



# HEART TO HEART



CONNECTING HEARTS......CHANGING LIVES

JULY/AUGUST, 2012

HEART CARE MINISTRIES NEWSLETTER

VOL.2 ISSUE 4

“Come unto me all ye that labor and are heavy laden and I will give you rest.” Mt. 11:28

Dear Friends of Heart Care Ministries,

Summer tends to be a busy season for many people. In the midst of long warmer days, outdoor projects along with the typical routine schedules to meet, people still tend to plan time for vacation getaways. For obvious reasons summer has typically been a time of fulfillment for recreation, rest and relaxation. I admit I enjoy and look forward to vacations. While the intentions to getaway are usually good, the additional planning and preparation sometimes can interfere with being able to relax. The time and expense required often adds to the stress as well. The need for revival is occasionally neglected or consumed by the vacation itself. Those who serve others and especially those in ministry have the tendency to become exhausted and experience periods of burn out. Jesus was aware of the need to have a “getaway” simply to be refreshed and to recover strength. **“And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.” Matt 14:23**

Jesus understands the consequences when a person is constantly subject to having to meet people’s needs without receiving anything in return. Everyone was created with the basic need to receive love. When a person gives without having their need for love met or when someone places a high expectation on someone else to fulfill their need for love, the tendency results in what we term as an “emotional drain”. God’s love alone is sufficient to meet a person’s need for love regardless if anyone else ever does, however Jesus example reminds us that God’s supply of love needs to be secured and sustained by staying connected with Him through daily devotion. Often when a person is emotionally drained it affects their worship as well. There was a boy whose mother and father had no emotional connection with each other so the mother turned her attention and affection toward her son to meet her emotional need for love. The boy grew up feeling smothered and resentful causing an inability to become close in relationships. He knew God and believed in Him but struggled with faith or feeling any connection with Him. He had no tolerance with anyone who complained about their problems or seemed depressed because it caused him to feel drained. Ironically he married a girl who was very warm and affectionate, but who was expressive about her need to be cared for and understood. Eventually this caused him to pull away causing her to feel alone and hurt. Once she understood how her husband had been damaged, she began to focus on his need to be cared for and loved. Amazingly his heart opened and he was able to meet the emotional needs of his wife without feeling emotionally drained because he felt understood and cared for. We hope you have someone who cares for you and causes you to feel loved. Jesus turned to His Father to fill up His cup...He is able to fill our cup too.

**“He restoreth my soul....My cup runneth over.” Ps.23:3-5**

Your Friends for Jesus sake.  
Danny and Shirley



“Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going and they had no leisure so much as to eat” Mk.6:31

## MISSION STATEMENT

Heart Care Ministries exist 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



1 Cor 15:58 Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

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

Hopefully we are worthy of your support. 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. 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 prayer and support of the loving friends of this ministry. We appreciate your confidence and charitable contributions in our behalf. May God bless you for your generous and caring spirit

## HEART CORE ISSUES

Issues that lock a heart

### The Clarification (Definition) of being Drained Emotionally

To need another to meet one's emotional pain needs; To feel empty after meeting another's emotional needs because they drain you; To be frustrated in meeting another's emotional needs because they are so self focused on their pain

### The Causes (Ways) of being Drained Emotionally

If a parent emotionally struggles and depends on children to care for her emotional needs; If a wife or husband feels rejected or not loved by their spouse and they emotionally connect with one or more of the children to get their emotional needs met. When children are asked questions about decisions the parents should be asking each other. When a spouse is emotionally or physically abusive and the other spouse looks to the children for protection, advice, and encouragement to meet their emotional needs. It smothers and places too much pressure on a child and tends toward feeling emotionally drained.

### The Concern and Characteristics (Affects) of being Drained Emotionally

They tend to react to anyone who is depressed or self focused on their pain; Emotionally detached or reacts to anyone depressed or who complains about their problem; If a spouse or someone they know cries or expresses personal pain, they emotionally lock up and react with frustration and anger

### The Care for those Drained Emotionally

Speak words focused on meeting their emotional need instead of expecting them to meet your needs; Ask them instead of you having to be there for me, what if I am there for you to fill your emotional need for love? I want to care about you and meet your need for love and acceptance

### The Character Example of being Drained Emotionally

Moses was an example of someone being emotionally drained as he was called to lead the children and constantly subject to their complaining. Even from the beginning they refused to listen to him because of focusing on their own pain. Ex.6:9 When they finally did flee and were pursued by the Egyptians they pressured Moses Ex.14:10-12. God delivered them and led them into the wilderness three days and there was no water. They found water at Marah but it was bitter and they complained to Moses Ex.15:24 So they journeyed and complained. Ex.16:2-3 Again they had no water and they begin to chide Moses and He cried out to God saying What shall I do unto this people,, they are ready to stone me Ex.17:2-4 Jethro told Moses they are going to wear you out...it is too much for you to do alone Ex.18:16-18 It is clear Moses was pushed over the edge by the Israelites and reacted in anger. Once at Sinai causing him to break the tablets of stone Ex. 32:19 and at Kadesh causing him to smite the rock for water. Nu. 20:10-11 God cared for Moses and heard his cry. When we feel drained, we can **"cry unto the Lord and He promises to bring us out of all our distresses" Ps.107:28**

### Heart Thanks

Below are things we are grateful for:

*In Everything Give Thanks for this is the will of God in Christ Jesus concerning you 1Thess. 5:18*

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We give thanks for the many couples and individuals that have been willing to open their hearts and experience freedom. Our schedule continues to be 2 months out.

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We give for the many opportunities God has provided for us to minister in behalf of those struggling in areas affecting their relationships.

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We give thanks for the gracious financial support of those who have felt moved to contribute to this ministry. We are amazed at how God provides just what we need.

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We give thanks for the blessing of God who cares about the hearts of people and was willing to make the ultimate sacrifice that we might all experience freedom

### Heart Testimonies

Below are brief comments people have felt to share:

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

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"The time we spent with you was very helpful. I never knew what love felt like. I didn't know what I had missed or what I wasn't giving..."

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Blessed assurance, Jesus is mine...those words will be forever etched in my memory. I have sung that song since childhood but was unable to claim the truth of it until now. No longer do I have to feel all alone. I know Jesus is with me and claims me as His. He has made a safe place for me...Praise God Jesus is mine!

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Our marriage has never been close. We both care about each other but constantly argued. We have been to numerous counselors only to become more frustrated. Everyone thought we were a perfect couple. More like perfect hypocrites....HCM was recommended so we came with no confidence anything would be different. We were wrong. You helped us identify causes instead of pointing out all of our wrongs...even though you probably didn't see it you gave us hope to keep trying...

### Heart Prayer Request

Below are some ways you can pray for us:

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

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Consider praying for God would continue to soften people's hearts and cause them to find lasting peace in the rest He provides.

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Consider praying for healing in so many hearts that have been damaged and are locked up because of neglect and abuse.

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Consider praying that we would have wisdom and discernment in caring for people in such a way that they would feel safe to identify and seek resolve for their issues.

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Consider continuing to pray for wisdom to know what God's will is for our house in Ga. We had some showings but nothing serious

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Consider praying...without ceasing.

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