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 Volume 3  
 Issue 1

**Psalm 25: 1-4** Unto thee, O Lord, do I lift up my soul. O my God, I trust in thee: let not mine enemies' triumph over me. Yea, let none that wait on thee be ashamed: let them be ashamed which transgress without cause. Shew me thy ways, O Lord; teach me thy paths.

### Shame (continued)

In the last newsletter we concluded with some behaviour patterns we might see in shame based people. These patterns become very hard work 24 hrs a day along with so much pain to carry. This is prime ground for addictions. It can be addictions to anything that will help relieve the pain. Things like alcohol, drugs, immoral activities, etc. or even socially acceptable things like work (*workaholic, or performance driven*) or food (*comfort food*). For example: performance driven, we work ourselves to the grave always trying to get a pat on the back. In the moment you feel wonderful, a chemical release in the brain (*dopamine*) and it makes you feel good, the feeling does not last very long and you need another fix. If you face an added pain or disappointment you will need the fix even sooner. This becomes very habit forming. Satan then uses this shame and magnifies it and he wants to keep us uncomfortable and upset so we build larger and thicker walls around us and the arrows still make their way through. OUCH! Then we quickly try to fix that spot. A wall here and a mask there, constantly trying to protect. This becomes very exhausting because no matter what we do it fails. Shame is very contagious. When parents are damaged by shame they will pass it on. Yesterdays shamed become today's shamers. It is a lifestyle or behaviour pattern that we have learned and it is so common we call it normal.

Let's take a look back in the Garden of Eden where Adam and Eve have everything that they need. Their needs are completely met and everything is perfect. How do you convince a man and a woman that they need something or are lacking something? Satan was up to the task. Read Gen.3: 1-6 Satan says, "If you eat the fruit you will be like God." (*cont. on back*)

### Prayer Requests

- Dave for wisdom and guidance from the Lord as he meets regularly with people
- The board as decisions are made for the work of this ministry.
- Finances for the ongoing work and office space
- Upcoming Seminars and speakers

## 2019 Spring Seminar

**March 26, 27, & 28**

**Guest Speakers:** Jeremy Chupp, Kevin Troyer  
**From:** Freedom Hills Ministries, Walnut Creek, Ohio

**Place:** Moorefield Mennonite Church  
 102 McGivern Street, Moorefield, ON

**Cost: Freewill Offering**  
*Any Amount over \$20.00 is Receiptable*

### Topic Times

Mar. 26 7:30 – 9:00

Mar. 27 1:00 – 5:

7:30 – 9:00

Mar. 28 9:45 – 12:00

1:00 – 5:00

7:30 – 9:00

**Theme:**  
 Living From The Heart

**Topics:**  
 Various Aspects Of  
 Relationships

**Meals provided for:**  
 - Wed. supper  
 - Thurs. lunch and supper

**Plan to Attend: Please PreRegister, and confirm for which meals you will be present. Contact info below.**

**Dave Lichty** – call: 519-291-5203  
 email: djlichty@xplornet.com

**Gerald Weber** – call: 519-291-4718  
 email: geraldmarilynweber@gmail.com

**Lester Martin** – call or text: 519-584-5693  
 email: sing4himlm@gmail.com

If you did not register and want to attend you may still come

So what is he really saying? You are not like God, don't let someone else make all your decisions, make your own decisions, do not be so dependant or so weak, you deserve better, be more than you are, you can't really trust God, be your own boss, you need more, be a man and stand up for yourself, go by your own understanding. Mankind fell for it then and still do today. We keep falling for the same lies. Satan is very active in this work to get us to reject God, ourselves, others, God's purpose for our lives, God's acceptance of us, etc. Satan compared Adam and Eve to God. Comparison is the rocket fuel to shame. This binding shame then puts us on trial and always leaves us guilty then imprisons us with self-hatred and hopelessness. But we do not have to remain broken. The choice is ours. The past does influence us but does NOT have to control us.

Freedom of Shame: ***Do not use the following suggestions with pressure or criticalness or you do more damage!***

- Instead of embracing the fantasy that we live in a perfect world with perfect people therefore I do not belong, we must see that we live in an imperfect world with imperfect people that sin (*regardless of what social media portrays*) and that includes me and also all mankind, I am no different than all the rest.
- Self-care both physically and spiritually is very important for we are vessels of God. When we carry so much shame it is easy to give up and neglect our own well being.
- It is also important to allow the shameful event and pain to surface and mourn the loss of when you were shamed. As we deal with these underlying shame issues we may experience all kinds of emotions all tangled together (*anger, sadness, pity, fear, hope, etc.*)
- With the help of the Holy Spirit identify those lies connected to our shame and replace the lies with the Truth of God's word. We have to be honest with what happened to us, what feelings are connected to it, replace the lies with the truth, and find healing in Jesus Christ. Replace the negative self talk with truth.
- Correcting distorted concepts of God. The more we experience God's forgiveness and grace in our lives the more we can extend it to those who have shamed us. Forgiving (*releasing*) those who hurt us including ourselves and leaving the justice up to God is very important. God can take everything Satan uses for our destruction and use it for our good and His glory, shaping us into a beautiful masterpiece. God never wastes pain. Therefore by His transforming power and only through Him we become a powerful tool in the hands of God and a weapon against the enemy. The enemy will do everything he can to keep us in bondage because he is afraid of what we'll do when we get free.
- Correcting distorted relationships. Build relationships that are safe and not a judgemental environment, but where someone comes along side and believes in you even if you do not.

## For Your Info

Jesus you were shamed for me and embraced it, Thank you, Jesus, Dave Lichty

- 1. Spring Seminar March 26, 27, 28**.....see details on the front side of this newsletter
- 2. Premarital Group Sessions** – for engaged couples, but married couples are also welcome. We will cover some fundamental issues in relationships as a group, with the option of working privately on personal issues as a couple if required. Date to be determined when 2 to 6 couples have registered. Please contact Dave Lichty to register.
- 3. Grief Share** – Starting Nov. 5, 2018. If you are interested in joining in the future contact Dave to sign up or for more information. Some have already signed up for the fall of 2019.
- 4. Presentation** There have been some inquiries about doing presentations at churches. We would gladly come and share with your congregation about the work of the ministry. To schedule a presentation please contact Dave Lichty or one of the board members.

### Board Members

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**Lester Martin** (vice-chairman) 519-584-5693,  
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**Darrel Wagler** (secretary) 519-595-4890,  
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### Discipleship Mentor

**David Lichty** 519-291-2503.... djlichty@xplornet.com

**Keith Bauman** (Treasurer) 519-699-0543, [kk4bauman@gmail.com](mailto:kk4bauman@gmail.com)

If you are interested in financially helping this ministry,  
Please make cheques payable to:

Peaceful Heart Ministries and send to:  
**Keith Bauman**  
**3515 Ament Line, R.R. 3**  
**Wallenstein, ON N0B 2S0**

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