



# HEART TO HEART

CONNECTING HEARTS......CHANGING LIVES

MARCH/APRIL., 2013

HEART CARE MINISTRIES NEWSLETTER

VOL.3 ISSUE 2

**“So they ran both together: and the other disciple did outrun Peter, and came first to the sepulchre. Jn. 20:4**

Dear Friends of Heart Care Ministries,

Often God sets appointments for us to minister to people. A few years ago we attended a conference and before arriving for the morning sessions, we decided to stop for a cup of coffee. As I walked into the coffee shop I noticed a young man sitting on the step outside the entrance but hurriedly walked past. Waiting in line I began to think about the young man and wondered where he was from and what he was doing there. After receiving my purchase, I proceeded back to join my wife waiting in the car. She mentioned noticing the young man as well and was hoping I would get back before he left to inquire if he was okay. She said he had walked around the building just before I came out and so we decided to see if we could find him. We crossed over a busy street and spotted him walking across a large parking lot. We were both impressed at how respectful and friendly he was. He shared briefly how he had recently moved here from several states away for work but the job had fell through. He then pointed to a large Church at the upper end of the parking lot saying he was attending there and was on his way for an appointment with the Pastor. We encouraged him to keep seeking Jesus with all of his heart. We left him walking toward the church and us trying to find the way back to our conference. As we were about to enter the building we were met by someone also arriving a little late. I mentioned how we had “run into someone” that morning who had caught our attention. They responded jokingly by saying “I hope you didn’t hurt them.” Their witty response left an impression upon me that I think about often. How many times have I met someone similar to this young man and without even realizing it “run over” them by ignoring or neglecting to consider them. The scripture above begins saying John and Peter “ran both together” but eventually John outran Peter and got there first. Perhaps all this is only saying that John was a faster runner than Peter. However it does illustrate how driven people are inclined to “outrun” others. Expectations tend to produce a “self-focused perspective” as opposed to an “other-focused perspective.” Jesus had an amazing ability of sacrificially noticing the needs of people. Recently we met an individual who was disconnected from God and felt exhausted trying to be a Christian. Her father was a dominant, angry Pastor and her mother had high expectations and a critical attitude. She tried really hard to do everything expected of her but never seemed as though it was ever good enough. As a young girl she would often spend hours alone in the woods behind her house to escape the pressure of her home. Her pain led to rebellion. It was easy to see the areas where she had made bad choices but not as easy to see the underlying issues contributing to her rebellion. People had “run into” this girl neglecting to see she was overwhelmed causing her heart to close. Presently she is learning to trust Jesus as someone who doesn’t “run over” you but someone you can “run to” for healing.

Caring for Jesus sake.  
Danny and Shirley



That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death;  
Phil. 3:10

## 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 stedfast, 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

This section is used to identify issues that affect a person's heart.

A Pressure Pattern is when a certain behavior is demonstrated that causes another person to react negatively because of pain.

### **Pressure Patterns that can cause a person to be damaged**

\* **Expectations (Pressure to Perform/Self Disciplined)** To achieve, to expect, to accomplish an action, to carry out, to count on

#### The Characteristics of a Self Disciplined Person

Everything has to be done right; Focuses on what needs to be done; Makes list of things to do; Frustrated when others aren't disciplined; Unsatisfied with other's work and tend to redo it

#### The Complications Associated W/ Expectations

A) Expectations of others that can cause damage:

- 1) A person will either try to meet them and become driven
- 2) A person will react to them and emotionally lock to other's expectations causing them to:

To rebel against being told what to do; React with Anger; Disassociate to block the pain; Become frustrated & self-focus

B) Expectations I have placed on myself that can cause damage

- 1) May feel guilty if I don't do things good enough
- 2) May get frustrated or angry if I don't achieve a certain level
- 3) May feel rejected if I can't do things well enough.

#### The Character of Expectations

Moses was an example of someone who placed a tremendous amount of expectation upon himself. Jethro, Moses' father-in-law noticed this and was concerned about overload and burnout. Ex.18:17-18. Jesus said "**Without me you can do nothing.**" Jn. 15:5 and also warned of "**our hearts being overcharged with the cares of this life Lk.21:34.** Peter invites us to "humble ourselves under the mighty hand of God by casting all your care upon Him for He cares for you." 1 Pet. 5:6-7

### 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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In February we were privileged to attend the CFTH directors retreat at the Crosswinds Conference Center near Hesston Kansas. It is always refreshing to spend time with those who are involved in similar ministries offering encouragement, insights and prayer support. It is always special to be among godly people that are committed to care for hurting hearts.

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We were honored to be invited in March to Picture Butte, AB as the guest speaker for their Sweetheart Banquet in March. There were 52 couples in attendance for a special evening focusing on emotionally caring and connecting with each other. A very special evening that was well thought out with over-the-top planning

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We were honored to share in a wedding in Grand Prairie, AB for a couple we had previously taken through premarital counseling. It was such a wonderful blessing to once again witness the miracle of marriage when two people are joined together in one.

### 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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"I was blind to my own issues and so very blind to my husbands...I didn't know or understand why he was so distant from me and had no time for our family...when I finally realized my pain I could see the pain of my husband was caused long before we met. We were able to overcome the tremendous pain of his adulterous affairs and learn to love again...I encourage anyone going through what seems to be a hopeless relationship to try once more...God can restore what man has seemed to destroy...thank you for the hope you have given us to trust again..."

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"We were so broken and ready to give up. My husband had said twice he wanted a divorce...so did I. We were separated and someone offered to drive us from another state to MT for help. You were patient with us and understood how I had been damaged by an angry dominant father who was a minister and a mother who was expressive critical with high expectations...I was rebellious and felt like everyone wanted to control me even God...I am learning to trust a different Jesus than I ever knew before...we came home with a willingness to try again...please keep praying for us..."

### 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 that we would have an understanding heart enabling us to help people identify the issues causing their hearts to lock

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Consider praying for the development of a day conference for Pastor's and their wives that we would be effective in communicating the material in such a way to bless them as a couple and to share with their congregations

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Consider praying that God would provide the resources and a facility for us to move the ministry to a location closer to where we live.

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Consider praying that God would continue to move in the hearts of people to pray and support this ministry.