

Have you **TRIED TO CHANGE**  
but keep falling into the same  
**THOUGHTS, 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 Renew Ministry is here to  
help you find **FREEDOM** from  
**OVERWHELMING NEGATIVE EMOTIONS**.

*Renew  
offers  
you  
**HOPE**  
and  
**HELP***

## CONTACT INFO

To find out more about how the  
Renew Ministry can help you,  
contact us at:

[renew@newlifecr.com](mailto:renew@newlifecr.com)

or

leave a message at 319-294-9477  
and we will return your call.



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# RENEW MINISTRY

Are **SINFUL HABITS** and  
**NEGATIVE EMOTIONS**  
hindering your life?

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Let the  
**NEW LIFE**  
**RENEW MINISTRY**  
help you!

NEW LIFE COMMUNITY  
CHURCH

**New Life's  
Renew Ministry  
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 Renew team members protect your privacy.

**FLEXIBLE SCHEDULING** for weekdays, evenings or weekends.

## What Happens In A Renew Session?

Our **F.E.L.T. PROCESS 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. The F.E.L.T. process is Feeling, Event, Lies, and Truth.

We start with a recent **FEELING**, or emotional trigger, and use that as a bridge to find a past **EVENT** that shares the same negative emotions.

Together we uncover painful beliefs in the memory that are contrary to God's Word. These are usually **LIES** 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** in that place! The hurtful memory will feel calm and peaceful.