



Have you ever been hurt?
Have you ever been offended?
Have you suffered a recent loss?

**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

1 Who has hurt or offended 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 5:43-45 "...Love your enemies and pray for those who persecute you..." (NIV)

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

YOU can have a FRESH START for your HEART!

