

**It's NEVER
TOO LATE
for a
FRESH START!**



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How To Process The Issues Of your Heart:

"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23 (NIV 84)

1 Who has offended or hurt you? Or, Who or what have you lost?

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

- Choose one person or loss to process.

2 How have you been affected?

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

- Describe your thoughts • Describe your feelings

3 How have you responded?

Psalm 139:24 "See if there is any offensive way in me, and lead me in the way everlasting." (NIV)

- What have you said? • What have you done? • What have you decided?

4 Pour out your heart to the Lord

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

Psalm 142:1-2 "...I pour out my complaint before him..."

- Tell God all about it

I Thessalonians 5:18 • Ephesians 5:20 • Psalm 50:14-15,23 • Romans 8:28-29

- Give Thanks and submit to His sovereignty

5 Forgive

Matthew 18:21-35

- Forgive the person who hurt or offended you • Repent and receive God's forgiveness for your response.

CANCEL THE DEBT! FORGIVE as you have been FORGIVEN.

6 Release

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

Matthew 5:44 "...love your enemies...bless those who curse you... pray for those who spitefully use you and persecute you," (NKJV)

Release the person (the one you have forgiven) to the Lord, and be willing to pray for him/her.

YOU can be FREE to be the person you were created to be!