

Have you TRIED TO CHANGE
but keep falling into the same
SINS and BAD HABITS?

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Many Christians live in BONDAGE
to negative, controlling EMOTIONS
and SINS. But the Bible says that
Christ died to set us FREE.

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Jesus offers ABUNDANT LIFE
to his followers, yet many
think it is normal to feel
DEFEATED and EMPTY.

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New Life's E-Team is here to
help you find FREEDOM from
OVERWHELMING NEGATIVE EMOTIONS.

*New Life's
E-Team
offers
you
HOPE
and
HELP*

To find out more
about how the E-Team can help you,
contact us at
Encouragement@NewLifeCR.com

OR

leave a message at 319.294.9477
and we will return your call.

E-Team is a ministry of:
New Life Community Church
275 W 29th Ave
Marion, IA 52302
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New Life
COMMUNITY CHURCH
"A Place for New Beginnings"

Bitterness

hopeless **Anxiety**
worry

ANGER

depression
helpless
Fear

worthless

**STRUGGLING with
NEGATIVE EMOTIONS?**

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The
**NEW LIFE
ENCOURAGEMENT TEAM**
can help.

The New Life Encouragement Team (E-Team) offers:

- ≈ A safe place to share your present and past without fear of JUDGMENT or REJECTION.
- ≈ Help in finding the root of NEGATIVE emotions and replacing it with God's peace.
- ≈ An emphasis on linking your emotional REACTIONS with God's truth so you can do what you know is right.
- ≈ Tools that enable you to recognize where you have fallen for DECEPTION and empower you to make lasting change.
- ≈ Men and women who care about you and are trained to assist you in finding freedom and peace.
- ≈ Confidential sessions with one or two E-team members so that your privacy is protected.
- ≈ Flexible scheduling for weekdays, evenings or weekends.

What Happens in An E-Team Session?

- ≈ Our approach is different from traditional counseling. We believe most Christians already know the truth necessary to overcome the power of Satan's lies, they just need help applying relevant truth to the source of their pain.
- ≈ We start with a recent emotional trigger and use that as a bridge to find a memory that shares the same negative emotions.
- ≈ Together we uncover painful beliefs in the memory that are contrary to God's Word. These are usually beliefs about yourself or God that felt true when the situation occurred.
- ≈ Once the false beliefs are exposed, you can easily recognize how they contradict Biblical truth. Usually you already know the truth and just need to apply it to the memory. If you don't know what God's Word says on the topic, we can help you find verses that share relevant truth.
- ≈ When all the lies in a memory are "cleaned out" and your mind is renewed with God's truth, you will find that the pain is gone! The hurtful memory will feel calm and peaceful.


COMMUNITY CHURCH

"A Place for New Beginnings"