



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 TRUST

## ABEL TRUSTED CAIN

“Now Cain said to his brother Abel, ‘Let’s go out to the field.’ While they were in the field, Cain attacked his brother Abel and killed him” | Genesis 4:8.

## JACOB AND ESAU

Jacob betrayed his father, Isaac, in order to steal Esau’s birthright (Gen. 27:19-30).

Then Jacob was gone for over 20 years in which time he gained 2 wives, family, servants, and wealth. When he returned, he was afraid that Esau would want to kill him. Why? Because he understood that he had betrayed his brother and lost his trust.

What actually happened? Jacob humbled himself and Esau forgave him and embraced him:

*“[Jacob] bowed down to the ground seven times as he approached his brother. But Esau ran to meet Jacob and embraced him; he threw his arms around his neck and kissed him”* | Genesis 33:3-4.

## JOSEPH AND HIS BROTHERS

Joseph was the second youngest in a large family. He trusted his brothers enough to tell them about his dreams. Joseph bragged and his brothers became angry with him. Finally they sold Joseph into slavery and told their father he was dead (Genesis 37—44).

## WHAT ABOUT YOU?

Who have you betrayed?  
Who has betrayed you?  
Can the **trust** possibly be restored?

# THE TRUTH RESTORING TRUST



## HOW CAN I TRUST AGAIN?

- How can you trust again when it hurts so much?
- How can a heart go from suspicious to mended?
- Is restoration of relationships required for restoration of trust?

Many of us have been hurt deeply after trusting and never want to trust again. Some of us were hurt by the very people who should have been protecting of us. Some were harmed by criminals. As a result, we may be unable to trust people of a certain demographic, such as people of a certain age, sex, race, or profession. **Betrayal is a relationship killer.**

Unlike forgiveness, which is required of us, trust is not required. We don’t have to trust *anyone... ever*. However, in order to have healthy relationships and a happy life, we must trust *someone*. God made us that way. But who? And how?

## JESUS CAN BE TRUSTED

### STEP ONE | TRUST GOD WITH YOUR WOUNDED HEART

- *“Trust in the Lord with all your heart and lean not on your own understanding”* | Proverbs 3:5.
- Start by trusting the Lord. Ask Him to heal your heart and teach you how to trust again.

### STEP TWO | TRUST IS EARNED

- *“Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much”* | Luke 16:10.
- Some people may never be trusted again—and that’s okay—but don’t let that stop you from trusting others.
- Complete trust covers four areas: my word, my behavior, my moral judgment, and my fulfillment of commitments.
- Pray and use wisdom when deciding who to trust and with how much.
- If someone wrecked the truck last week, don’t hand them the keys this week. *Trust with a little at first*. If that works, trust with a little more.

## 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.

Tonight, we invite you to begin by joining us for dinner. Please help yourself to the food on the buffet table.

Visit our website:  
[newheartministry.com](http://newheartministry.com)

# Talk to Us

Do you have a Prayer Request?

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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 \_\_\_\_\_

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# 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*