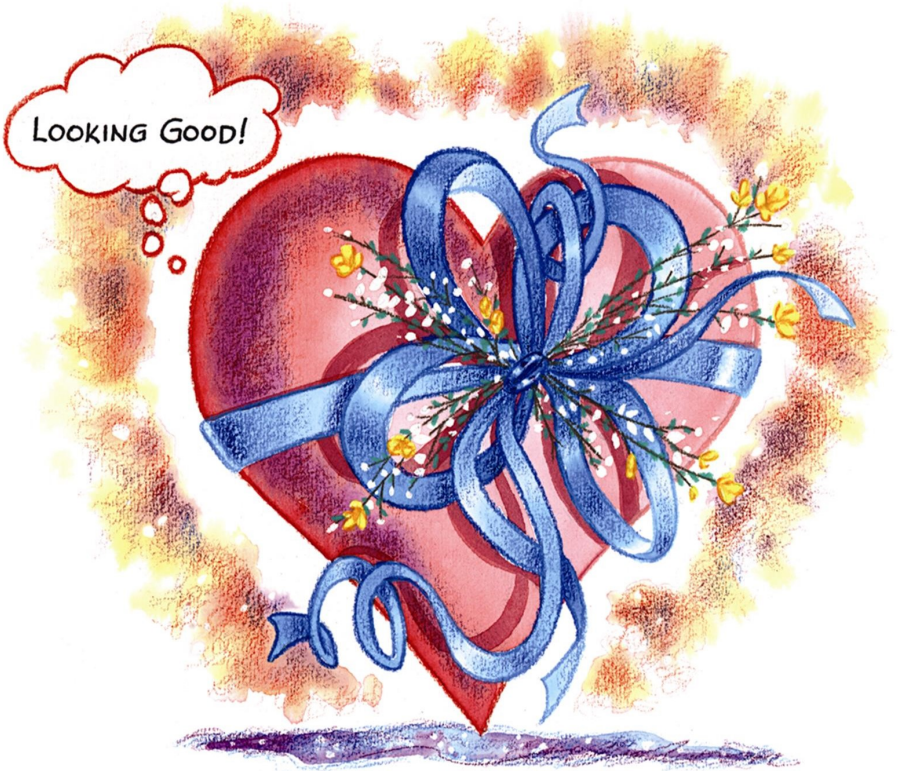


# What Is Being Stored In Your Heart?



## Exposing Denial



# What Is Being Stored In Your Heart?

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# What Is Being Stored In Your Heart?

Dear Parent or Facilitator,

The booklet, *What Is Being Stored In Your Heart?*, is designed to reveal to a person the reality that offense does not just "go away" over time.

It illustrates the damage that unresolved conflict, wounds, or loss can cause in a person's life.

Jesus knew and reminded us in John 16:33, "I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (NIV) He has left us with practical instructions on what to do to receive healing from the heartaches life brings our way. We will either choose our own way of coping, which will produce bitter fruit, or deal with "life's blows" according to God's design, which produces life and freedom. May this booklet help you see the damage that unresolved issues of the heart can do. May you be motivated to face your hurts and trust Jesus to set you free. (Hebrews 12:14)

May this booklet be a blessing and an aid to set you free, all for His glory!

To His Praise and Honor,

Carol Perkins and Mindy Peterson  
*Fresh Start For All Nations*

# Exposing Denial

**“For the mouth speaks out of that which fills the heart.  
The good man brings out of his good treasure what is  
good; and the evil man brings out of his evil treasure  
what is evil.”**

Matthew 12:34b-35 (NASB)

What is coming out of your mouth that is being stored in your heart? Your heart can be clean, even if you have experienced a malicious offense or if you've experienced extreme pain.

**You can choose to respond in obedience,  
or you can choose to “take matters in your own hands.”**

What is obedience in a situation like this, and how do I get there? Understanding God's principles based on His Word, not only gives you the ability to know how to handle life's heartaches, but also teaches you how to practically respond to them. Your heart can be restored to a pure state. Responding to God's principles and inviting Him to work in your life produces the healing and freedom from the anger and wounds of the past and present.

The picture on the cover of this booklet is the way many people choose to present themselves to others. They may not realize they have unresolved issues, or they know they do, but for whatever reason, "they don't want to talk about it."

Why wouldn't a person want to discuss unresolved issues?



## IDEA BANK

- Hurt
- Shame
- Self-sufficiency
- Fear
- Skeptical - Mistrust
- Loyalty
- Disobedience
- Pride
- Control
- Denial - Self-deception
- Uniformed - Unaware

### Hurt

**Response:** "The pain is so great that I don't want to feel it again by discussing it."

*"For the Lord comforts His people and will have compassion on His afflicted ones."* **Isaiah 49:13b** (NIV)

#### SUPPORTING SCRIPTURE

- *Isaiah 51:12*
- *Psalms 126:5*
- *Isaiah 12:3*
- *Isaiah 35:8-10*
- *Psalms 68:19*
- *John 16:24*

### Disobedience

**Response:** "It takes a lot of emotional energy to think about the issue."

*"Do not merely listen to the word, and so deceive yourselves. Do what it says."* **James 1:22** (NIV)

#### SUPPORTING SCRIPTURE

- *Psalms 111:10*
- *Revelation 22:14*

## Shame

**Response:** "I feel ashamed of what has happened or how I've responded."

*"Those who look to Him are radiant; their faces are never covered with shame."*

**Psalms 34:5** (NIV)

### SUPPORTING SCRIPTURE

- *Psalms 44:15*
- *Isaiah 50:7*

## Pride

**Response:** "I don't want anyone to know."

*"When pride comes, then comes disgrace, but with humility comes wisdom."*

**Proverbs 11:2** (NIV)

### SUPPORTING SCRIPTURE

- *Proverbs 22:4*
- *Psalms 18:27*
- *Proverbs 16:18*

## Self-Sufficiency

**Response:** "I have my own way of handling things."

*"We all, like sheep, have gone astray, each of us has turned to his own way."* **Isaiah 53:6** (NIV)

### SUPPORTING SCRIPTURE

- *Isaiah 64:7*

## Control

**Response:** "If I fall apart, I may lose control of myself."

*"The righteous cry out, and the Lord hears them; He delivers them from all their troubles."* **Psalms 34:17** (NIV)

### SUPPORTING SCRIPTURE

- *Psalms 30:5b*
- *Psalms 34:18*
- *Psalms 34:14*

## Fear

**Response:** "There may be repercussions if I tell."

*"Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe."*

**Proverbs 29:25** (NIV)

### SUPPORTING SCRIPTURE

- *Isaiah 51:12*
- *Jeremiah 38:19*

## Denial — Self-deception

**Response:** "There isn't anything wrong."

*"He feeds on ashes, a deluded heart misleads him; he cannot save himself, or say, 'Is not this thing in my right hand a lie?'"*  
**Isaiah 44:20 (NIV)**

### SUPPORTING SCRIPTURE

- *Hebrews 3:13*
- *Psalms 36:2*

## Skeptical — Mistrust

**Response:** "What if I share, make myself vulnerable, and the facilitator does not believe me, understand, or take me seriously?"

*"He who trusts in himself is a fool, but he who walks in wisdom is kept safe."*  
**Proverbs 28:26 (NIV)**

### SUPPORTING SCRIPTURE

- *Isaiah 2:22*
- *Psalms 105:4*
- *Isaiah 55:6*
- *Proverbs 19:16*

*"In my anguish I cried to the Lord, and He answered by setting me free."* **Psalm 118:5 (NIV)**

## Uninformed — Unaware

**Response:** "I didn't know any other way to handle this issue."

*"I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them."* **Isaiah 42:16 (NIV)**

### SUPPORTING SCRIPTURE

- *Isaiah 48:17-18*
- *Jeremiah 42:3*
- *Luke 1:76-79*
- *Psalms 25:9*

## Loyalty

**Response:** "If I am honest about how my father/mother hurt me, I feel like I am dishonoring him/her."

*"He who loves father or mother more than Me is not worthy of Me; and he who loves son or daughter more than Me is not worthy of Me. And he who does not take his cross and follow after Me is not worthy of Me."*  
**Matthew 10:37-38 (NAS)**

### SUPPORTING SCRIPTURE

- *Isaiah 57:14 (NAS)*
- *1 John 1:6-7*
- *Hebrews 12:13-14*



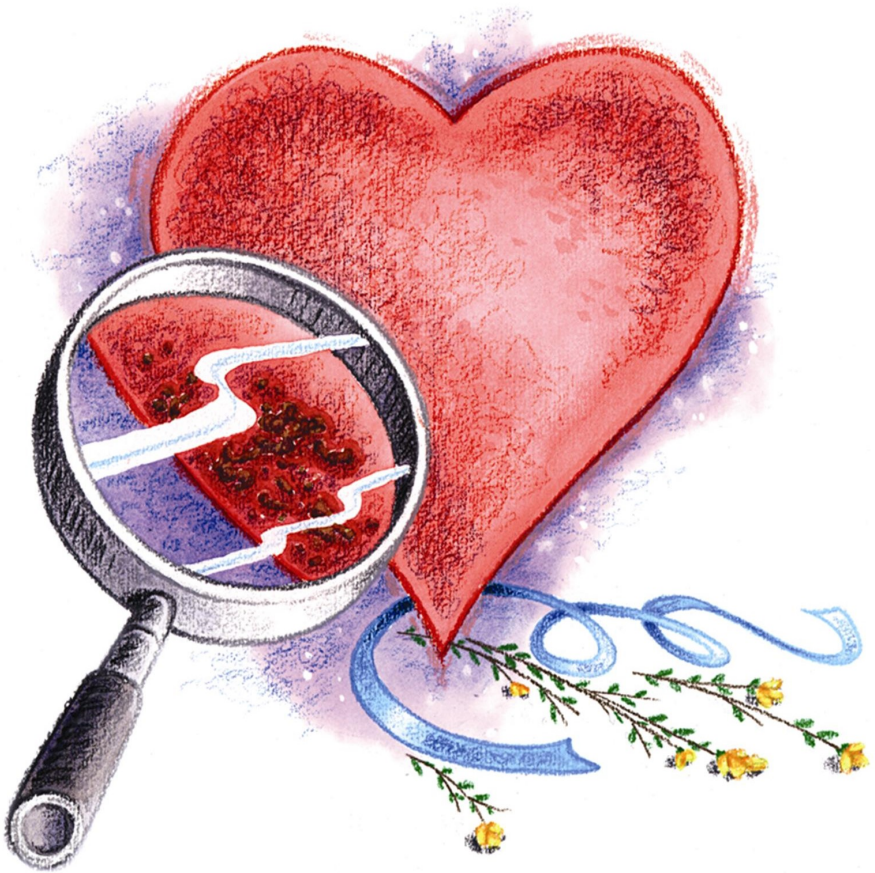
As time goes on, the heart begins to leak.

What I say and do reflects the real condition of my heart.

This is a tip-off that there may be one or more issues unresolved, and an indicator of what has been "stored in my heart".



# What Is Being Stored In Your Heart?

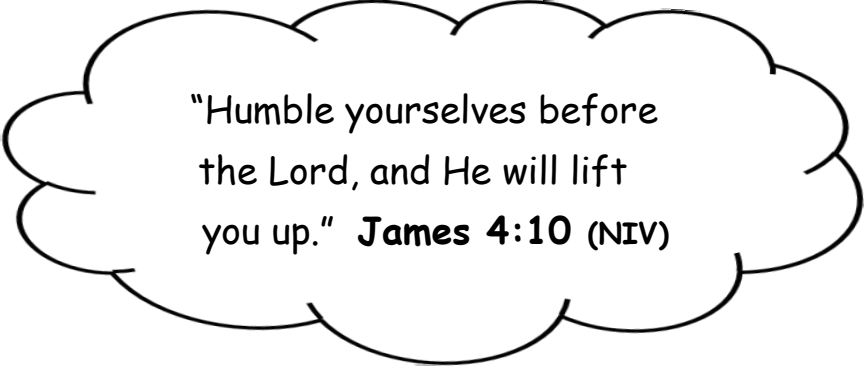


“For out of the overflow of the heart the mouth speaks. The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him.”

Matthew 12:34b-35 (NIV)

**As you get closer to someone's heart,  
you may begin to see clues of unresolved issues.**

As you allow someone to take a closer look and you are willing to humble yourself to submit to God's process, you will begin to see some places in your spiritual heart that are not clean. These "unclean places" are causing damage, and as a result, your spiritual heart will not function according to God's design. This will affect your thought life, words and behavior.



"Humble yourselves before the Lord, and He will lift you up." **James 4:10** (NIV)

Some clues to the true condition of your heart might be in how you react versus how you respond in various situations and relationships. Is your own personal thought life self-centered and critical? Are you at peace with yourself and others?

# Stuffing an Issue vs. Dealing with it according to the Truth of God's Word

## Rationalization Bank

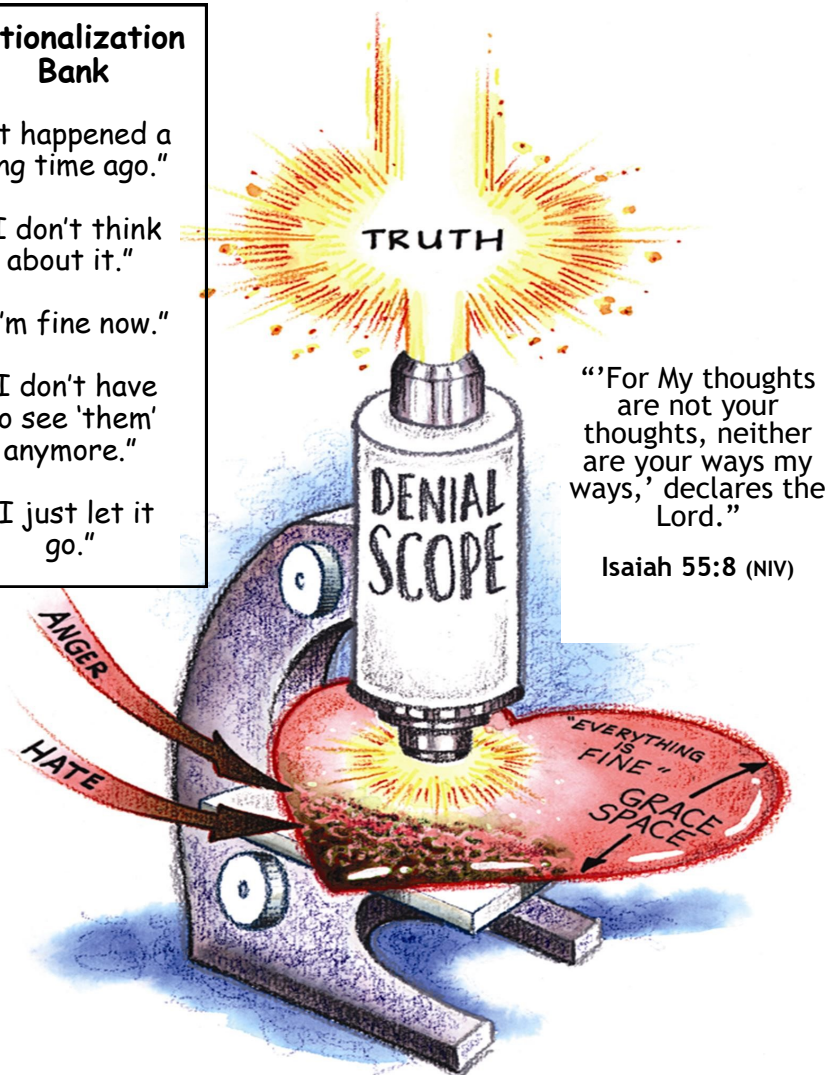
"It happened a  
long time ago."

"I don't think  
about it."

"I'm fine now."

"I don't have  
to see 'them'  
anymore."

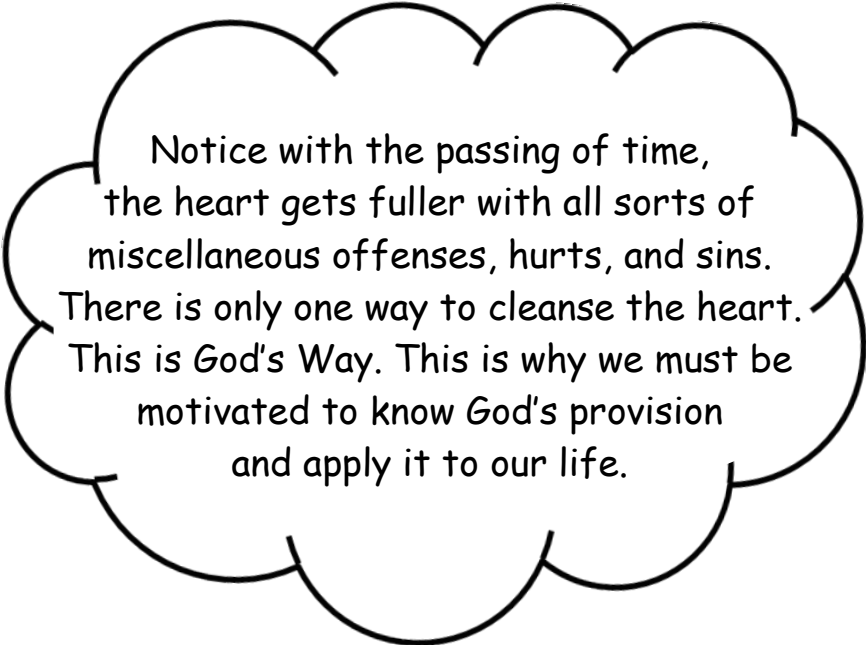
"I just let it  
go."



"For My thoughts  
are not your  
thoughts, neither  
are your ways my  
ways," declares the  
Lord."

Isaiah 55:8 (NIV)

"Let us examine our ways and test them,  
and let us return to the Lord."  
Lamentations 3:40 (NIV)



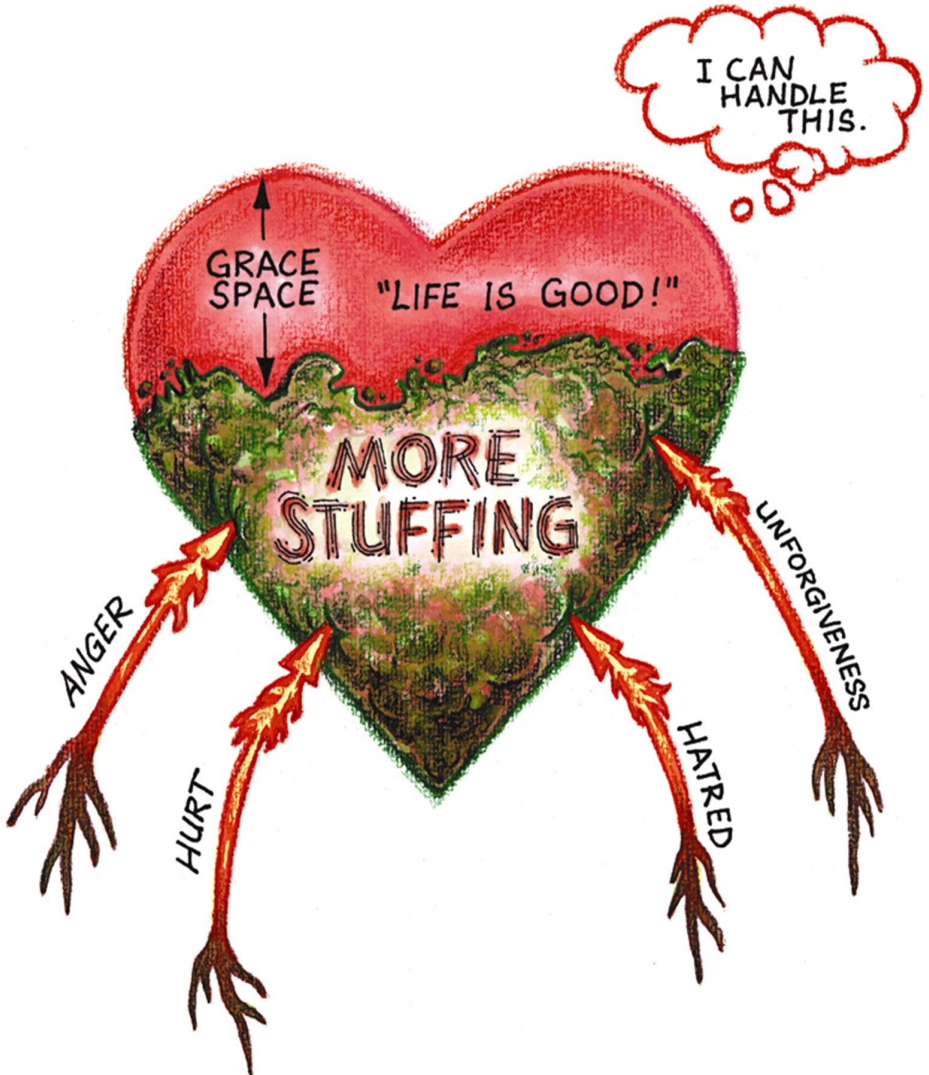
Notice with the passing of time,  
the heart gets fuller with all sorts of  
miscellaneous offenses, hurts, and sins.  
There is only one way to cleanse the heart.  
This is *God's Way*. This is why we must be  
motivated to know *God's provision*  
and apply it to our life.




Jesus never intended for us to handle offense, hurt, abuse or other sins.

"Each heart knows its own bitterness, and no one else can share its joy." Proverbs 14:10 (NIV)

"Come to Me, all you who are weary and burdened, and I will give you rest." Matthew 11:28 (NIV)



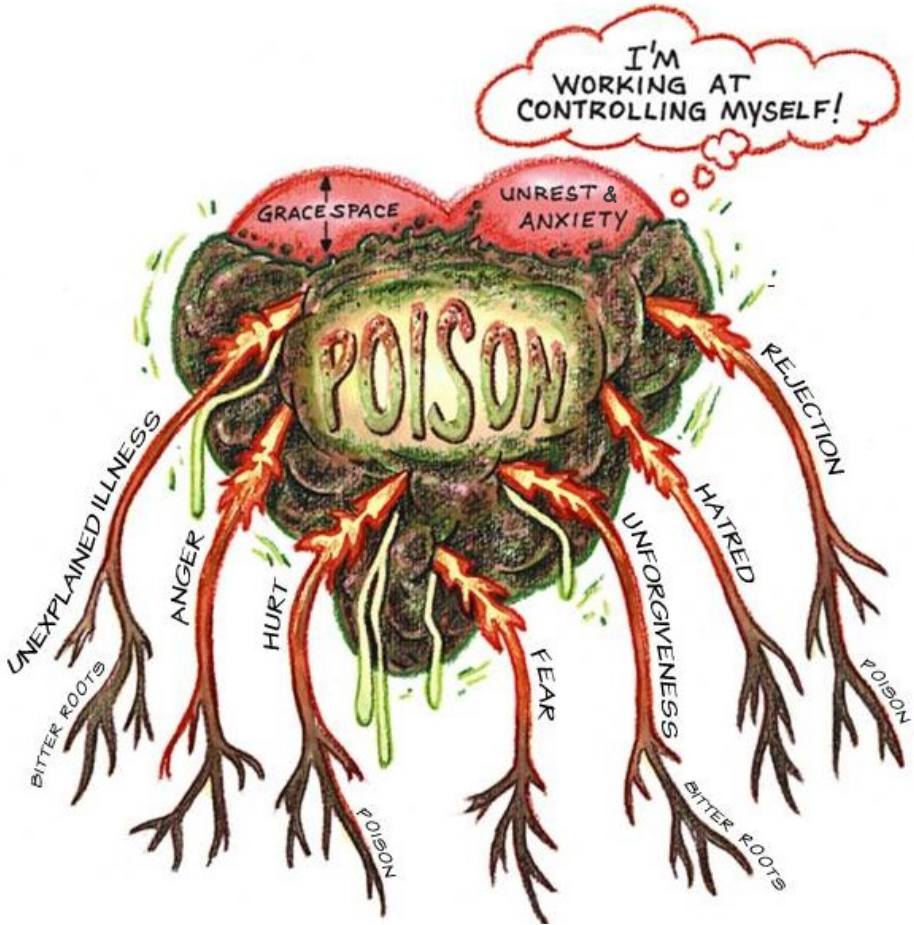


People tend to become less tolerant,  
more angry, and impatient.

Keeping the heart under control  
at this point is actually a full-time job  
with many painful and damaging  
outbursts, in spite of good intentions.

This person may be experiencing  
unrest, anxiety, fear, depression,  
feelings of rejection, psychosomatic  
illnesses, isolation, insomnia  
and/or anger.

With so little "grace space" and so many unresolved issues, we tend to have very little strength and energy left to keep the heart from "leaking garbage."



*"See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many."*

**Hebrews 12:15 (NIV)**

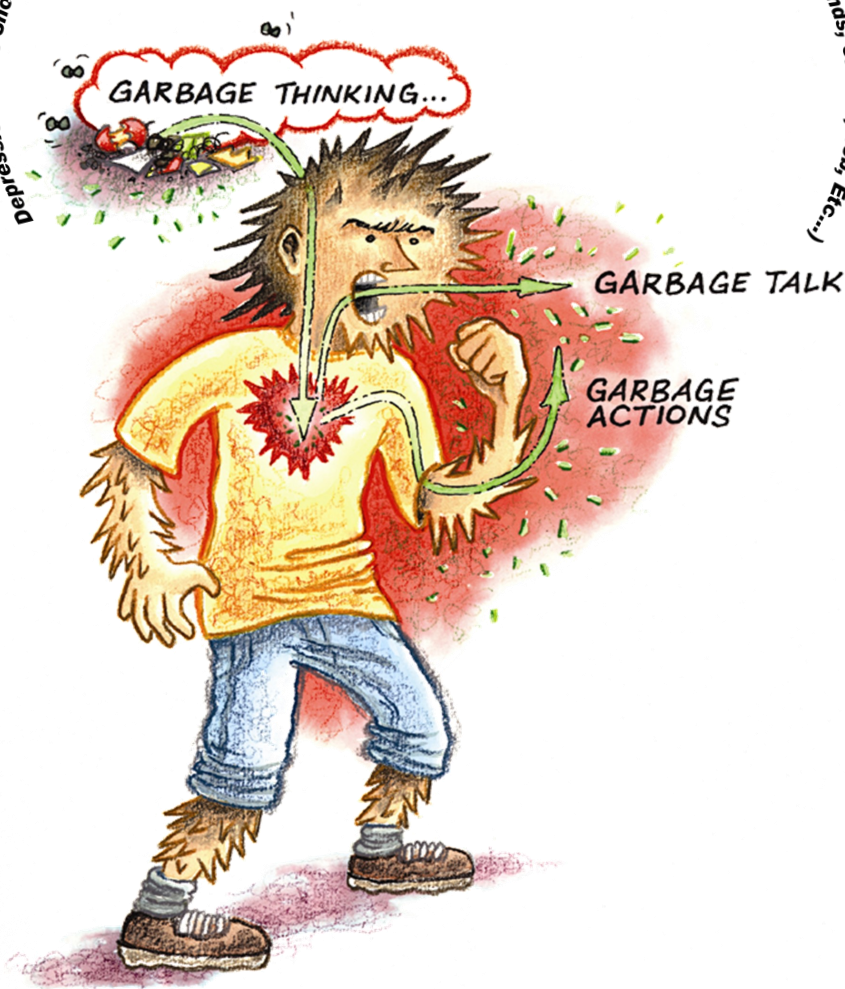


The heart is no longer able to contain the garbage that it has accumulated for years. It is increasingly being given over to sin, and the person has very little, if any, control.



Depression • Life Should Revolve Around Me • Poor Me • No One Treats Me Right • Disillusioned (Family, Friends, Church, Job, Etc...)

"All these evils come from inside and make a man 'unclean.'" Mark 7:23 (NIV)



This person becomes a "Porcupine Person."  
He/She is self-focused, critical, accusing, and judgmental.  
He/She tends to be angry and brings rejection upon himself.

**"Hurt" people, hurt people!**



Is there any hope?...

Is there any way out of this misery?...

Is there any Good News?...

"But you, O Sovereign Lord, deal well with me for Your name's sake; out of the goodness of Your love, deliver me. For I am poor and needy, and my heart is wounded within me."

**Psalm 109:21-22 (NIV)**

"You are forgiving and good, O Lord, abounding in love to all who call to You." **Psalm 86:5 (NIV)**

# Good News!

Jesus has a plan to set you free,  
cleanse your heart, and make you whole.

The choice is yours.

Do you want to enter into His marvelous design for  
your life?

If so, you can begin your process...

**Illustrate and describe  
what's in your heart.**

( Refer to the Heart Bank on the next page)

# Heart Bank

Angry	Haughty eyes	Purity of heart
Apathetic	Helpful	Raging
Bitter	Hopeful	Rebellious
Boastful	Humble	Respectful
Cheerful	Hurting	Rude
Confused	Immoral	Sad
Contented	In denial	Self-controlled
Contentious	Isolating	Self-focused
Controlling	Jealous	Selfish ambition
Critical	Joyful	Self-seeking
Deceived	Judgmental	Serving
Depressed	Kind	Slander
Empty	Loving	Sowing discord
Faithful	Lustful	Struggling with nightmares
Fearful	Lying tongue	Submissive
Forgiving	Mean	Teachable
Frustrated	Obedient	Trusting
Giving	Offended	Truthful
God-focused	Others-focused	Under authority
Gossip	Patient	Unforgiving
Grace-giving	Peaceful	Unkind
Gracious	Persevering	Unrestrained tongue
Grateful	Presumptuous	Vengeful
Happy	Prideful	Victim thinking
Hateful	Protective	Vindictive

# Heart Inventory

What is the condition of your heart today? \_\_\_\_\_

What part of your heart do you consistently live from the most? \_\_\_\_\_

What makes it change ("triggers") back and forth?  
\_\_\_\_\_  
\_\_\_\_\_

Is it okay to have a portion of your heart unclean, sinful, hurting, and full of pain? Why or why not?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What does God say regarding the kind of heart we can and must have?

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SCRIPTURE BANK

- Psalm 51:10-12
- Psalm 51:2
- Psalm 51:7
- Isaiah 1:16
- 2 Corinthians 7:1
- 1 John 3:3

How do I obey God if my heart isn't clean?

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SCRIPTURE BANK

- 1 John 1:9

Because our responses to how we've been offended are most likely sinful, what does God want us to do next?

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SCRIPTURE BANK

- Matthew 18:21-35
- Matthew 6:14
- Mark 11:25
- Ephesians 4:32
- Colossians 3:13

REMEMBER:

"It's NEVER TOO LATE for a Fresh Start!"

( for additional resources please visit [www.freshstartforallnations.org](http://www.freshstartforallnations.org))

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