



Hart to Heart Ministries

Christian Training Center

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Hart to Heart Ministries is a training center for those who desire to know more about Jesus.

There are conferences twice a year teaching the "How To" of ministry.

There is teaching of the Word and how to apply it to your everyday life.

Private pastoral counseling is available, as well as inner healing for those who want to be set free from the past hurts in their lives.

Healing takes place on a regular basis. The Bible tells us by Jesus stripes we were healed. I Peter 2:24

If you need to have your faith come up to the next level, you will find how to do it.

Sunday services begin at 10:00 a.m. There are also opportunities galore for those interested in donating their time and talents.

For prayer call:
269-388-8075



" AS FOR ME ,

**I would seek God,
& to God I would
commit my cause."**

J O B 5 : 8

Addictions

By Joan Hart

When we see the word addictions, we sort of cringe. We certainly don't want to be known for any addictions. We want to be known as loving children of the Lord.

Well, we can still be loving children of the Lord and have addictions. Addictions are something that plague many people today, whether they are addictions to food, sex, drugs, alcohol, smoking, spending, porn, etc.

We can pray for people who have addictions and then when nothing changes we wonder why. The problem is that we don't go after the root of those addictions, so the person does not get lasting freedom.

Many times there is a root that needs to be pulled up, or cast out, that goes along with any residing spirits that are holding the person in bondage to the addiction. Getting to the root of their addiction is the key to bringing them into a **lasting** and genuine freedom.

We have all been created with a basic need to be loved. God created us to give and receive love, but because of damaged emotions, our capacity to receive love can be dramatically hindered.

Ignorance of God's love will

also hinder us from receiving the love God has for us.

The root of most addictive behaviors is a lack of love being received by that person.

Maybe they have been damaged emotionally by rejection, abandonment, abuse, etc. and so their capacity to receive love has been reduced. Only an emotionally healthy person is capable of both giving and receiving love as God intended.

Self-worth issues are rooted in believing that we are not worthy or deserve to be loved. Therefore, we tend to reject any love that comes our way.

Self-worth issues are all related in our failing to see who we really are in Christ.

Some people have self-unforgiveness issues because they have done something they regret and can't seem to let it go.

If you have received Jesus as your Lord and Savior, then you need to believe all the past issues are gone and forgotten by the Lord. It's why He went to the cross, to forgive us so we could live in freedom.

Stop beating yourself up and really believe what Jesus did

for you. It's that simple!

If we want to be free and stay free we have to continually believe what the Bible says about us. But if we don't read it, we will never know for sure.

The enemy, the devil, also knows how to keep you down and in bondage. He doesn't want you to forgive yourself or others for what has happened in your life.

As children of the Lord we can be so quick to judge someone for something that they did in their life or are doing. God is the judge, not us!

Our job is to walk in love toward them no matter what they have done. We need to forgive them and build them up. Help them see who they are in Christ. Help them forgive themselves and others who have hurt them. If they don't forgive others they will stay in that awful place of bondage and that is not God's will for anyone.

Remember the verse that says in John 10:10, "The thief comes to, steal, kill and destroy. I am come that they might have life and that they might have it more abundantly."

I don't know about you, but I want life abundantly. If God says in His Word that we are forgiven, then we need to believe that we are forgiven. We also need to forgive others for being cruel, unkind, always letting us know they know more than we do. It makes a person feel like a nothing muffin. We are not any less important than anyone else.

Everyone knows something, so why belittle people? Does it make you feel bigger within yourself? God says we are all equal so we need to edify others. Even those who treat us badly. That's walking in love.

How well do you know the Word? Can't you see how God treated others? He always walked in love no matter what the issue was.

We have Christ within our hearts making us righteous. But when others treat us so awful, we think we are unlovable and unworthy. Soon we begin to hate ourselves and walk in guilt or condemnation, etc.

Where did those negative thoughts come from? The enemy suggested them to you, you listened and then applied them to yourself. Stop listening to anything negative!

Get rid of those old thoughts and receive the mind of Christ. I love that saying, "What would Jesus do?" That's what

we need to do in every situation we are in. Ask ourselves, "What would Jesus do in this situation?" He would walk in love and not think about Himself.

Addictions come because of our lack of love. We need to be loved, accepted and approved of. Jesus already does, just begin to believe it and when you do, then ask Him to forgive you for thinking or acting wrong. He will! **Then tell those demonic spirits to get out of your life and leave you alone.**

If you want to be set free of your addictions, pray this prayer for yourself:

Father in Jesus Name I ask You to forgive me for not believing how much You love me. Forgive me for listening to the devil and being addicted as well as in bondage to his accusations. I command all bondages to leave me right now in Jesus Name and by faith I receive Your love. I let go of those crutches of addictions. I want to be filled to overflowing with Your love. Help me receive Your Word in my heart and believe that You love me. I forgive all those who have hurt me or belittled me. I command those accusing spirits to leave, in Jesus Name.

By faith I have broken the addictions in my life by believing You love me. I have called those evil spirits out of my life in Jesus Name and I choose this day to live free! I

will no longer feel sorry for myself. I will reach out for You and rely on the strength of the Holy Spirit to fill me up in Jesus Name, Amen!

Now you have been set free of those bondages. Stop leaning on them and start leaning on Jesus. He will show you the way. He will put a hunger in you for His Word. Read it, don't allow the enemy to control your thinking anymore. That is not God's will for your life.

God wants His children to be free of addictions and full of the Holy Spirit. He has the power to set you free and to keep you free. It's your choice!

**God loves you so much.
You are so special to Him!**

He has great things in store for you and wants only what is good for your life. **He has already forgiven you of your past and wants you to forgive yourself as well.** Look to the future He has for you. It is full of joy and blessings. Talk to Him, thank Him every day for all He has done for you. It's easy, just say, "Thank You Lord for all You have done and will do for me, because You love me."

**God loves me!
Yes He does!**

Living in The Spirit

by Joan Hart

What does it mean to live in the Spirit? It means learning to listen to the voice of the Holy Spirit within you and allowing Him to lead you through your daily life.

Many say they can hear the Lord talk to them, but if you look at the kind of Christian walk they have, it does not quite add up. If they hear Him, how come they don't act different, or talk different or even do the things we know Jesus would want them to do.

At the beginning of each new year many Christians go on a "fast". They abstain from food so they become more sensitive to the Lord. They put the Lord first and the body last.

When the body is not filled up with food it is not so tired. It has more energy and it seems like you get so much more accomplished.

Food is good when it is the right nourishing food, but the junk most people put in their bodies needs to be brought into subjection to the Lord.

People allow food to be their God and try to fulfill their needs with it. God wants to take care of us and meet all of our needs but, when we don't put Him first, we tie His hands and don't pay attention to what He is wanting to tell us.

Fasting is a way to bring our bodies under control. Fasting subdues our flesh and keeps it from controlling us.

A book I read once really changed by life. A group of people decided they were going to ask themselves in every situation; "What would Jesus do?", and then do it!

I read the stories of how people changed and then their whole town began to live for Jesus. I wanted that in my life too. I wanted to live like they did, and walk in the Spirit.

If you ask yourself "What would Jesus do?" in each and every one of your days, your life would be so different. There wouldn't be so much anger, bitterness, resentment or strife. You wouldn't be blaming people for mistakes they make. You wouldn't be judging others for what they do or do not do. You would mind your own business!

If we all acted the way Jesus wants us to act, the whole world would be a much better place to live.

Husbands and wives would stop their fighting. Their decisions would be made with Jesus in mind. How would Jesus discipline the children? If we would take the time to pray and ask Him what He

would do, things would be so different.

When our children were very young and sometimes naughty, I learned to ask the Lord what He wanted me to do. The funny thing was that when I thought they needed to be spanked for something, those were the times He would tell me to put my arms around them until they calmed down and then talk about what they had done. It brought peace to the situation, as well as an opportunity to teach them the right way.

Then there were times when I thought something they did wrong was so cute and funny, but those were the times the Lord told me to spank. They were wrong, but were not having a melt-down about it. The spanking was not done out of anger either. They had to learn that there was a right and wrong way of doing things or treating each other. Doing what Jesus would do, changed our lives. It taught us to walk in love, which is walking in the Spirit.

God's ways are always the best. In the beginning of the process of asking Him what to do first I didn't always understand, but as I began to learn and obey His leading, I began to understand my children better and not just discipline them to get them to mind.

One thing that was important during this time of change was sharing with the children what I was doing. I was asking, what would Jesus do? It began to rub off on them as well. I would hear them in the other room arguing about something when one of them would say, "What would Jesus do?"

Listening to the Lord after you ask yourself that question, changes your life. We are all self-centered people. We always want our own way.

Following Jesus, living in the Spirit, doing what He would do instead of what we would do is the only way to live.

Change is good, if it's for the better.

Living in the Spirit and always asking, "What would Jesus do?" brings you into a closer relationship with Him. It puts your mind on Him more than you can imagine.

Just think, if throughout your day you continue to ask yourself, "What would Jesus do?" you would be thinking about Him instead of self. You might even see how much you need to change you!

Maybe it's not the words you use when you answer, but the tone of your voice. Is it harsh, or do you give an unkind answer? Maybe you are sarcastic and full of pride to

overflowing. Maybe you control everything in your life including all those around you without even asking the Lord first what He wants. Think about it!

If you want to know if you are living in the Spirit and following in the steps of Jesus, ask Him to show you the truth. Be ready to receive the truth and allow Him to control you for awhile.

Maybe a good question to ask yourself also is, why am I doing this, or why do I answer the way I do? If Jesus was standing right beside you when you go about your day, I think it would be quite different. Yet He tells us to follow Him and be the light for all to see. Well, just what do people see or hear from you?

Is your conversation Godly and understanding of others or do you swear and tell slightly dirty jokes? What would Jesus do?

Do others see Jesus as they follow you? Are you living in the Spirit, or the flesh? So many questions to ask yourself.

We are at the beginning of a new year and we have the opportunity to become more like Jesus every day. We have to be willing to change and be ready for the things in our lives that will change for the good as we live the way Jesus wants us to.

When others hear and see us they should see a picture, or a reflection, of Jesus.

Maybe you have never given your life over to Jesus or tried to be like Him. It's a new way of living.

Ask Him to forgive you of the past and invite Him into your heart. He will come in and make His home within you. You will never be alone again. His Holy Spirit is always there to communicate, to comfort, and bless you. Take time today to take an inventory of your life and see if you are doing what Jesus would do!

God loves us so much He has given us a Bible full of promises. When we read it and follow it to the best of our ability, we find out what the right and wrong ways of life are. We already know inside in our heart what is right and what is wrong. The problem is we don't want to know



because we want to do what we want.

God can even heal your heart from hurts. He can help you to forgive those who have hurt you and bring you peace.

Try for one day asking, "What would Jesus do?"



Look at the Bright Side

I hate getting old and not being able to do the things I used to do.

But I love being able to relax and not be in such a hurry, I can take more time to chat with God, or read my Bible.

I hate being tired in the middle of the day. But I can praise God after a fifteen minute rest that I am fresh and ready to go again.

I hate being treated like a child. But I love it when someone steps up and asks if they can help me with something.

I hate not being able to get down on my knees to pray, which is only an act of the flesh anyway. It's what's in my heart that counts. Besides that, I still have my knees! Oh, I guess that's not so bad!

I hate all the wrinkles I am beginning to see. But I love that I can see well enough to try to hide them with make-up.

Well, I guess it's not so bad getting old, after all it won't be long until I get to go home to Heaven and have a brand new body!

I can chat or praise God all day long. If I want to go sit in my mansion and just enjoy the day, I can do that too.

I might even be able to share what the Lord did for me on earth.

I will be able to bow down to worship the Lord.

I won't have any wrinkles nor will I have to wear make-up.

Hey, getting older is sounding better and better!



How is He your shield?

When you confess your sin of wrong doing, thinking and talking, to the Lord He will forgive you. The next step is

to invite the Holy Spirit to live in your heart. He will come in and you will never be alone again.

He will be everything you need. He will cover you with the blood of Jesus which is a protection and a shield. He will draw you into the Bible and give you understanding as you read it. He will comfort you when you need to be comforted. He will be the best friend you will ever have. He listens and cares about all your life situations.

He has given us His armor to put on for protection. You can read it in Ephesians 6:11. He will teach you how to battle the things in your life that need to change.

With Him in your life, anything is possible! So let's pray out loud this prayer so you can enjoy new life:

Dear Heavenly Father,

I believe Jesus died for my sin and rose again. I confess my sin and ask You to forgive me. I open the door of my heart and invite the Holy Spirit to come in and fill me to overflowing with His love. Give me a desire to read my Bible. Thank You for giving me new life. In Jesus Name, Amen!



Everything else is WORTHLESS when compared with the INFINITE VALUE of knowing **Christ Jesus** my Lord.

Philippians 3:8, NLT

