



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 **Control**

“I AM IN CONTROL BECAUSE I AM THE ONLY ONE I CAN TRUST”

Early on, we picked up the warning signals that indicated something bad was about to happen if we didn't do something, say something, or disappear. Triggers and red flags developed. Do any of these red flags or their results sound familiar?

RED FLAG	LEARNED INDICATION	RESULT IN ADULTHOOD
Someone being TOO nice	A possible trap: as soon as you trust the person, they use it against you in accusation or emotional, physical, or sexual abuse.	Fearful and suspicious of anyone who is kind. Also, to show trustworthiness a person may not be able to "besweet."
An unfounded accusation, forcefully stated contrary opinion, angry outburst over trivial matters	An argument is about to ensue followed by rage, abuse, or loss of security.	Passive personality or passive aggressive behavior. Anxiety, depression, fear when faced with assertive or aggressive personalities; threatened by authority figures; rebellious; sensory overload issues
Everyone is too quiet when you get home	Someone is angry or about to lose it. It's "walking-on-eggshells" time.	Anxiety. Preferring more noise, less quiet. Talk a lot to fill the quiet in order to create a safe place, suspicious of peaceful places

- The ultimate result is that **in order to avoid threats** to our security, self-esteem, life style, or belief systems, **we learn to control the people in our lives** as well as our environments.
- If we can just maintain control of everything there will be no events that bring on the red flags. The problem is, we can't maintain control of everything forever.
- The fear is that as soon as we let go, our world will end.

Where is God in this scenario? **Do we have control of God too?**

T H E T R U T H **Control**

OVERCOMING



WHY DO YOU TRY TO CONTROL OTHERS?

It can be difficult to trust anyone enough to let go of control because **the deeper the fear the tighter the control**. That can be a hard thing to hear for some, considering one who is in control has nothing to fear.

What red flags and triggers do you try to avoid by **controlling your environment?**

Think about who and what you control. There are some things and people you are responsible for, but some things and people would be best left in God's capable hands. You might not be able to trust them, but **can you trust Him?**

STEP ONE | ACKNOWLEDGE THOSE THINGS YOU CAN'T LET GO OF

- What situation or loved one have you been unable to give to God? Is there a situation that you cannot have peace about? What is the worst thing that would happen if you let go of control of these circumstances and people?
- **“Cast your cares on the LORD and he will sustain you; he will never let the righteous fall”** | Psalm 55:22.

STEP TWO | ASK THE HOLY SPIRIT TO “TINKER” IN YOUR SOUL

- You cannot simply let go of all control all at once. You need to understand that just because you are not in control doesn't mean that everything is out of control.
- God is in control. It will take a work of the Holy Spirit for you to truly know that down deep.
- **“Those controlled by the sinful nature cannot please God. You, however, are not controlled by the sinful nature but are in the Spirit, if indeed the Spirit of God lives in you”** | Romans 8:8-9a.

STEP THREE | UNDERSTAND THAT CONTROL OF OTHERS AND “SELF-CONTROL” ARE TWO DIFFERENT THINGS

- Control issues come from the world; self-control comes from God.
- **It takes self-control to let go of control**. Use discernment, wisdom, and love when letting go.
- **“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control”** | Galatians 5:22).

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 _____

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

 **NewHeart** *Ministries*