



TOXIC

THE HEART OF SIN

PART 2 OF 3
IN THE **BE TRANSFORMED** SERIES



T H E H E A R T O F S I N

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A NOTE FROM PASTOR TIM

Dear Harvest Family,

We are launching on an **adventure** this ministry year! We will be digging deep into the awesome **character of our God** and His amazing plan of **life transformation** for us.

All too often we hear the **Bible** used as a tool to manipulate shame or control behavior. But that is not God's purpose. He has unfolded **a story** that includes His love, His power, His presence, and His glory. He has revealed to us how He will work in the **broken hearts of man** to put on display **His awesome glory**.

Our job: to **worship** Him and to **be transformed!** Two steps with one end goal. The call to worship is our call to action. The call to be transformed is in the passive form and is a call to humble submission.

In a **3-part series** we will look at our **identity** in Him, our **struggle** with self, and how we can experience lasting God-honoring **victory** and change.

This **second series** takes a real, honest look at our struggle – at **how sin affects our heart**. We will look at root causes, understand how worship can address the problem, and see **God** as our **source of hope and healing**.

I am praying that you are stunned by His greatness, humbled by His holiness, and transformed by His glory. May God rock you this ministry year!

In Him,

Pastor Tim



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THE PRAYER

No endeavor should be undertaken without bathing the decisions and steps in prayer. Our request is that each Sunday service, each time in daily reading, and each Impact Group night will have these requests as a focus.

My Prayer Goals

- ❑ Make the name of Jesus Christ famous (1 John 1:2)
- ❑ Grasp the greatness of my God (Ps. 145:3-7)
- ❑ Be unified as one body (Eph. 4:1-6)
- ❑ Drink deeply of abundant joy in my God
(2 Cor. 8:2)
- ❑ Glorify God as I am shaped by Him (1 Cor. 10:31)
- ❑ Identify what in me needs to be transformed
(Ps. 139:23-24)
- ❑ Repentantly hand over all of me to Him
(2. Cor. 3:16-18)

THE PLAN

So what's the plan? Glad you asked. The next couple of months are designed to walk us as a body through a divine adventure. Our sermons, Impact Group times, and daily reading plans will all dovetail. Total immersion in one direction... God being glorified in the end!

This booklet will be your road map. Each day of each week is completely defined within this booklet. This and your Bible are all you will need for the next two months.

So here is what we are asking you to do...

Your Steps

- ❑ Attend Sunday service each week
- ❑ Attend Impact Group
- ❑ Read the Bible each day from the daily reading plan
- ❑ Allow God to stir your heart



TOXIC

Pride & Unbelief

week 1

All sin stems from these two root
poisons: pride and unbelief.



SERMON NOTES

WHEN WE DRINK THE POISON - **GENESIS 3:1-7**

Intro:

1. _____: When I _____ to or _____ God's words (1-4)

2. _____: When I value personal _____ or _____ (5-7)

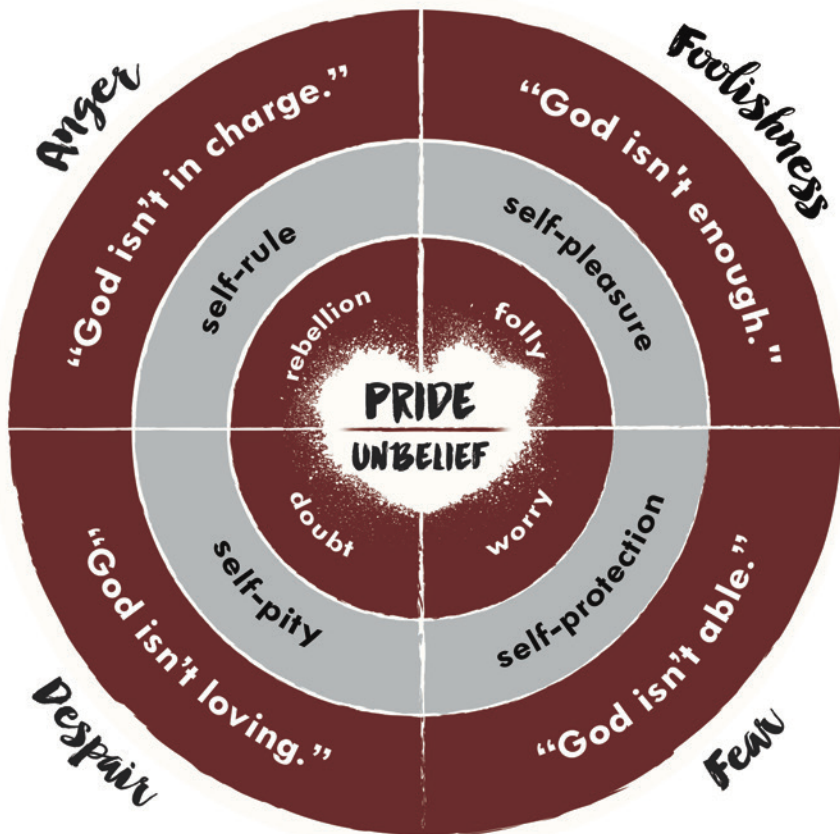
Reading plan

MONDAY	■
TUESDAY	■
WEDNESDAY	■
THURSDAY	■
FRIDAY	■

John 3:1-21 - Believe in Him
Mark 9:14-29 - Help my unbelief!
Deuteronomy 8:11-20 - Don't forget the Lord
2 Timothy 3:1-17 - Continue in what you have learned
Genesis 3:8-13 - Toxic defense mechanisms

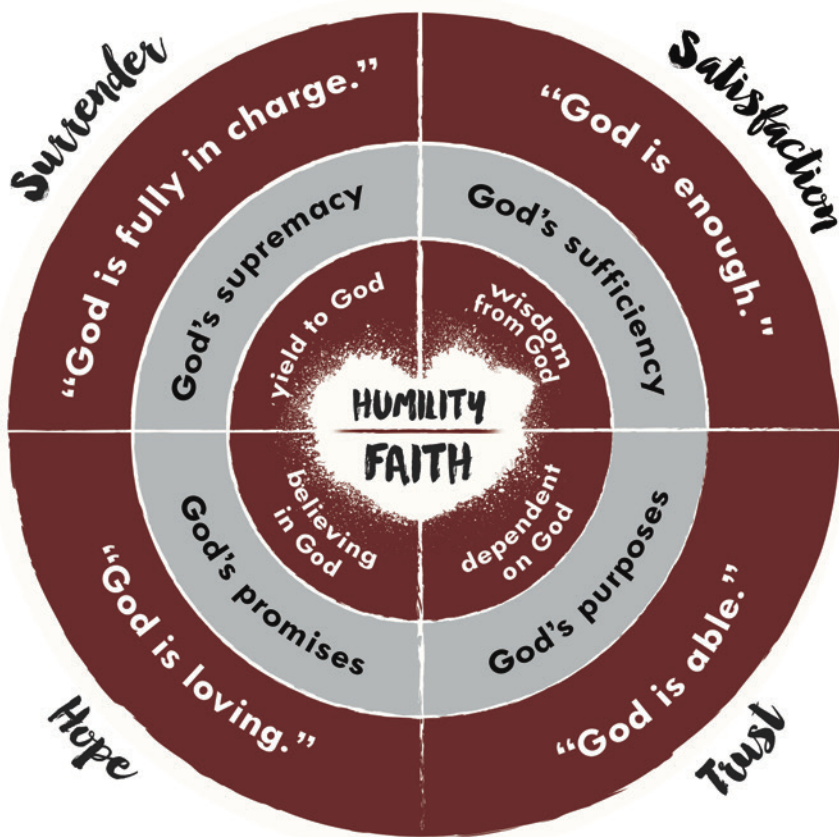


UNRESTORED HEART





RESTORED HEART



IMPACT GROUP QUESTIONS

Opening: Read Genesis 3:1-7. From this passage, what truths impacted you the most?

1. Compare what God said to Adam in Genesis 2:16-17 with what the serpent said to Eve in Genesis 3:4-5.

a. What deception did the serpent use with Eve?

b. Why do we so easily believe the devil's lies over God's truth? (See James 1:13-15)

2. Compare Genesis 3:6 with 1 John 2:15-17.

a. How did Eve's choice line up with the "things of the world?"

b. How do we in the church get caught up into things that:

i. Look good?

ii. Feel good?

iii. Show us off?

3. What lies do we tell ourselves, or believe, in order to justify our sinful decisions?

4. Work through the diagnostic questions entitled, “Do I struggle with unbelief?” and “Do I struggle with pride?” on page 16. What did God reveal to you and how will you respond?

Application: Is there a sinful attitude or behavior you’ve been justifying – making it “okay” to continue in? In order to replace the lies you’ve been using to justify this behavior, what truth about God do you need to go after?

DIAGNOSTIC TOOLS

Do I struggle with unbelief?

1. Do I ever think “I know the Bible says, but... (my experience says differently)”?
2. Do I believe God has forgiven me of ALL my sins? Do I still feel guilty?
3. Is there any area of my life that I do not entrust to God?
4. Is there any area of my life where I struggle to live out God’s promises?

Do I struggle with pride?

1. Do I like to be the center of attention or talk about myself?
2. Do I want to be well known or impress people?
3. Do I strongly desire being independent?
4. Do I first consider how a situation will benefit/harm me?
5. Do I get upset when someone else gets recognition?
6. Do I typically see myself as more mature/gifted than others?

Prayer: Lord, please see deep within my soul. Please reveal to me over the course of this series just what I need to work on. I am Yours. Please reveal my struggles with either pride, unbelief, or both.



TOXIC

Defense Mechanisms

week 2

Every time we drink a poison, our flesh naturally responds with these defense mechanisms: hiding and blaming.



SERMON NOTES

OUR TOXIC DEFENSE MECHANISMS

GENESIS 3:8-15

Intro:

1. _____: When I opt for _____ up in _____ (8-10)

2. _____: When I seek to find a _____ for sin _____ of myself (11-15)

Reading plan

MONDAY	Psalm 139:1-24 - <i>He knows my heart</i>
TUESDAY	Jeremiah 23:23-32 - <i>No hiding from God</i>
WEDNESDAY	Matthew 7:1-12 - <i>Get the rod out of your eye</i>
THURSDAY	Job 40:1-14 - <i>Dress for action</i>
FRIDAY	2 Kings 6:8-23 - <i>Overcoming fear: heart of trust</i>

IMPACT GROUP QUESTIONS

Opening: Read Genesis 3:8-15. From this passage, what truths impacted you the most?

1. According to Genesis 3:7-10, Adam and Eve's response reflected shame and blame shifting.

a. In what ways are pride and unbelief present when we hide in shame?

b. In what ways are pride and unbelief present when we shift blame?

2. When we "hide" from God, what does that say about our view (even if it's temporary) of God?

3. If we are going to avoid hiding and blaming, how do the following verses help us?

a. 1 John 1:9

b. 1 John 2:1

c. Romans 7:21-8:1

4. Work through the diagnostic questions entitled, “Am I showing the results of toxic sin?” on page 22. What did God reveal to you and how will you respond?

Application: Do you struggle more with blaming others for your sin, or wanting to hide because of shame? Take some time together to confess this to the Lord and to ask Him to help you stand on the truth of His word.

DIAGNOSTIC TOOLS

Am I showing the results of toxic sin?

1. Do I choose to follow my own opinion even when it disagrees with God's word?
2. Do I choose to build my own kingdom more than the kingdom of God?
3. Do I often feel mad or frustrated with God?
4. Do I typically refuse to be the first to ask for forgiveness in my conflicts with others?
5. Do I find it hard to think of ways that I've sinned against others?
6. Do I find it difficult to admit my faults to others?
7. Do I see my sin as less significant than other peoples' sins?
8. Do I typically believe that I wouldn't have sinned if someone else hadn't first sinned against me?

Prayer: Lord, I do not want my sin to infect my humility before You. Please empower me to trust You and see my safety in Your awesome forgiving presence. May I boldly admit my weaknesses as I humbly watch You perform a work in me. I am Yours.

TOXIC Fear

week 3

The prescription for a heart gripped with fear is trust. Trust can only grow in an atmosphere of sacrificial love.



SERMON NOTES

OVERCOMING FEAR: HEART OF TRUST

2 KINGS 6:8-23

Intro:

1. The Poison: Unbelief that leads to _____ over whether
God can _____ (8-15)

2. The Symptom: Recoil back in self-_____, unsure of
your God and who or what surrounds you (16)

3. The Prescription: Encounter your willing and _____ God of protection. _____ Him fully and share mercifully with others (17-23)

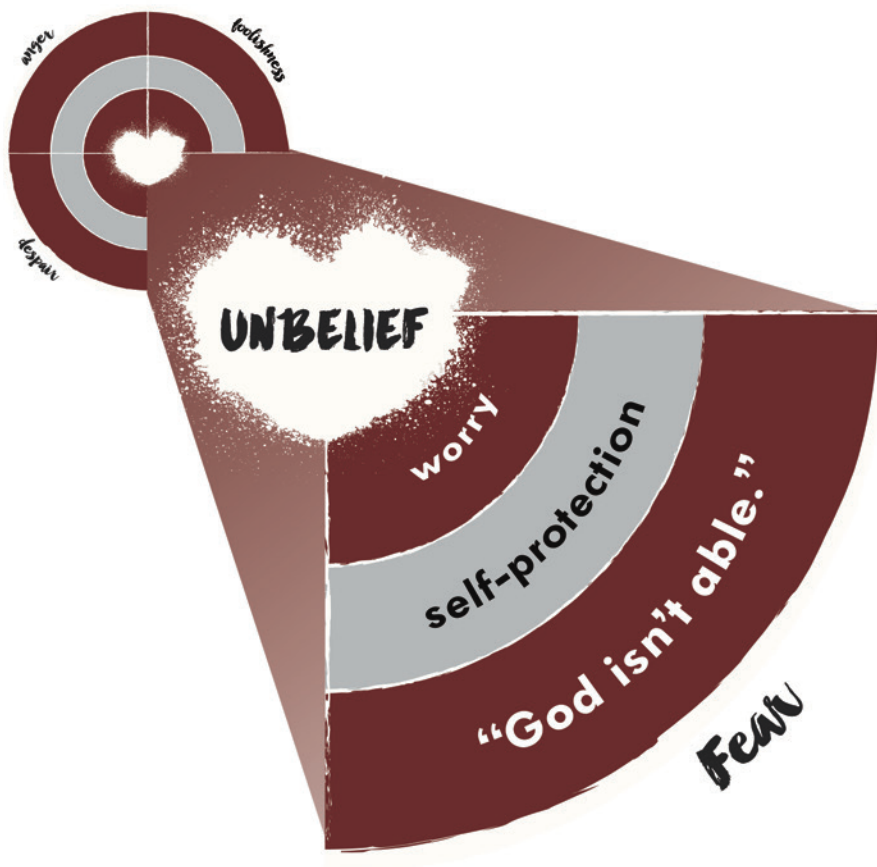
Reading plan

MONDAY	■
TUESDAY	■
WEDNESDAY	■
THURSDAY	■
FRIDAY	■

- Genesis 22:1-18 - *Trust Him even when you can't see*
- Isaiah 42:10-17 - *He will lead the blind*
- Jeremiah 17:5-10 - *Blessed is he who trusts in the Lord*
- Psalms 33:1-22 - *Our soul waits for the Lord*
- 1 Kings 19:1-18 - *Overcoming despair: heart of hope*

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UNRESTORED HEART





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IMPACT GROUP QUESTIONS

Opening: Read 2 Kings 6:8-23. From this passage, what truths impacted you the most?

1. When fear creeps in, we need to remember back to other times when God worked powerfully in our lives. Share a time when you were afraid of the outcome, but God worked it for your good (Romans 8:28-29).

2. Read Jeremiah 17:5-10.

a. What is the outcome for those who trust in man?

b. What is the outcome for those who trust in the Lord?

c. Look at verse 9. What are some statements our hearts might make to deceive us when we're trusting man over God?

3. Read the passages below and answer the following:

Isaiah 42:16

Psalms 34:4

Philippians 4:4-9

Psalms 37:3-6

a. Describe what it looks like (actions/attitudes) when we are trusting God.

b. What is God's role (character/actions/promises) in helping instill trust in us?

4. Work through the diagnostic questions entitled, "Do I struggle with fear?" on page 30. Also, work through the Fruit to Root Diagram for fear on page 30. What did God reveal to you and how will you respond?

Application: Elisha prayed: "Lord, please open his eyes that he may see." What situation in your life right now requires God to "open your eyes" that you may not fear?

TOXIC DIAGNOSTIC TOOLS

Do I struggle with fear?

1. Do I become anxious when facing the unknown?
2. Do I fear that something bad will happen to me?
3. Do I resist giving up control in situations?
4. Do I get anxious about what others think of me?
5. Do I make decisions based on what pleases others?



Fruit to Root (Tree Diagram):

Fruit (behavior):

Controlling/avoiding
Second guessing
People pleasing
Enabling/appeasing (peace faker)

Trunk (thoughts):

Perfectionistic/self-protective
Victim mentality/thoughts of shame
I'm damaged goods/
never good enough
I'm unlovable

Root (desires/motives):

Acceptance
Personal peace
Security

Biblical response to heal my Heart of Fear

Encounter: Dig deep into God's Word and bathe in the glory of who God is.

Ps. 139:1-24	All loving, all powerful, all knowledgeable
Ps. 145:1-21	Great and gracious
Rom. 8:21-30	Purposeful
Isa. 42:10-17	Caring
Ps. 18:1-19	Protecting
Ps. 46:1-10	Ever-present help in trouble

Exalt: Worship the God who can be trusted.

- Thank Him for His character that is so trustworthy
- Confess any sin where you worry rather than trust
- Be still before your trustworthy God

Engage: Now that you have encountered the glory of this loving, gracious, purposeful God, step out in trust with Him.

ADDITIONAL NOTES



TOXIC Despair

(PART 1)

week 4

The prescription for a heart gripped with despair is hope. Hope grows in an atmosphere of faithfulness.



SERMON NOTES

OVERCOMING DESPAIR: HEART OF HOPE (PART 1) 1 KINGS 19:1-18

Intro:

1. The Poison: Unbelief that leads to _____ over whether
God really _____ about you (1-3)

2. The Symptom: Wallow in self-_____, paralyzed by a sense of
_____ (4)

3. The Prescription: Encounter your _____ and providing God. Find _____ in Him as you see Him, listen to Him, and follow Him (5-18)

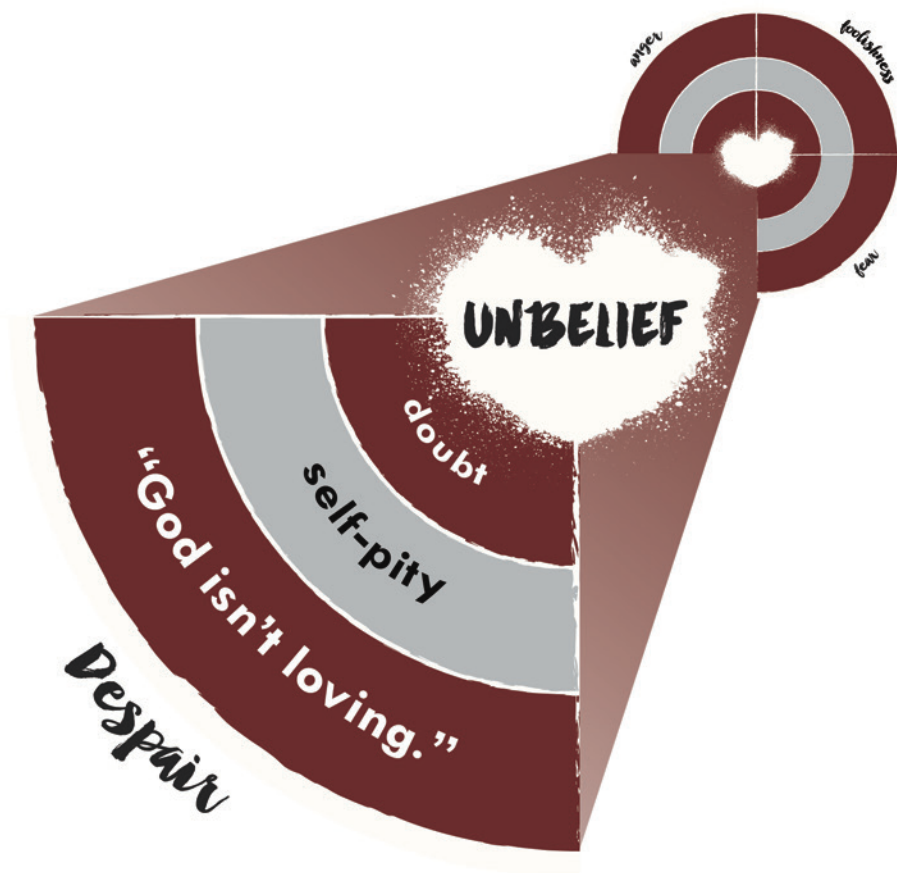
Reading plan

MONDAY	■
TUESDAY	■
WEDNESDAY	■
THURSDAY	■
FRIDAY	■

- Psalm 34:1-10 - *Taste and see that the Lord is good*
- Psalm 34:11-22 - *He heals the brokenhearted*
- Psalm 143:1-12 - *Answer me quickly, Lord!*
- 2 Corinthians 12:1-10 - *His grace is all I need*
- Psalm 43:1-5 - *Overcoming despair: heart of hope*

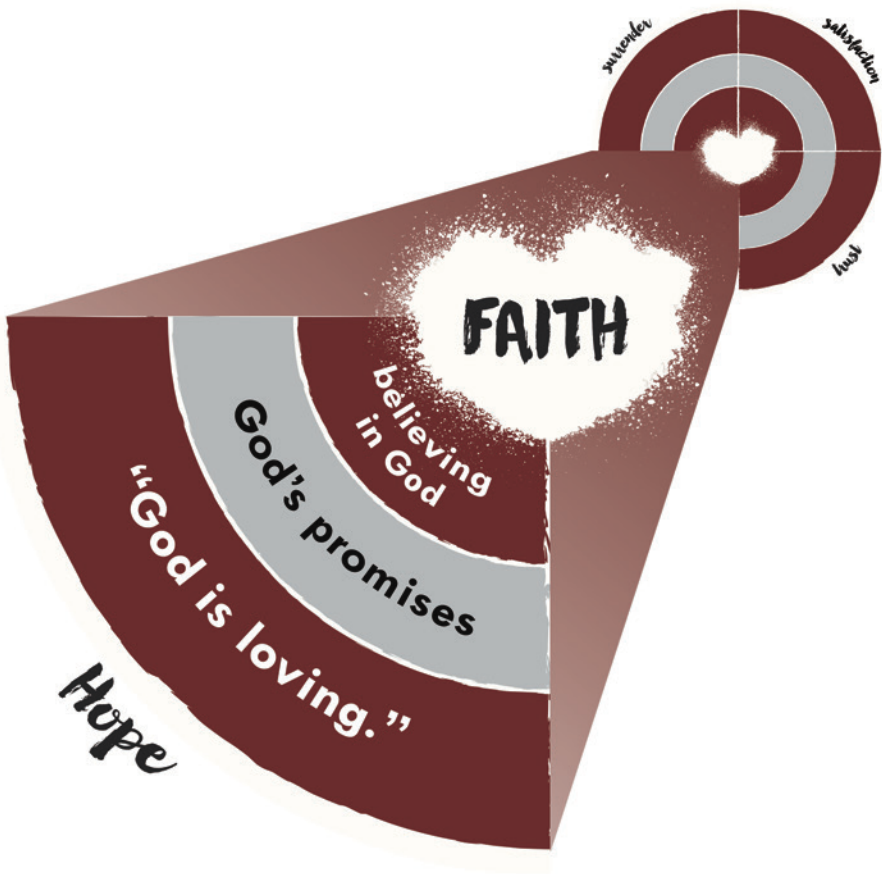


UNRESTORED HEART





RESTORED HEART



IMPACT GROUP QUESTIONS

Opening: Read 1 Kings 19:1-18. From this passage, what truths impacted you the most?

1. Look back at 1 Kings 18:20-46.

a. What characteristics of God do you see displayed in this story?

b. If you had a chance to talk to Elijah, right after he heard from Jezebel's messenger, what would you have told him?

2. In 1 Kings 19:10 and 14, Elijah explained to God how he had acted in order to justify his reaction to Jezebel. In what situations are you tempted to respond to God in this way?

3. What hope do the following verses give when we're in situations like Elijah was facing?

a. Isaiah 41:10

b. Isaiah 41:13

c. James 4:7

d. Psalm 34:18

e. Romans 15:13

f. 2 Corinthians 1:3-9

5. Work through the diagnostic questions entitled, "Do I struggle with despair?" on page 40. Also, work through the Fruit to Root Diagram for despair on page 40. What did God reveal to you and how will you respond?

Application: What fears are obstacles in your life? What passage of scripture, either from the above verses or from others, gives you hope to overcome your fears?

DIAGNOSTIC TOOLS

Do I struggle with despair?

1. Do I struggle with having enough energy to do daily tasks?
2. Do I often feel sorry for myself?
3. Do I tend to isolate myself from other people?
4. Do I concern myself more with immediate relief from pain than with God's eternal plan?
5. Do I find it hard to believe that God's promises will help me?
6. Do I keep track of who has hurt me?



Fruit to Root (Tree Diagram):

Fruit (behavior):

Hiding/escaping
Complaining/grumbling
Lonely/dependent
Self-conscious/shy

Trunk (thoughts):

Defeating/doubting thoughts
Self-pity/jealous
I'm a loser/why go on?
I'm unworthy

Root (desires/motives):

Comfort
Affirmation
Escape

Biblical response to heal my Heart of Despair

Encounter: Dig deep into God's Word and bathe in the glory of who God is.

Ps. 34:1-10	The Lord is good
Ps. 34:11-22	He heals the brokenhearted
Ps. 130:1-8	He is faithful
Ps. 23:1-11	He is our shepherd
2 Peter 1:3-9	He is our great provider
Jos 1:1-9	Our God is with us

Exalt: Worship your God.

- Thank Him for His character that brings hope
- Confess any sin where you doubt rather than hope
- Be still before your God of hope

Engage: Now that you have encountered the glory of this good, tender, and faithful Shepherd who is with us, step out in hope with Him.

ADDITIONAL NOTES



TOXIC Despair

(PART 2)

week 5

The prescription for a heart gripped with despair is to recognize the many voices of our heart in despair, and pursue true hope.



SERMON NOTES

OVERCOMING DESPAIR: HEART OF HOPE (PART 2) - **PSALM 43:1-5**

Intro:

1. _____ and _____ the three voices of despair:

a. "My problem is _____. Help me, God." (1)

b. "My problem is _____, God. What are you doing?" (2)

c. "My problem is _____. Why is my heart so torn?" (3-4)

2. _____ the healthy voice of hope and worship.

a. “My God is my hope and salvation. He loves me.” (5)

Reading plan

MONDAY	Psalm 42:1-11 - Hope in God
TUESDAY	Philippians 4:2-9 - His peace passes understanding
WEDNESDAY	Psalm 121:1-8 - My help comes from the Lord
THURSDAY	Psalm 91:1-16 - He is my refuge
FRIDAY	Genesis 4:1-16 - Overcoming anger: heart of surrender

IMPACT GROUP QUESTIONS

Opening: Read Psalm 43:1-5. From this passage, what truths impacted you the most?

1. When in your life could you relate to the first couple verses in Psalm 43?

a. Why did you feel rejected, or that God didn't care?

b. In that time, what truth about God did you need to be reminded of to give you hope?

2. How do the following sins affect a sense of hopelessness?

a. Gossip

b. Lies

c. Harsh words

3. How do the following verses give hope when being oppressed by enemies?

a. Exodus 14:14

b. Romans 8:31-34

c. 2 Thessalonians 3:3

Application: In order to replace despair with hope, how can you partner with God in your attitudes and actions? What are some things you can rejoice about and give thanks for?

ADDITIONAL NOTES



TOXIC Anger

week 6

The prescription for a heart gripped with anger is surrender. Surrender can only grow in an atmosphere of true authority alongside mercy.



SERMON NOTES

OVERCOMING ANGER: HEART OF SURRENDER GENESIS 4:1-16

Intro:

1. The Poison: Pride that leads to _____ and
disobedience (1-5)

2. The Symptom: Rising up in self-_____, making myself the
judge of what is considered just (6-10)

3. The Prescription: Encounter my _____ God.
_____ to His authority and count on His mercy (11-16)

Reading plan

MONDAY	■
TUESDAY	■
WEDNESDAY	■
THURSDAY	■
FRIDAY	■

- Psalm 103:1-22 - *Who is this God that is in charge?*
- Job 38:1-7; Job 39:1-40:4 - *Be careful, He is really in charge*
- Ephesians 4:17-32 - *Follow God's example*
- James 4:1-12 - *Passions at war within you*
- Luke 12:13-21 - *Overcoming foolishness*

TOXIC

UNRESTORED HEART

Anger

"God isn't in charge."

self-rule

rebellion

PRIDE

foolishness

despair

fear

TOXIC

RESTORED HEART

Surrender

"God is fully in charge."

God's supremacy

yield to God

HUMILITY



IMPACT GROUP QUESTIONS

Opening: Read Genesis 4:1-16. From this passage, what truths impacted you the most?

1. Cain was angry when God had no regard for his offering.
 - a. What are some things (situations, people, etc.) that stir up anger in you?
 - b. What does your heart desire in those moments?
 - c. What are reasons we give to justify our anger?
2. What do the following verses say about God's view of anger?
 - a. Proverbs 12:16
 - b. Proverbs 14:29
 - c. Joel 2:12-13
 - d. Psalm 103:8-9
 - e. James 1:20

3. Read Ephesians 4:1-3 and 31-32.

a. Based on these verses, what are some specific, God-honoring ways you can respond to the situations you gave in question 1, rather than reacting in anger?

b. How does humility combat anger?

4. Work through the diagnostic questions entitled, “Do I struggle with anger?” on page 56. Also, work through the Fruit to Root Diagram for anger on page 56. What did God reveal to you and how will you respond?

Application: Is there an area of your life in which anger has a hold? What steps toward humility will you take to overcome anger?



DIAGNOSTIC TOOLS

Do I struggle with anger?

1. Do I get easily irritated?
2. Do others comment that I say the right things, but in the wrong way?
3. Do I keep track of who has hurt me?
4. Do I struggle to forgive, even when someone asks for forgiveness?
5. Do I focus more on my rights/desires than in other peoples' needs?
6. Do I focus more on my rights/desires than in God's commands?



Fruit to Root: (Tree Diagram)

Fruit (behavior):

Interrupting/defensive
Impatient/irritable/intimidating
Critical of others
Sarcastic/harsh (peace breaker)

Trunk (thoughts):

Bitter/vengeful thoughts
Condemning/judgmental thoughts
I'm right/I can't be wrong
I'm entitled

Root (desires/motives):

Control
Authority
Power

Biblical response to my Heart of Anger

Encounter: Dig deep into God's Word and bathe in the glory of who God is.

Ps. 135:1-21	In charge of all
Isa. 45:1-7	Sovereign over all
Ps. 119:137-144	Just in all that He does
Ps. 18:25-36	Perfect in all that He does
Rom. 3:10-25	Forgiving through Jesus
Phil. 2:1-11	Sacrificial

Exalt: Worship your God.

- Thank Him for His character that brings surrender
- Confess any sin where you rebel rather than surrender
- Be still before your God of all authority, perfection, and yet mercy

Engage: Now that you have encountered the glory of this all-powerful, in charge, fully sovereign yet humble and sacrificial God, step out in surrender with Him.

ADDITIONAL NOTES



TOXIC Foolishness

week 7

The prescription for a heart gripped with foolishness is satisfaction. Satisfaction can only grow in an atmosphere of joy.



SERMON NOTES

OVERCOMING FOOLISHNESS:

HEART OF SATISFACTION - **LUKE 12:13-21**

Intro:

1. The Poison: Pride that leads to living life _____ and selfishly (13-15)

2. The Symptom: Striving for self-_____ through earthly possessions and experiences (16-20)

3. The Prescription: Encounter my fully _____ God of joy. Find _____ in my King, not in me being King (21)

Reading plan

MONDAY	■
TUESDAY	■
WEDNESDAY	■
THURSDAY	■
FRIDAY	■

- 1 Corinthians 2:1-16 - *Wisdom from the Spirit*
- James 1:1-18 - *God gives wisdom generously*
- Isaiah 58:1-14 - *The Lord satisfies*
- Proverbs 3:1-18 - *Wisdom is better than riches*
- Micah 5:1-5; Luke 2:1-7 - *The place chosen*

TOXIC

UNRESTORED HEART





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IMPACT GROUP QUESTIONS

Opening: Read Luke 12:13-21. From this passage, what truths impacted you the most?

1. How does having an eternal perspective change our earthly pursuits? How does having a temporal or foolish perspective change our earthly pursuits?

2. What do the following passages from Proverbs describe about foolishness versus wisdom?

a. Proverbs 1:7

b. Proverbs 3:35

c. Proverbs 10:8

d. Proverbs 10:23

e. Proverbs 12:15

g. Proverbs 17:10

h. Proverbs 18:2

i. Proverbs 28:26

3. Read Matthew 6:19-20.

a. What temporary treasures are you laying up for yourself?

b. List some “treasures” we have in heaven.

4. Work through the diagnostic questions entitled, “Do I struggle with foolishness?” on page 66. Also, work through the Fruit to Root Diagram for foolishness on page 66. What did God reveal to you and how will you respond?

Application: In what area(s) of your life are you struggling to say: “God is enough. God is sufficient.”? How will you seek to have an eternal perspective when your feelings are leading you in the wrong direction?

TOXIC DIAGNOSTIC TOOLS

Do I struggle with foolishness?

1. Do I concern myself most with personal happiness and comfort?
2. Do I feel like something other than God has control over me?
3. Do I concern myself more with immediate relief from pain than with God's eternal plan?
4. Do I ignore wise counsel in favor of pursuing my own desires?
5. Do I get easily swayed by "popular" opinion?



Fruit to Root: (Tree Diagram)

Fruit (behavior):

Deceiving/lying
Joking/distraction
Insensitive/immature
Attention seeking/over emotional

Trunk (thoughts):

Selfish/blame-shifting thoughts
Obsessive thoughts/fantasy
I'm a troublemaker
I can't help it

Root (desires/motives):

Pleasure
Attention
Greed

Biblical response to heal my Heart of Foolishness

Encounter: Dig deep into God's Word and bathe in the glory of who God is.

Ps. 135:1-21	In charge of all
1 Cor. 2:1-16	Wisdom comes from the Spirit
Isa. 58:1-14	God gives wisdom generously
Isa. 55:1-13	His ways are so above my ways
Isa. 40:18-31	God provides in amazing ways

Exalt: Worship your God.

- Thank Him for His character that brings wisdom
- Confess any sin where you self-gratify rather than obey
- Be still before your God of all authority, wisdom, and provision

Engage: Now that you have encountered the glory of this all powerful, in charge, lofty in His understanding, yet willing to share His wisdom God, step out in humble wisdom with Him.

ADDITIONAL NOTES



TOXIC Resources

RESOURCES

BOOKS ON PRIDE

Humility: True Greatness *by C.J. Mahaney*

From Pride to Humility *by Stuart Scott*

BOOKS ON UNBELIEF

Trusting God: Even When Life Hurts *by Jerry Bridges*

Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection
by Edward T. Welch

BOOKS ON DEFENSE MECHANISMS

Motives: Why Do I Do the Things I Do? *by Edward T. Welch*

BOOKS ON FEAR

Running Scared: Fear, Worry, and the God of Rest *by Edward T. Welch*

When People are Big and God is Small *by Edward T. Welch*

BOOKS ON DESPAIR

Depression: Looking up from a Stubborn Darkness *by Edward T. Welch*

BOOKS ON ANGER

Uprooting Anger: Biblical Help for a Common Problem *by Robert Jones*

Anger and Stress Management God's Way *by Wayne A. Mack*

War of Words: Getting the Heart of your Communication Struggles
by Paul David Tripp

BOOKS ON FOOLISHNESS

A Quest for More: Living for Something Bigger than You *by Paul David Tripp*

Addictions, A Banquet in the Grave: Finding Hope in the Power of the Gospel
by Edward T. Welch

Links to each of these resources are available at:

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