

Resolving Sinful Heart Issues

Allows Us To Freely Give And Receive Love

Through prayer and Bible study, John Regier came to the conviction that if people have a difficult time freely giving or receiving love, they have root issues that need to be resolved. In his book, *Biblical Concepts Counseling Workbook*, John describes how to resolve 10 heart issues:

Bitterness	Rebellion	Immorality	Generational sins
Hypocrisy	Temporal Values	Pride	Occult Activity
Sinful Habits that are cherished		Thought patterns that are negative	

John Regier summarizes the root issues into three categories. See: www.caringfortheheart.com/about-us/biblical-philosophy.

- 1. Emotional issues** stem from damage we experience caused by emotional, physical, sexual, or spiritual abuse – receiving what we should never receive. Trauma also occurs when we do not receive the nurturing love, care, and guidance that we do need.
- 2. Spiritual problems** are often a reaction to the pain and insecurity we feel in response to the abuse and neglect we experience in life. Unhealthy reactions include:
 - A. Bitterness that leads to seeking revenge
 - B. Rebellion to protect ourselves from those who have hurt us
 - C. Moral failure from seeking to be loved in unhealthy ways
 - D. Hypocrisy – Living a double life. Lying to avoid rejection.
 - E. Pride – Trusting in ourselves, rather than God. Instead of seeing ourselves valuable in Christ, basing our value and importance on our accomplishments, job, beauty, possessions, or people we know.
 - F. Self-pity and negative thought patterns that result from repeated failures, insecurities, emptiness, rejection, and loneliness in life.

3. Enemy strongholds stem from giving ground to Satan through activities or attitudes that allow him to influence and control us. These include involvement in the occult, rebellion, drugs, holding onto anger, seeking revenge, pride, suppressing the truth, etc. (Ephesians 4:27; 1 Samuel 15:23; Luke 9:54-56; Matthew 16:21-23; Romans 1:18-20; 6:16; John 8:34; 13:27).

The Ten Commandments and Ten Heart Issues – Jesus said anger is the root of murder. He also said adultery is committed in the heart when a man desires to be with a woman who is not his wife. Sin begins in the heart and then is expressed in actions (Matthew 15:18-30). Healing on the inside is the only way to experience transformation. When we understand and experience Jesus' love, then we can love others as He has loved us (John 13:34; 15:12).

The fruit of the Spirit will grow in our lives when we abide in Jesus and let Him abide in us. Without Him we are helpless. (Romans 12:1,2; John 15:4-8; Galatians 5:22,23). The chart beginning on page 300 shows how the fruit of the Spirit is a fulfillment of the Ten Commandments. It also shows how the sinful heart issues are ways we break the Ten Commandments.

Resolving Emotional, Spiritual, And Relational Issues

Emotional Issues – Understand

1. You are not responsible for the choices of those who abused you.
2. You cannot change your own heart or fix yourself. (John 15:4,5).
3. Jesus' mission includes healing the brokenhearted. (Luke 4:18).

Spiritual Issues – Understand

1. Jesus freed all of us from condemnation. (2 Cor. 5:19; Gal 3:13)
2. God invites us to come to Him just as we are. (Matt. 11:28-30)
3. Out of love, God always gives freedom of choice. (2 Cor. 5:20)

Choose to:

1. Give Jesus permission to be your Savior from all sin.
2. Be honest with God. Acknowledge all the sin you are aware of.
3. Thank God for forgiving you as He promised. (1 John 1:9).
4. Embrace God's will for your life, trusting His love (Rom 12:1,2)
5. Ask Him to give you the Holy Spirit (Luke 11:13; John 14:26).
6. Renounce any involvement in the occult and activities that opened the door to Satan.

A Healing Process

1. Choose to list all who have hurt you, what they did, and the emotional pain it caused.
2. Pray
 - a. Communicate to God your choice to forgive those who have hurt you, giving up the right and desire to make them pay for the hurt they have caused.
 - b. Ask God to give you the grace, strength, and healing you need to help you deal with the pain and consequences resulting from the hurtful actions.
 - c. Ask God to convict, discipline, and lead the ones who have hurt you to repentance for their sake and their healing.
3. Choose to list those you know you have hurt, what you did to hurt them, and the emotional pain it may have caused.
4. Confess your failures to God and thank Him for forgiving you.
5. Pray for wisdom to know how and when to confess to those you have hurt. If and when you are able to talk, listen to their story.
6. With a repentant heart, ask them to forgive you when they are ready.

What To Focus On

1. Rest in God's love for you as His son or daughter. (1 John 3:1).
2. Jesus' life & death makes us all acceptable to God. (2 Cor. 5:21).
3. Be transformed by the renewing of your mind by letting the Holy Spirit lead you into all truth and live out His life within you. (Romans 12:1,2; 8:4; Philippians 1:6; John 14:26; 16:13).
4. We mature as we help one another. (Rom. 12:9-21; Eph. 4:11-32).
5. God works in us to help us grow. (Phil. 1:6; 2:13; 1 Thes. 5:23,24).

Five Core Needs – Wholeness Model

By Dr. Kathy Kock, from the Book, Five To Thrive

God created human beings as social creatures with the capacity to love and be loved. Our core needs are truly met in the context of healthy relationships with God and other people.

Tragically, many seek to meet these needs in unhealthy and ungodly ways, what Dr. Koch calls "counterfeit solutions." These will inevitably leave us feeling incomplete, broken, and disappointed.

The five needs are progressive. When I learn I can trust God, I discover I am His child, created, loved, and redeemed by Him. We were created because He has love to share and wants to share it with us. He wants us to live with Him forever. I am unique. He has a unique way for me to love those around me. I experience joy when out of love and the passions and strengths of my life I am able to serve the needs of others. I am also blessed when I receive what others have to offer.

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| 1. Security: Who can I trust? | 4. Purpose: Why am I alive? |
| 2. Identity: Who am I? | 5. Competency: What do I do well? |
| 3. Belonging: Who wants me? | |

#	Exodus 20:1-17	Heart Issues In Conflict with the Law That Need To Be Resolved	The Fruit of the Spirit is In Harmony with the Law
1	Have no “gods” before the true God	Occult activity is directly worshipping Satan. When we try to be the “god” of our own lives by doing what we want to do, we also are serving Satan. (John 8:34,41,44; 1 John 3:8)	All the commandments are summed up by loving God supremely & loving others as we love ourselves.
2	Do not make an idol or bow down to one.	Generational sins When people worship objects, they do not understand God’s love. They create a god in their selfish image. Selfish actions are seen as normal and passed on to their children.	Love God is love. Objects can’t love. They can’t represent God. True worship flows from love and truth. (John 4:24)
3	Do not take God’s name in vain	Pride People take God’s name in vain when they profess to represent Him but live for themselves. When their motivation to follow God is fear of being lost or a desire to get to heaven, their focus is self-centered. They will misrepresent God’s love. They may have a form of godliness but will not experience His transforming power.	Gentleness/Humility People who are secure in Christ and receive His love will be focused on serving, being a blessing to others, and leading people to God.

<p>4 Remember the 7th day of the week is the holy Sabbath of the Lord.</p>	<p style="text-align: center;">Negative Thought Patterns</p> <p>Each Sabbath God says, “Remember, I created you! I am the One who makes you holy!” Ex 31:13,17.</p> <p>When the Sabbath, and the truth it stands for, is neglected or rejected, the following will happen.</p> <ol style="list-style-type: none"> 1. The gospel will be distorted. 2. Legalism and lawlessness will flourish. 3. Selfishness will abound. 4. Confusion about our origins will evolve. 5. Fear for the future will create insecurity. 6. Meaning in life will be shallow. 7. Counterfeit systems of worship will arise. 8. A form of godliness will replace the power of the gospel. 9. The Sabbath will feel like it is a burden; something that is kept to earn favor with God. 10. The Sabbath will seem like it is no longer necessary and can be replaced. 	<p style="text-align: center;">Peace</p> <p>Jesus made the Sabbath to be a blessing for the human race. (Mark 2:27). It reminds us He created us in the beginning and provided for all our needs.</p> <p>After sin entered, God said the Sabbath also reminds us that He is the One who makes us holy and saves us from all aspects of the sin problem. (Rom. 12:1,2; Heb.10:10,14).</p> <p>When it is rightly understood, the Sabbath points to the gospel and answers the basic questions related to the meaning of life:</p> <p><i>Where have we come from?</i></p> <p><i>Where are we going?</i></p> <p><i>Why are we here?</i></p>
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5	<p>Honor your parents that your days may be long</p>	<p style="text-align: center;">Rebellion</p> <p>Disregarding proper authority will lead to lawlessness and selfishness in the home and society, leading to broken relationships, stress, isolation, sickness, resentment, and bitterness.</p>	<p style="text-align: center;">Goodness</p> <p>Respect for authority leads to cooperation. This in turn leads to peace, security, respect, love, and long living societies.</p>
6	<p>Do not murder</p>	<p style="text-align: center;">Bitterness</p> <p>Unresolved resentment and bitterness will lead us to avoid those who hurt us, hating them, wishing them harm, and eventually desiring to kill them if we could get away with it. (Matt. 5:22).</p> <p>Jesus said Satan was a murderer from the beginning (John 8:44). Who did He murder? God. Satan declared war against God and then killed Him by inspiring humans to crucify Jesus. (Revelation 12:7-9; John 19:6).</p>	<p style="text-align: center;">Patience/Long-suffering</p> <p>All are valuable to Jesus. He gave His life for all. He said, “Love one another as I have loved you.” John 15:12.</p> <p>We are to be patient, forgiving, & prayerful. Then let God discipline others while drawing them to Himself. (Eph. 4:32; John 12:32; 16:8; Rev 3:19; Rom. 12:17-21).</p>
7	<p>Do not commit adultery</p>	<p style="text-align: center;">Immorality in thought and action</p> <p>Lustful thoughts, pornography, romance novels, soap operas, emotional affairs, fornication, sexual perversions, and adultery destroy healthy and loving relationships.</p>	<p style="text-align: center;">Faithfulness</p> <p>Maintain purity in thought and action in life. Be loving, respectful, and faithful toward your spouse.</p>

8	<p>Do not steal</p>	<p style="text-align: center;">Sinful habits that are cherished</p> <p>Fear, insecurity, abuse, neglect, and anxiety create painful, broken relationships. To numb the pain, we often turn to unhealthy, addictive actions that provide temporary relief. Instead of seeking healing, people manipulate and steal from others to satisfy their cravings and desires.</p>	<p style="text-align: center;">Kindness</p> <p>People who are kind look out for the needs of others. They help others grow into maturity and learn how to manage life and emotions in healthy ways so they can bless others.</p>
9	<p>Do not lie or bear false witness</p>	<p style="text-align: center;">Hypocrisy</p> <p>Insecurity and fears will often lead people to lie about themselves or others to gain acceptance or for selfish gain. They can profess one thing and do something else in secret.</p>	<p style="text-align: center;">Self-Control</p> <p>Security in the love and grace that Jesus has for us frees us to be honest with God, others, and ourselves. It enables us to look beyond our own needs and sacrifice for the good of others.</p>
10	<p>Do not covet</p>	<p style="text-align: center;">Temporary Values</p> <p>Distrust in God’s love and salvation will lead to insecurity and emptiness. We will then covet things, relationships, jobs, or activities to find peace, joy, and security, but we will never be satisfied. Temporary pleasures will let us down.</p>	<p style="text-align: center;">Joy and Contentment</p> <p>Trust in God’s love enables us to find joy and contentment in Him, freeing us to use what we have to love people, rather than use people to get more things.</p>