



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 STINKIN THINKIN

## THE TOP TEN TYPES OF STINKIN THINKIN David Hunt

- 1. All-or-Nothing Thinking**  
You see things in “black and white” categories. If your effort to “get it right this time” falls somewhere short of perfect, you conclude “all is lost; I am a failure.”
- 2. Overgeneralization**  
You see a single negative event as evidence of a pattern and think about it terms of “always” or “never” (e.g. “I never get it right”).
- 3. Mental Filter**  
You single out one negative comment or event and obsess on it to the exclusion of all the other positive comments or events.
- 4. Discounting the Positive**  
Instead of celebrating your growth or achievement, you discount them as insignificant or irrelevant (e.g.: “Anyone could have done as well.”)
- 5. Jumping to Conclusions**  
You interpret things negatively even though there are no facts to support your conclusion. You arbitrarily conclude someone is reacting negatively to you.
- 6. Magnification**  
You exaggerate the importance of your problems and shortcomings.
- 7. Emotional Reasoning**  
You assume that your negative emotions reflect reality (e.g. “I’m an frightened to fly on airplanes because it must be dangerous to fly.”).
- 8. Should Statements**  
You tell yourself things should be the way you hoped or expected them to be (e.g.: “I should be more outgoing. I should be a better person.)
- 9. Labeling**  
Labeling is an extreme of all-or-nothing thinking. Instead of saying “I made a mistake, you say “I am a loser.”
- 10. Personalization and Blame**  
You hold yourself responsible for an event outside your control

# THE TRUTH THE WAY OUT OF STINKIN THINKIN



## POUR IN SOMETHING NEW AND THE OLD WILL COME OUT

High School Physics Class described the phenomenon as “displacement.”

It is exactly that process – displacing the old with the new – that is our ONLY hope for dealing with our “stinkin thinkin.”

The Holy Spirit, through the writings of the Apostle Paul, explained the process to the the first-century disciples in Rome:

*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. | Romans 12:2*

Renewing our mind = displacing our stinkin thinkin with the life-giving, Holy Spirit transforming Word of God.

## STEP ONE | ASK JESUS TO HEAL YOUR THINKING

Talk to Him: tell Him you’re done with the stinkin thinkin. Ask Him to heal your mind.

## STEP TWO | MEDITATE ON THE CHARACTER OF GOD

- Start reading the Word of God – slowly – listening the Holy Spirit as you read.
- Read Psalm 91; Psalm 103; 2 Peter 1; Ephesians 1-2; Philippians 1-2.
- Try reading a chapter every morning.
- When you finish reading. Stop and think about what you just read.

## STEP THREE | BE HONEST ABOUT YOUR STINKIN THINKIN

When you find yourself tempted to “kick-in” to your stinkin thinkin, STOP. Ask Jesus to help you overcome the stinkin thinkin with the Truth of His Word.

## STEP FOUR | CHOOSE TO AGREE WITH THE WORD OF GOD

Begin each day with the decision to agree with God. When you find yourself tempted to “slip into” the old pattern of your stinkin thinkin, confront it aggressively with the all-powerful Word of God.

*“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account” | Hebrews 4:12-13.*

## 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](http://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

# 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*