



## *Healing For The Heart Ministries*

*"He heals the brokenhearted and binds up their wounds." Psalm 147:3*

**IT'S NOT ABOUT THE IMMEDIATE ISSUE!**  
***(WHAT'S REALLY BEHIND THIS ISSUE/ARGUMENT?)***

**STOP EVERYTHING**

Sit facing each other holding hands or hand on shoulder.  
Listen without interrupting; constant eye contact & attentiveness.

- **WHAT DO YOU FEEL?** - 5 words max – ***(NO COMMENTARY)***
- **HAVE YOU FELT THIS WAY WITH ME BEFORE?**
- **WHAT'S YOUR EARLIEST MEMORY OF FEELING THIS WAY?**
- **WHAT HAPPENED EXACTLY AND WITH WHOM?**
- **IS THERE A LIE OF THE ENEMY YOU ACCEPTED OR BELIEVED?**
- **IS IT A CIRCUMSTANTIAL OR A FOUNDATIONAL LIE?**
- **WHAT IS THE TRUTH AS REVEALED BY GOD?**
- **RENOUNCE THE LIE(S) AND BELIEVE THE TRUTH(S).**

Seize the opportunity to **CARE** about that Heart Pain!