOU RESPONDED TO THIS SPECIFIC OFFENSE, HURT OR LOSS?

“See if there is any offensive way in me, and lead me in the way everlasting.”

Psalm 139:24 (NIV)

(a) What have you said?

(b) What have you believed? (About God? About myself? About others?)

(c) What have you done?

(d) What lifestyle have you adopted?

(e) Many times men, women and young people will make promises to themselves (vows) out of unrighteous judgments or bitterness of heart.

Heb. 12:15 See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled"

We also can develop beliefs about ourselves (outsider, not-good-enough, failure, etc.)

... you laid aside the old self ... Col. 3:9-10

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. Romans 12:2

Belief or Vow you have made:

I am:

I will never:

People will always:

4. POUR OUT YOUR HEART

POUR OUT YOUR HEART TO THE LORD.

“Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.” Psalm 62:8 (NIV)

“I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble.” Psalm 142:1-2 (NIV)

- (a) Pour out your heart to the Lord. Write in the space below exactly how you feel.

Lord, this is how I feel:

(b) Express your unmet desires to the Lord.

Lord, this is what I'm disappointed or upset about, or wish would have happened (or not have happened):

(b) Express your current desires to the Lord:

Lord, I desire:

(d) Give thanks to the Lord:

"...give thanks in all circumstances, for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18 (NIV)

"Offer to God a sacrifice of thanksgiving, and pay your vows to the Most High; call upon Me in the day of trouble; I shall rescue you, and you will honor Me....He who offers a sacrifice of thanksgiving honors Me; And to him who orders his way aright I shall show the salvation of God."

Psalm 50:14-15, 23 (NASB)

"And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. For those whom He foreknew, He also predestined to become conformed to the image of His Son..." Romans 8:28-29 (NASB)

Tell the Lord in writing you are giving thanks for what he will do through the situation and the circumstances, and that you are willing to accept however He wants to use it in your life for His purposes, for your good, and for His glory.

Lord, I choose to give thanks for:

5. FORGIVE

FORGIVE THE ONE WHO HAS HURT OR OFFENDED YOU.

The Parable of the Unforgiving Servant:

“Then Peter came to Jesus and asked, ‘Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?’ Jesus answered, ‘I tell you, not seven times, but seventy-seven times. Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand talents was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. The servant fell on his knees before him. ‘Be patient with me,’ he begged, ‘and I will pay back everything.’ The servant’s master took pity on him, CANCELED THE DEBT and let him go. But when that servant went out, he found one of his fellow servants who owed him a hundred denarii. He grabbed him and began to choke him. ‘Pay back what you owe me!’ he demanded. His fellow servant fell to his knees and begged him, ‘Be patient with me, and I will pay you back.’ But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were greatly distressed and went and told their master everything that had happened. Then the master called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt of yours because you begged me to. Shouldn’t you have had mercy on your fellow servant just as I had on you?’ In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.”

Matthew 18:21-35 (NIV)

- (a) Write out your confession of unforgiveness (“Pay back what you owe me!” attitude) to the Lord, along with related wrong attitudes and/or responses (Part 2 and 3):

“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.” II Corinthians 7:10 (NIV)

To repent means to change how we have behaved or believed; to how the Lord would have us live.

Lord, will you please forgive me for:

(c) How have you held unforgiveness toward yourself for your wrongs you have done?

Why has it been hard to receive God's Forgiveness?

Choose to receive God's forgiveness.

(b) Choose to forgive the person who has hurt or offended you.

I choose to forgive _____ for:

6. CANCEL THE DEBT!

Write out your prayer to the Lord expressing your decision to forgive the person who has hurt or offended you.

Write out your prayer to the Lord accepting God's forgiveness for pains you have caused.

Include the specifics of those hurts or offenses and how they have affected you in the past, are affecting you in the present, and may affect you in the future.

7. RELEASE

RELEASE THE OFFENSE, HURT OR LOSS TO THE LORD!

“Cast your cares on the LORD and he will sustain you; he will never let the righteous fall. But you, O God, will bring down the wicked into the pit of corruption; bloodthirsty and deceitful men will not live out half their days. But as for me, I trust in you.” Psalm 55:22-23 (NIV)

“Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God’s wrath, for it is written: ‘It is mine to avenge; I will repay,’ says the Lord. On the contrary: ‘If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.’ Do not be overcome by evil, but overcome evil with good.”

Romans 12:16-21 (NIV)

“May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.” Psalm 19:14 (NIV)

(a) Entrust the person and/or the situation to the Lord.

(b) Write in the space below, in the form of a prayer, who or what you are now entrusting to the Lord:

(c) Bless and pray for the person who has offended or hurt you.

“Jesus said, ‘Father, forgive them, for they do not know what they are doing....’” Luke 23:34 (NIV)

“But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you...” Matthew 5:44 (NKJV)

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THE ULTIMATE FRESH START

The Ultimate Fresh Start is all about a total CHANGE of heart - turning from a “me first” desire to do my own will, to a “Jesus First” desire to do His will.

“...But unless you repent, you too will all perish.” Luke 13:3 (NIV) “I delight to do your will, O my God...” Psalm 40:8 (Amplified)

If I am sorry that my “me first” choices have led to painful consequences, and my focus is on my misery, the Bible would call that worldly sorrow. But, if my attitude is one of conviction of my wrong - the wrong of putting myself first, regardless of the consequences, the Bible would call this godly sorrow.

“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.” II Corinthians 7:10 (NIV)

Your Ultimate Fresh Start can begin now!

Confess whatever forms of “me first” you have identified in your life.

Pride, jealousy, ungratefulness, unforgiveness, and the right to run your own life.

Tell God you have been wrong and sinned against Him.

In all of the ways that “me first” has been expressed in thought, word, or deed in your life (be specific).

Thank God for sending His Son, Jesus, to die for all of your sins.

Tell God you are repenting - (turning from) of all of these sins... Ask God to forgive you - for each and every one of these sins.

Tell God that you are totally giving yourself to Him.

Making Him the Lord of your life, and as your Lord, you are yielding to Him to make any changes He wants to make in your life.

Now, thank Him for His forgiveness and for His new life within you!

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9 (NIV)

“That if you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.” Romans 10:9-10 (NIV)

For more on The Ultimate Fresh Start contact:

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