

Heart Chart Scripture Reference

A Quick Guide for Care Conversations

Heart Struggle	What Someone May Be Experiencing	What the Heart May Want	Possible Lies	Scripture Truth
Fantasy / Escapism	Longing for a different life Dissatisfaction with present circumstances	Relief Satisfaction a better life	If my circumstances were different I would finally be happy.	Philippians 4:11–13 – Content in all circumstances. Hebrews 13:5 – Be satisfied with what you have.
Shame	Feeling unworthy Exposed Defined by past failure	Acceptance Worth belonging	I am too broken. If people really knew me they would reject me.	Romans 8:1 – No condemnation for those in Christ Jesus. Psalm 103:12 – As far as the east is from the west.
Fear / Anxiety	Worry Restlessness Fear about the future Feeling overwhelmed	Security Control Certainty	I have to hold everything together. If I lose control everything will fall apart. I am alone in this.	Isaiah 41:10 – Do not fear, for I am with you. Philippians 4:6–7 – Don't worry about anything. 1 Peter 5:7 – Cast all your cares on him.
Guilt	Regret Conviction over sin Weighed down by past choices	Forgiveness Relief A clean slate	I can never be forgiven. I will always be defined by this.	1 John 1:9 – He forgives and cleanses us. Psalm 32:5 – You forgave the guilt of my sin.
Anger	Resentment Frustration Bitterness Feeling wronged	Justice Validation To be heard	I deserve to hold onto this anger. If I let this go, the wrong will never be addressed.	Ephesians 4:26 – Be angry and do not sin. Ephesians 4:31–32 – Let bitterness and anger be removed.
Sorrow / Grief	Deep sadness, loss, discouragement, emotional pain	Comfort Hope Relief	This pain will never end. God has forgotten me.	2 Corinthians 1:3–4 – God of all comfort. Psalm 34:18 – The Lord is near the brokenhearted.