



Processing the Issues of Your Heart

A “process” and path in helping you resolve issues of offense, hurt, and loss

"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? But whose heart hasn't been affected by someone or something? And, 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 able to be free from your past, come to thrive and not just survive in the present, and look forward to a hope-filled future!

Also, please note “The Ultimate Fresh Start” on page 20. 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 haven’t “received”.

Remember, it's **NEVER TOO LATE!**

Forgiven, forgiving, and free,

Pastor Steve & Mindy Peterson

I 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) List specific offenses or hurts, and the person(s) involved:

- People who have rejected you in some way, and how
- People or situations where you have been violated or abused
- Conflicts involving family, friends, work, church or others
- Divorce or separation
- Other



(b) List significant losses that you have experienced in your life:

- Loss of job
- Loss of health
- Loss of a relationship due to conflict, separation, divorce or death
- Loss of a dream for your life or your future involving marriage, children or career
- Other

(c) Choose one of the above offenses, hurts or losses to “process” at this time.

The offense, hurt or loss is:

// AFFECT

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

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.

III 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 done?

(c) What have you decided?

IV **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):

(c) 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)

“...always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.” **Ephesians 5:20** (NIV)

“Offer to God a sacrifice of thanksgiving, and pay your vows to the Most High; And 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.”

Psalms 50:14-15, 23 (NASB)

“I will sacrifice a thank offering to you and call on the name of the LORD.” **Psalms 116:17** (NIV)

“For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.” **1 Corinthians 1:18** (NIV)

“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 be conformed to the image of His Son...” **Romans 8:28-29** (KJV)

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

Lord, I choose to give thanks for:

V FORGIVE

FORGIVE THE ONE WHO HAS HURT OR OFFENDED YOU.

Matthew 18:21-35 (NIV): “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.”

(*emphasis mine)



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

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

CANCEL THE DEBT!

(c) Write out your prayer to the Lord expressing your decision to forgive the person who has hurt or offended you, along with the specifics of those hurts or offenses (and how those hurts or offenses have affected you - past, present, and future).



VI 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)

———— **NOTES** ————



NOTES

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 will all perish." **Luke 13:3** (NIV)

"I delight to do your will, O my God..." **Psalms 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 above 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 to and just to forgive us our sins and purify us from all unrighteousness." **I 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" go to: www.stepuptolife.com