Seven Core Heart Issues
Getting to the "core" with a plan

Instructions

1) Only use this tool on someone who is a confessed Christian.
2) Wait until the 3rd session or beyond to use this tool. (Establish a relationship first).
3) Only use this tool if a person is struggling with core sin issues. Observe their behavior throughout the first few weeks of mentoring. Look for any symptoms that may indicate a core issue. It is not necessary to use this tool if the person is accepting responsibility for their actions and are repentant while moving forward.
4) If you think core issues are present and need to be confronted, stop the mentoring process; have them fill out the Self-Assessment (page 5).
   * If they are resistant to do this in front of their spouse, it may be necessary to separate them. (Man with man, woman with woman).
   * Review the symptoms they identified and carefully go over them. Ask them to put an “X” next to the symptoms they failed to identify. (Use your discernment)
5) Add up and total the symptoms in each of the 7 categories from the Self-Assessment.
6) Insert the totals in the corresponding symptoms box on page 6 to identify the core issues.
7) Give them the results when finished and discuss the Core Heart Issue that have been identified.
8) After Core Heart Issues have been identified follow the three steps shown on pages 2-3.
   * Acknowledge
   * Confess
   * Repent

General Guidelines

* The goal of this process is for them to humble themselves, seek God's face, turn from their sin and be healed by God.
* What if they continue to sin? Encourage them to continue to repent and turn from it.
* Be brave and be bold. This tool is developed as a road map on how to deal with core heart issues.
* Some will be transformed by it, while others will run from it.
* Loving other people sometimes means confronting, warning and rebuking them.
* Remember to be "loving" while confronting, warning and rebuking.
Facilitator Guide

Encourage them to follow these three steps:

Step One: Acknowledge

* Separate them if they may be resistant to using this tool in front of their spouse.
* **3 or more symptoms indicate a core issue.** Review page 6 with them. Reveal to them what core issues have been identified. (Read some of the verses related to the core issue)

Step Two: Confess

* Ask him or her to acknowledge and confess at that time.

   * **James 5:16**
     Therefore confess your sins to each other and pray for each other so that you may be healed.

   Mentor Quote: "Healing always comes after confessing sins and repentance, never before".

Step Three: Repent

* Ask them to repent for their sin immediately. Repentance is a condition of the heart that should be evident by a change in spirit, attitude and direction.
* True healing only comes after repentance.
* **Repentance is an act that should be identifiable by words, actions and the condition of the heart. Make sure their repentance is genuine.**

   * **Chronicles 7:14**
     if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.

   * **Acts 3:19**
     Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,

   Mentor Quote: "There are three steps to healing a marriage; humble yourself, seek his face, turn from your ways (repent) and then God will heal your heart, your marriage, your life (land).”

   Mentor Quote: "The Lord can/will bring a ‘refreshing’ to your marriage”.

When they repent

* **Encourage them** - Praise them for their humility and let God work on their heart. Move forward with your mentoring agenda.
What if they won't repent?

1) Warn them - (Use Caution) When encouragement does not lead them to repentance, confront them with a higher degree of seriousness.

Daniel 5:20
But when his heart became arrogant and hardened with pride, he was deposed from his royal throne and stripped of his glory.

Matthew 13:15
For this people's heart has become calloused; they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts and turn (repent), and I would heal them.'

Jeremiah 5:3
O LORD, do not your eyes look for truth? You struck them, but they felt no pain; you crushed them, but they refused correction. They made their faces harder than stone and refused to repent.

Mentor Quote: "When our hearts become hardened and we do not repent, we can be stripped of all our glory and not find the healing we long for which is a severe warning to us. Please consider this as a necessary step in order for this marriage mentoring process to be effective."

Mentor Quote: "The reason God struck them was due to their unrepentant heart, please take our warning serious. We want you to receive God's blessings through repentance. If you continue with your hardened heart every aspect of your marriage and life could be ruined. Your heart condition needs broken and healed. The only way for that to occur is for you to accept responsibility for it and repent. No other formula will work"

2) Rebuke Them - If they refuse to take steps towards repentance warn them of the possibility of terminating the mentoring process. It may help them to get serious about life change.

* Rebuke as the final step. Contact your leader prior to terminating the mentoring process due to the hardness of the heart. This step may cause the person to repent and walk towards restoration or cause them to leave angry and bitter. Either way, you must be prepared.

* Your role is to deliver the truth and let it transform lives. Mentors are not to take credit when marriages are healed and do not take the blame when people run from God and end in divorce. We are simply messengers.

Proverbs 1:23
If you had responded to my rebuke, I would have poured out my heart to you and made my thoughts known to you.

29 Since they hated knowledge and did not choose to fear the LORD, 30 since they would not accept my advice and spurned my rebuke, 31 they will eat the fruit of their ways and be filled with the fruit of their schemes.

Mentor Quote: "As you can see, rejecting the truth could be costly for all of us, unfortunately because you are unwilling to take responsibility for the condition of your heart, we may have to stop the mentoring process. What would you like us to do?"
Self-Assessment

Put an “X” next to the symptoms that apply to you and your marriage.

I frequently struggle with ________________

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<th>4)</th>
<th>5)</th>
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<tbody>
<tr>
<td></td>
<td>Abusing drugs/alcohol</td>
<td>Bitterness/resentment</td>
<td>Un-repentance</td>
<td>Fighting for control</td>
<td>Being too passive</td>
<td>Twisting the truth</td>
<td>Giving love conditionally</td>
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<td></td>
<td>___  Lust</td>
<td>___ Withdrawing</td>
<td>___ Receiving correction</td>
<td>___ Demanding my way</td>
<td>___ Avoiding conflict</td>
<td>___ Hiding the truth</td>
<td>___ Retaliating</td>
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<td></td>
<td>___ Losing my temper</td>
<td>___ Not giving affection</td>
<td>___ Criticizing my spouse</td>
<td>___ Worrying/fear</td>
<td>___ Being passive</td>
<td>___ Exaggerating</td>
<td>___ Retaliating</td>
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<td>___ Impatience/Anger</td>
<td>___ Being unloving</td>
<td>___ Being defensive</td>
<td>___ Insecurity</td>
<td>___ Being motivated to work</td>
<td>___ Faking how I feel</td>
<td>___ Withholding facts</td>
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<td></td>
<td>___ Spending unwisely</td>
<td>___ Retaliating</td>
<td>___ Wanting to be right</td>
<td>___ Hopelessness</td>
<td>___ Being motivated to lead</td>
<td>___ Pretending</td>
<td>___ Pretending</td>
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<td></td>
<td>___ Stomping off</td>
<td>___ Stonewalling</td>
<td>___ Not being teachable</td>
<td>___ Disbelieving in God</td>
<td>___ Being motivated to learn</td>
<td>___ Lying</td>
<td>___ Being in denial</td>
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<td></td>
<td>___ Criticizing others</td>
<td>___ Having a hardened heart</td>
<td>___ Allowing husband to lead</td>
<td>___ Negativity</td>
<td>___ Being motivated to pray</td>
<td>___ ___ Confusion</td>
<td>___ Giving the silent treatment</td>
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<td></td>
<td>___ Cursing/yelling</td>
<td>___ Un-forgiveness</td>
<td>___ Showing love and affection</td>
<td>___ Selfishness</td>
<td>___ ___</td>
<td>___ ___</td>
<td>___ Giving the silent treatment</td>
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<td>___ Acting violent</td>
<td>___ Avoiding conversation</td>
<td>___ ___</td>
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Total ___ 4) ___ Total ___ 5) ___ Total ___ 6) ___ Total ___ 7) ___ Total ___
<table>
<thead>
<tr>
<th>Core Issue</th>
<th>Symptoms</th>
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<tbody>
<tr>
<td>1) Lack of Self Control</td>
<td>Abuse drugs/alcohol, Lust, Losing my temper, Impatience/Anger, Spending unwisely. Stomping off, Criticizing others, Cursing/yelling, Acting violent. Total ___</td>
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<tr>
<td>Scripture References:</td>
<td>Titus 1:8, 2:12, 1 Thessalonians 5:8, 1 Peter 5:8, 2 Peter 1:6</td>
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<td>2) Un-forgiveness</td>
<td>Bitterness, Withdrawing, Not giving affection, Being unloving, Retaliating, Stonewalling, Hardened heart, Un-forgiveness, Avoid conversation. Total ___</td>
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<td>3) Pride</td>
<td>Un-repentance, Receiving correction, Criticizing, Being defensive, Wanting to be right, Not being teachable, Letting husband lead, Loving/affectionate. Being controlling. Total ___</td>
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<td>4) Lack of Faith In God</td>
<td>Fighting for control, Demanding my way, Worrying/fear, Insecurity, Hopelessness, Disbelieving in God, Negativity, Letting husband lead, Wanting to give up. Total ___</td>
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<td>5) Laziness</td>
<td>Being too passive, Avoiding conflict, Unmotivated to work, Unmotivated to lead, Unmotivated to learn, Unmotivated to pray, Being lethargic, Uninvolved w/family, Selfishness. Total ___</td>
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<tr>
<td>Scripture References:</td>
<td>Hebrews 6:12, 1 Thessalonians 3:6, 5:14, Hebrews 12:1</td>
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<td>6) Deceit</td>
<td>Twisting the truth, Hiding the truth, Exaggerating, Faking how I feel. Withholding facts, Pretending, Lying, Being in denial, Confusion. Total ___</td>
</tr>
<tr>
<td>Scripture References:</td>
<td>John 3:18, Romans 3:13, 1 Corinthians 3:18, Revelation 3:17, 2 Peter 1: 5-9</td>
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<td>7) Conditional Love</td>
<td>Only giving love when receiving love, Only giving love when you feel like it, Returning hate with hate, anger with anger, threats with threats, Reacting with hurtful emotion, Unable to love those who hurt you. Total ___</td>
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