



# HEART TO HEART



CONNECTING HEARTS  CHANGING LIVES

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HEART CARE MINISTRIES NEWSLETTER

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Dear Friends of Heart Care Ministries,

Recently someone requested the words of a poem I often quote, especially when a person cries easily or sometimes when there seems to be a struggle showing any emotion. I have sit with a number of people who have never or seldom been seen shedding a tear. I rarely remember seeing my dad cry but when his mother, my grandmother passed away I saw him wipe a little trickle from his eye. I was 9 years old. Obviously we are all made up differently and some are much more open to express emotion than others. The ways people respond to someone showing emotions can be varied as well. If a person has grown up with someone that has been emotionally expressive it may have caused them to become callous and unable to show sympathy when people hurt or grieve. We live in a society that has become much more intellectual in our social interaction and scientific in explaining away our feelings. While it is true that feelings are fickle, unreliable and can be distracting when making objective decisions, they are God given indicators that offer insight into the heart. When we squelch, avoid or simply ignore our feelings we risk losing an opportunity to identify causes and allowing truth to provide us the means to release. There are also people who have lost touch with their feelings. I have a series of questions I often have couples ask each other as homework. When they return for the next session the question that frequently tends to trip them up in this interaction is when asked "Has anyone ever cared for your emotional needs?" The most common response is "they are not sure what that question is asking" or "they don't even know what their emotional needs are" and that is sad. **Pro. 14:10 states "The heart knows its own bitterness..."** This is simply saying the heart should be in touch with what it feels. Professionals are trained to detach from their feelings so they can be objective and focus on their expertise. This works well when accomplishing a task or performing a duty, but falls way short when it comes to developing relationships. Jesus himself wept when Lazarus died Jn. 11:35, was in deep sorrow in Gethsemane Mt 26:38 and when he saw the city of Jerusalem Lk.19:41. In his tears we witness his humanity and the reality that Jesus was in touch with his feelings and able to express them. It is because of this we are assured that He is "touched with the feeling of our infirmities..."and understands the personal pain in our heart. That is why Jesus is the most safe and sure place to share our hearts. The NKJV version of Pro.29:11 states **"A fool vents all his feelings, But a wise man holds them back."** I would suggest this to mean that not everyone is safe to open up to or share our heart with. Many people have been hurt confiding in someone only to be criticized, ignored or betrayed resulting in losing confidence or greatly affecting their ability to trust anyone. Humanity is imperfect at best. Jesus is perfect and therefore safe to trust our hearts completely to his care. The hymn describes Him well **"No one understands like Jesus, Every woe He sees and feels; Tenderly He whispers comfort, And the broken heart He heals."**

Your servants for Jesus sake  
Danny and Shirley



Oh ye tears I'm thankful that you run,  
Though you trickle in the darkness,  
You shall glitter in the sun  
For the eyes that are dry,  
Where tears refuse to fall,  
These are the saddest eyes,  
The saddest eyes of all



## MISSION STATEMENT

Heart Care Ministries exists to assist individuals and couples in identifying and resolving emotional and spiritual issues by utilizing the Infinite wisdom of the Word of God, trusting the Infallibility of Jesus Christ, and by relying upon the Inspirational power of the Holy Spirit

May the Lord direct your hearts into the love of God...2 Thess.3:5



**"He healeth the broken in heart, and bindeth up their wounds." Psalm 147:3**

Please consider supporting us. Heart Care Ministries is a "faith-based" ministry supported through the generous contributions of individuals, organizations and churches that share the vision to provide competent, caring, Christian counseling at no cost. HCM is a 501 (c) 3 non-profit organization and all gifts are tax deductible. If God moves you to partner with us, please know your gift will be used to make a difference in someone's life. We would be unable to continue in this service without the prayerful and financial support of the loving friends of this ministry. We appreciate your confidence and charitable contributions in our behalf. May God bless your generous and caring spirit.

# Testimonials

*"Go home to your friends, and tell them what great things the Lord has done for you, and how He has had compassion on you." Mk. 5:19*

*"...for out of the abundance of His heart the mouth speaks.: Luke 6:45*

I had wonderful parents growing up but due to the attention given to other siblings I felt somewhat overlooked. I did not get the deep emotional connection that every child longs for and especially felt my dad neglected my need for affirmation and acceptance. I think this created in me a need to be affirmed and hear that from important people in my life. This created problems in our marriage due to the deep abuse wounds of my wife's past which caused us to hurt each other and build walls closing each other off. I would react in ungodly, selfish and lustful ways which brought further pain to my wife's heart causing her to reject me even more sending us in a tailspin in our relationship. I was able with the Lord's help to begin to put things in order in my life that has helped me to break the hold that lust and pornography had on me and with God's help have been able to stay walking in freedom. These changes and breaking these habits did not however improve my relationship with my wife. The trust had been broken to many times and her heart attitude was like a stone wall toward me. The week of counseling was an answer to prayer because my wife's attitude and feelings toward me have changed **DRAMATICALLY!!** The sessions throughout the week have opened both of our hearts and minds to each other's needs and what it takes to connect on an emotional level. We trust that God will continue to lead us forward in our future to many years of a peaceful and fulfilling marriage.

A Husband



I wanted to share with you . I finally drew the picture yesterday you asked me to draw of how I thought Jesus would care for a heart..

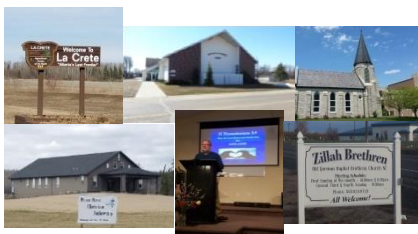
Sent from a Single Female



*In everything give thanks for this is the will of God in Christ Jesus concerning you. 1Thessalonians 5:18*

We give thanks for those who faithfully support this ministry allowing us the privilege to be available to bless others.

We were grateful for the privilege to be invited to share at various Churches, Conferences, and Retreats throughout the year. It was a blessing to meet many new people and to reconnect with many friends and acquaintances.



## HeartCORE Issues

*The troubles of my heart have enlarged; Psa 25:17*

### Spiritual Issues

Issue that affect relationships in a negative way. Spiritual Issues are resolved by acknowledging, confessing and asking forgiveness for the sin.

### 3. Rebellion

Resisting authority and rules causing a person to protest, resent or reject correction.



Prayer to resolve Rebellion

"Lord, I acknowledge my rebellious attitude toward \_\_\_\_\_. I ask Your forgiveness for my rebellion. I choose to submit to the authority of \_\_\_\_\_. In Jesus name, I pray. Amen"



*"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." Phil.4:6*

Please pray for believers around the world that they would remain strong in their faith and be a faithful witness for Jesus Christ.

Please pray for the protection and preservation of those in Christian service. For wisdom to know how to peacefully respond to those who aggressively oppose and challenge the Christian principles which are foundational to belief and practice.

Please pray that the couples and individuals coming for counselling would experience lasting freedom and protection as they go back into their home environments.

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