



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 GUILT

“IF” | “THEN”

Think about it a second: you and I interact with laws that God has put in place to govern the operation of the planet upon which He has created for us to live.

For example:

- **The Law of Gravity**
IF you release an object from your grasp, THEN that object will fall to the ground.
- **The Laws of Motion**
Law #1: IF you start something moving, THEN it will continue moving until acted upon by an external force.
Law #2: IF there is an action, THEN there will be a reaction.

We know that there are laws that govern how water will react to extreme heat; or, extreme cold: water boils at 212° Fahrenheit and freezes at 32° Fahrenheit.

Without these and other laws, life on planet earth would be very difficult to manage. With these and other laws, we know what to expect; we know how to define the cause and the effect relationship of actions and choices we make. We know what will happen **IF**...

THE LAW OF SIN AND DEATH | THE LAW OF LIFE

So, what is “The Law of Sin and Death”? Just as in the laws that govern our planet, we know that **IF** we choose to sin, **THEN** we will die. “The soul who sins is the one who will die....” | Ezekiel 18:20a.

O.K. So what is “The Law of the Spirit of Life”? **IF** we will choose to follow and obey Jesus as guided by the Holy Spirit, **THEN** you will be set free from the law of sin and death. “Because through Christ Jesus the **law of the Spirit of life** set me free from the **law of sin and death**” | Romans 8:2

No more guilt for wrong choices. Jesus has forgiven me and set me free from the control of the law of sin and death. My sin is gone. I've been washed clean in Jesus.

THE TRUTH LETTING GO OF GUILT



As a Christian, you will experience the conviction of the Holy Spirit when you are about to go (or have gone) in the wrong direction. If you are not a Christian, you may have experienced the “conviction of the Holy Spirit” drawing you to the forgiveness and saving grace through Jesus Christ.

GUILT OR CONVICTION?

Guilt and Conviction are two very different things, but may feel similar. The following shows some of the differences between guilt and conviction.

Basic Focus:

Guilt focuses on the state of being condemned: “I am unworthy.”

Conviction focuses on behavior: “This act is unworthy of Christ and is destructive.”

Primary Concern:

Guilt deals with the sinner's loss of self-esteem and a wounded self-pride: “What will others think of me?”

Conviction deals with the loss of our moment-by-moment communication with God: “This act is destructive to me and interferes with my walk with God.”

Primary Fear:

Guilt produces a fear of punishment: “Now I'm going to get it!”

Conviction produces a fear of the destructiveness of the act itself: “This behavior is destructive to me and others, and it robs me of what God intends for me.”

As you can see, Guilt pushes you away from God and people, while Conviction can bring restoration of these relationships. Conviction acts to bring us to repentance, while Guilt only serves to bring shame and isolation.

The devil slings guilt. The Holy Spirit convicts, drawing us back to God. The best way to overcome either false guilt or respond to Holy Spirit conviction is to pray. Here is a simple prayer for you to pray. If this prayer is prayed from the heart, then your burden of guilt will be lifted and you receive Jesus' forgiveness:

Dear Heavenly Father,

I confess my sins to you; I agree with you that these things are wrong. I also agree that they have been destructive to my life. Thank You for Your grace and forgiveness; thank You for the Holy Spirit's conviction and guidance; I reject the guilt of Satan. I accept your forgiveness, Lord. Is there anything I need to return, anyone I need to repay, or anyone I need to apologize to?

In Jesus' name, Amen

(If you prayed this prayer, let your Group Leader know. Your Leader will offer you additional information on what it means to be forgiven and an authentic disciple of Jesus Christ.)

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*