

Dear
Family & Friends



ALL SUFFICIENT GOD CHURCH

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Shekinah Chronicles

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NEED A HEART CHANGE?

Nathan and I had the awesome opportunity of experiencing a workshop called, *Heart Change*. During this workshop we got in touch with our hearts, feelings, and emotions. This unique workshop was designed to bring up life's issues, and then deal with them. All the traumas that we have stuffed deep inside, that were closed behind the locked doors of our soul, were all of a sudden wanting to come out!

We dealt with the issues by acknowledging them, not hiding them in shame or embarrassment, but by talking about and working through the issues. This released the trauma from deep inside, and then we were able to release those emotions to Jesus.

Jesus already bore every trauma, hurt, and painful thing when He died on the cross. We no longer need to live in spiritual, emotional, or physical pain. We need to release our burdens to Him, and receive what He did for us when He hung on the cross.

So, why not let Jesus have all your hurts and traumas? Jesus paid a horrible price for them with His own life. He took the punishment, so that we don't have to punish ourselves any longer. He did it all! Jesus wants us to release our burdens, wounds, and stressors to Him. In exchange for our junk, He will give us life, and life more abundant. (John 10:10.)



JOHN 10:10

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

PROVERBS 3:5-6

Trust in the LORD with all your heart, And lean not on your own understanding;
6 In all your ways acknowledge Him, And He shall direct your paths.

PHILIPPIANS 4:13

I can do all things through Christ who strengthens me.

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