



They come in the form of addictions; the things we believe to be true about God, ourselves and others. They are the deep hurts and chronic heart pain that has shaped our thinking and often defined us.

They are our issues.

Jesus' remedy for our issues is the Truth. He said if we knew the truth, we would be free. (John 8:32).

Welcome to New Heart Healing and Recovery | an experience with *The Truth and the Issue*.

T H E I S S U E **WORRY**

CONCERN VS. WORRY

When we're going through tough times, we can be concerned or we can be worried. There's a fine line between "concern" and "worry."

"According to the Bible, there is nothing wrong with realistically acknowledging and trying to deal with the identifiable problems of life" (Dr. Gary R. Collins, *Christian Counseling*).

- Concern shows that we care
- Concern brings the Christian to a place of prayer and repentance
- Concern causes us to seek God for direction, trusting Him for the answers
- Worry is a result of anxiety and fear
- Worry can paralyze us from moving forward
- Worry can pull us away from God

WHAT IF?

If it's keeping you up at night...if it's distracting you from your relationships with family and God...if it keeps you from trying...if it has the potential to cause you illness...if you are so afraid of what might happen...it's excessive worry.

- What if the lab results are terrible?
- What if my paycheck doesn't cover all my bills?
- What if my son has an accident driving home from work?
- What if I say something and they think I'm stupid?
- What if I go work out and hurt myself?
- What if I try to write a story and it's a flop?

T H E T R U T H **WORRY**

BREAKING THROUGH



CAUSES OF WORRY

According to Paul Taylor of Eden Communications, "The possible causes of anxiety and fear are many: Conflict, health problems, dangerous situations, death, unmet needs, **spiritual problems, false beliefs,** etc."

Sounds like potential circumstances ("what-if's") are not the only reason we worry. And our perception of possibilities has a lot to do with it too.

WHAT DOES THE BIBLE SAY?

In so many places in the Bible it tells us not to worry, cast our cares on Him, be anxious for nothing, trust in the Lord, hope in God, and "**fear not,**" but a favorite passage is very visual:

*"Then Jesus said to his disciples: 'Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. **And how much more valuable you are than birds!** Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?'" | Luke 12:22-26, NIV.*

ADD THE PRACTICAL

Besides prayer and understanding the promises of the Word of God, you can also do some things that will help you not worry excessively in the first place. Here are some:

1. Get right with God—confess, repent, draw close to Jesus.
2. Sleep—try to get 8-9 hours of sleep a night
3. Be realistic, one day at a time—don't worry about things that really will never happen
4. Listen to music that helps you focus on God
5. Talk to a trusted friend, relative, pastor, counselor
6. Exercise—aerobic exercise will help alleviate stress

For more information on relieving anxiety see the article on this website:

<http://www.christiananswers.net/q-eden/anxiety.html>

Welcome to New Heart Healing and Recovery

New Heart Healing and Recovery is based on the promise of the Father recorded in Ezekiel 36:26 (TLB)

"I will give you a new heart with new and right desires, and I will put a new spirit in you."

Whether you are an alcoholic, drug, gambling, or sex addict; or a man or woman wrestling with the pain of their core issues (shame, rejection, abuse, anger, unforgiveness) you are invited to join us in the amazing faith-driven experience of exchanging a broken, cynical, unbelieving heart for a new one.

Visit our website:
newheartministry.com

Talk to Us

Do you have a Prayer Request?

How Can We Help You?

I WOULD LIKE SOMEONE TO
SHOW ME HOW I CAN KNOW
JESUS AS SAVIOR.

I NEED COUNSELING.

OTHER: _____

Your Information

NAME _____

ADDRESS _____

CITY _____

ZIP _____

TELEPHONE

() _____

EMAIL _____

Thank You

 **NewHeart** Ministries

Welcome!

I will give you a New Heart
with New and Right Desires,
and I will put a New Spirit
in you | Ezekiel 36:26 (TLB)

New Heart

Healing and Recovery