the Truth and the Issue

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.

THE ISSUE Denial

THINK ABOUT IT

Have you ever thought or said any of the following statements:

- "I can quit anytime I want"
- "He's a good boy. He just has a little problem with drugs."
- "If you knew the pain I live with, you'd understand my need for drugs"
- "Everybody does it. You're too uptight. Relax."
- "It's the people I live with. They drive me to alcohol | drugs"

ADDICTION AND DENIAL

We know we're addicted if we continue the use of our drug of choice (alcohol, drugs, gambling, sex) even in the face of devastating consequences (loss of employment, DUI, broken relationship, etc.).

Denial is a defense mechanism that simply refuses to acknowledge the reality of the consequences of the use of the drug of choice. In effect, denial creates an "alternative reality," providing a rationale for continuing a specific behavior.

EXPRESSIONS OF DENIAL

- **Minimizing:** *"Oh, c'mon. I may have a problem, but, I'm not an addict."*
- **Projecting:** *"I don't have a problem. You have a problem."*
- **Withdrawing:** *Withdrawing from a relationship instead of facing the problem*
- **Blaming:** *"I do what I do because of him | her | it"*

THE TRUTH BREAKING THROUGH Denial

"You will know the truth and the truth will set you free." John 8:32.

It's time. It's time to break through the wall of denial and step into the new life Jesus promises

Yeah, it's true: your life is out of control… unmanageable.

STEPS TO BREAKING THROUGH DENIAL

- **Step One: Stop, Look, and Listen**

  Stop: step away from your normal routine, your normal schedule to take an honest look at your life.
  Look: consider the circumstances of your life honestly. Is your life moving in the direction you intended? Are you growing emotionally, spiritually, relationally?
  Listen: listen to those in your life who you know love you. What are they saying about your lifestyle? Do they see something you cannot or will not see?

- **Step Two: Come to Know The Truth**

  Breaking through denial must have a goal; a destination. Fear of the unknown: fear of life without my "friend" to turn to in moments of pain or disappointment can render us paralyzed within our denial.
  "I am the way, the truth, and the life," (John 14:6) Jesus declares. That John 14:6 statement is not just a statement of truth, it is an invitation to you. Come to the One who is the Truth. Come to the One – the Only One – who can show you the way out of your addiction and the way to life: real life, abundant life, life eternal.

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?

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_____

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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