



FAMILY LIFE COUNSELING & PSYCHIATRIC SERVICES

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Christian Counseling Program

February 2012

Heart Issues

This issue of the CCP Newsletter is on what we call *Heart Issues*, or issues of the heart. What exactly is the *heart*? Some people feel the *heart* is about emotions only. “It’s only about feelings,” they would say. Others might say, “Those mushy-gushy *heart* matters are just for girls. It’s just a women thing.” However, my understanding of the Old Testament is that *the heart* is the central core of a person’s being for both men and women. Yes, it is emotional, but it is also intellectual and attitudinal. Matters of *the heart* can be about our feelings, but *heart matters* can also be about our thoughts, attitudes, and perceptions. When Proverbs 4:23 talks about guarding your *heart*, I think it is talking about being aware of your core being because “out of *it* spring the issues of life.” Jesus said that it is what comes out of our *hearts* that defile us, “for it is from within, out of a person’s *heart*, that evil thoughts come . . .” (Mark 7:21). Many of us are familiar with Jeremiah 17:9, “The *heart* is deceitful above all things and beyond cure, who can understand it?” Ouch! Is that all the *heart* is capable of,

selfishness and evil? I hope not. Surely, people in general can have good intentions with their *heart*, and those of us in Christ can be given a *new heart*. In Veggie Tale’s *Madam Blueberry*, she is looking for a new heart. The Madam even asks a clerk at Stuff-Mart which aisle the *happy hearts* are in? She comes to find out, as many of us do, you can’t get a *new heart* from a store and stuff does not satisfy the *heart*, but a thankful *heart* is a happy *heart*.

Therefore, I love 2 Corinthians 5:17, which tells that with those in Christ, “The old is gone. The new is here!” I take that to mean the new *heart* is here as well as a new mind. My understanding is that the tense in this verse is speaking of a process, not just a one-time event. The *new* is *coming on* over time. I also like a passage in Ezekiel where it speaks of God replacing a *heart* of stone with a *heart* of flesh (Ezekiel 36:26). John Eldredge, in his book *Wild At Heart*, speaks of one’s *heart* being good after salvation, and I would add the *heart* becomes better through the process of growing in the Lord. However, here at Family Life Counseling, we are aware that people’s *hearts* are hurting. Yes, *hearts* not only need to be transformed, but they also need to be healed and restored. Dr. Dan Allendar’s book *The Wounded Heart* gives testament to that. We here at Family Life Counseling are ready and able to help you, men as well as the ladies, with any *heart issues* you might have. Give us a call today.

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John Radcliffe, MA, PCC

Christian Counseling Program Director



How's Your Heart?

Heart disease is one of the leading causes of death in the United States. Often a person experiencing a heart attack may ignore or deny the warning signs or symptoms, thus increasing the likelihood of adverse effects, or death.

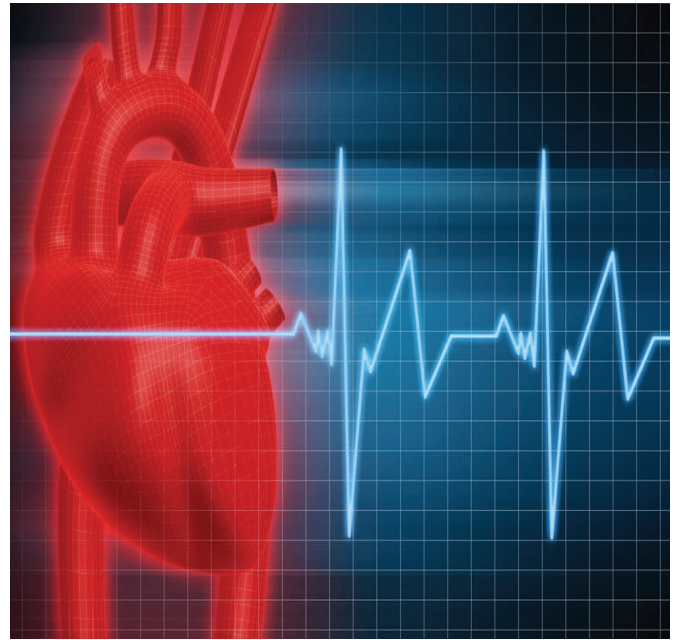
The primary factors contributing to heart disease are family history, lifestyle/habits, and stress. Making changes to lifestyle/habits—changing eating habits, level of activity, balancing rest and work, can reduce the chances of heart problems. Reducing stress—practicing relaxation, managing time and energy, and avoiding stressful people can help prevent heart disease. Family history cannot be changed—due to genetics one may be predisposed to develop heart disease. In this case, becoming aware of your family history, seeking treatment, and complying with the specialist's orders (medication, etc.) can help reduce the risks of a heart attack.

Comparing the physical heart with the heart of one's emotions we can see the following similarities:

1. Ignoring or denying the warning signs (depression, anxiety, etc.) increase the risk of adverse effects.
2. Lifestyle/habits contribute to emotional distress—lack of exercise, eating habits, inadequate rest.
3. Stress plays a major role in emotional illness—learning to relax, practicing healthy management of time and resources, and spending time with positive people.
4. Family history—becoming aware of any predisposition to depression, anxiety, drug or alcohol abuse equips a person to seek help in managing these contributing factors.

Taking good care of your heart, both physically and emotionally, gives you the opportunity to live a full and productive life!

Regina Powers, PC-CR



Here to Help

Family Life Counseling offers Christian counseling to families, marital couples, and individuals. We are located at 151 Marion Ave in Mansfield and our phone number is (419) 774-9969. We are able to bill insurance companies, Medicaid / Medicare, and also have a sliding-fee-scale. We provide presentations and seminars on a variety of topics. Please contact us so we may assist you.

