

Podcasts

1. **9/2 What do you want? (Why Everyone Needs Healing)** Learning from Joseph, Moses, David, and Paul, we will see a pattern God uses to prepare his children for their created purpose. Getting healthy has to come first before we can realize that purpose. We need God's biblical healing before we can achieve our dreams and see our passions fulfilled. (HJ#1)
2. **9/9 Jesus Loves the Bad Girl (Does God Care about me?)** So many of us have deleted ourselves off the list of those Jesus loves and cares for because of the lives we've lived, just like the woman in Luke 7. After an encounter with Jesus, though, that can all change, as it did for her. We can begin to discover the truth that we are all worthy of love. (HJ#1)
3. **9/16 God has something better (Moving from desperation and disappointment to freedom and fulfillment)** We all want to live a happy life, so does God, but stuff is holding us back. Just like with the Israelites in Exodus, he's taking us to a good place, but we must follow him in order to get there. Getting to a great place in life hinges on our willingness to deal with our issues. (HJ#1)
4. **9/23 How is Your Software Programmed? (Reprogramming your belief system with the truth)** Our beliefs affect how we conduct our life: every relationship, every decision, every reaction, which is why it is critical that we know what we believe, and that our beliefs line up with God's Word. Otherwise, our beliefs will continually derail our life, leaving us disappointed and frustrated. Find out how you can get your beliefs back on track. (HJ#2)
5. **9/30 How Do I Make the Right Choice? (Dealing with temptation)** God has outlined for us two roads, roads I call "Trust Trail," and "Pride Pathway." One leads to life and happiness, the other to disappointment and destruction. There are reasons why we make the choices we do. Find out how you can avoid pain and suffering by traveling on Trust Trail. (HJ#2)
6. **10/7 Are You Paying Attention to the Signs? (Getting off Pride Pathway and onto Trust Trail)** God clearly spells out two roads of which we can travel. His Word arms us with ample reasons and encouragement for choosing Trust Trail, as well as an equal amount of warnings why we should avoid Pride Pathway. Even so, making the right choice is difficult. (HJ#3)
7. **10/14 Why God's Power May be Missing (Getting rid of false idols)** Everyone puts their trust in someone or something, but if it is not God, we will not experience the help and blessing of his power working on our behalf. False idols come in a thousand different forms, but one thing they all have in common, they steal us away from God's best. (HJ#3)
8. **10/21 Why am I Lost? (Finding our way back to God)** When we disconnect from God, we put other things in his place, things that steer our life in the wrong direction. These false idols take our life captive. Today, Cyndy will share thoughts on how you can get your life back on track. (HJ#3)
9. **10/28 Are you a Hot Mess? Get Healing (Joseph's Story)** Trying to live the life we were created for, while painful wounds are living in us, doesn't work. That's why God brought Joseph's family back into his life, so he could be fully restored and free to lead Egypt in strength and wisdom. Joseph is an example for all of us. (HJ#4 & #19)
10. **11/4 Power, Protection, Provision (Relinquishing Control to God)** Defeating our pride and learning how to trust God is challenging. Today's teaching will break this problem

down into its three core elements: Power, Protection, and Provision. These helpful handles will help us see where the problem of pride is showing up in our life. (HJ#5)

- 11. Cyndy's Story (God's Light in the Darkness)** God turned Cyndy's life upside down when she was 35 and led her into a nine-year healing journey. Her story is a hard one to hear, but God had the final word, restoring her life. He brought the victory that allowed her to begin and lead this ministry, one that has touched thousands of lives. (HJ#6)
- 12. 11/11 What's Perspective Have to Do with It? (Seeing as God Sees)** God often has a perspective that is different than ours, something we can solve by receiving truth and getting healing. Unhealed wounds and false beliefs can blind us, making it easy to head in destructive directions. Find out how you can abandon the Dirt Perspective and adopt the Peak Perspective. (HJ#8)
- 13. 11/18 What is Healing? (Understanding the wounds and the remedies)** It is easy to fling around the term "healing," but what exactly do we mean? Our podcast today will bring clarity while we learn to dissect our wounds. Find out the four places affected by our wounds and the corresponding remedies so you can find complete healing. (HJ#8)
- 14. 11/25 Sexual Trauma (Hope for Healing the Worst Wounds)** Certain wounds, like sexual abuse, do incredible damage to our heart, mind, body, and soul, as we see in the story of Tamar and Amnon. Even so, the Lord can and will heal us, if we'll allow him to do so. Healing begins by laying a truthful foundation in our beliefs. (HJ#9)
- 15. 12/2 Why Do Bad Things Happen? (Examining the tension between God's sovereignty and our free will)** If God's Word is true, and he loves us enough to let his Son die for us, and he holds all power, then why do we experience so many painful things? Who is really responsible for the problems in the world and the pain in our life? (HJ#10)
- 16. 12/9 Trusting God's Perspective (Lessons from Nehemiah)** Our perspective has a great deal to do with our success or failure. Nehemiah relied on the Peak Perspective, God's way of viewing matters, and so was part of a great accomplishment. We, too, can be part of God's plan, if we will look at him, not our circumstances. (HJ#11)
- 17. 12/16 Hagar's Story (Meeting the God Who Sees Me)** Changing a false identity or victim behavior begins by seeing God for who he truly is and seeing the inestimable value of ourselves. God gives us a real-life example of this miracle in the story of Hagar. No one valued her until the day she met God while running away from her life. (HJ#12)
- 18. Monday 12/21 To Rage or not to Rage, that is the question (Anger)** Anger can interfere in our life, causing problems to others and ourselves. However, if we aren't aware of the wound underneath our anger, we probably won't be able to resolve it, only manage it. Find out how you can get rid of your anger, every time it shows up. (HJ#13)
- 19. Monday 12/28 The Desert, Sea, Prison (3 Victim Destinations)** Our needs are God-given, but if we try to meet them in our own prideful way, we will suffer for sure. Psalm 107 gives us three powerful metaphors illustrating victim lifestyles on Pride Pathway, metaphors that will help us identify victim choices that hurt our life. (HJ#14)
- 20. 1/6 Victim Identity Part 1: We are good stuff** Too often we have allowed our self-worth to be defined by the bad things that have happened to us, along with the poor choices we've made. And as such, have come up lacking value. Find out how you can shed the lies and begin enjoying the person God made you to be. (HJ#15)
- 21. 1/13 Victim Identity Part 2: The Lifestyle** There are two types of members in the "Victim Club," the passive victim and the aggressive victim. Find out which type you are, and how you can resign from the club by examining your false beliefs about yourself and about God. This is one club you don't want to belong to. (HJ#15)

- 22. 1/20 Victim Identity Part 3: Self-Acceptance** The road to self-acceptance requires some effort, as well as an understanding of the truth, but it is worth it. Self-acceptance makes it possible to live in peace with ourselves and experience the best life possible, the life we were created to live. (HJ#16)
- 23. 1/27 Leaving Egypt (Why is it Hard to Leave Our Bondage?)** Are you stuck? So many settle for an unsatisfying life because it's familiar and they are afraid to trust God to take them to something better. In Isaiah 43, God reveals his deep love for us and his plan to take care of us all the way to the Promised Land. His love will keep us moving forward. (HJ #17)
- 24. 2/3 Being in the Middle of Healing (Understanding the wilderness season)** In order to pass from our old life of bondage and enter into our new life in the Promised Land, it is necessary we travel through the wilderness. We will learn how to avoid some of the mistakes the Israelites made, mistakes that made this season harder and longer. (HJ#17)
- 25. 2/10 Joy in the Wilderness (Finding good in the midst of the hard)** While it is true our season of healing in the wilderness is challenging, that's not the whole story. This season also includes many blessings, including growing intimacy with the Lord. Find out where joy can be found, as well as things you can do to make your life brighter. (HJ#17)
- 26. 2/17 Don't be Satan's Victim (Defeating the Enemy)** No one wants to contend with Satan, but we don't get a choice about that. We only get a choice about standing up to his lies, living in the truth, using our God-given weapons, and get healing for our wounds. Find out how you can gain victory in your life. (HJ#18)
- 27. 2/24 Confession is for You! (Healing Our Relationship with God)** It's every person's tendency to justify their sin and shy away from confession, but we're really hurting ourselves in a tremendous way when we do this. God's plan and intention is never to shame us, it is to relieve us of guilt, setting our mind and heart free. It's for us—not for him! (HJ#20)
- 28. 3/3 Life After Healing (Living in the Promised Land)** Receiving God's healing in our life is wonderful, but it isn't the end goal. Healing is just a means toward a greater end which is to finally live the life we were created for, as the person God made us to be. He has great plans for us, but we need restoration before we are ready. (HJ#21)
- 29. 3/10 Where is Justice: Do Justly, Love Mercy, Walk Humbly** After we begin shedding the victim identity, we need something to put in its place. Micah 6:8 provides a great starting place, three standards that will guide us in any situation. Justice, mercy, and humility are not hard to understand, but very challenging to follow. (HJ#22)
- 30. 3/17 4 Steps to Get through Anything (Trust, Commit, Rest, Wait)** After we begin to heal and realize we don't want to be a victim anymore, we need to learn new ways of doing things. How can we live healthy and successful lives? God gives us four helpful steps to do this in Psalm 37: Trust, commit, rest, and wait. (HJ#23)
- 31. 3/24 Being Congruent (Beliefs, Actions, Thoughts, Words, and Feelings that Match)** The purpose of our life is to serve God and glorify him in everything we say, do, and think. Getting these areas to line up is hard work and requires true beliefs and healing for our wounds. The effort is worth it because it leads to the best life possible. (HJ #24)
- 32. 3/31 But I Don't Want to Forgive! (Forgiveness is Good for the Soul)** While it goes against our human grain to forgive, there are many compelling reasons to do so. Forgiveness brings good health, freedom, and closeness with God. We will dispel common misconceptions about what forgiveness means and dig into many of the benefits of complying with this fundamental directive. (HJ#25)

- 33. 4/7 How Do I Survive my Grief? (Grieving Basics)** Grieving is one of the most important parts of the healing process, but also the part most often misunderstood and skipped. Grief is sneaky, sometimes showing up in unusual ways. Learn how to recognize and value your grief, what to avoid, and what to do when it shows up. (HJ#26)
- 34. 4/14 Help! My Mind is Driving Me Crazy! (Taking control of our thought life)** It's no fun when our mind continually replays tormenting thoughts. However, we can take control. In this podcast we will discover how to get the bad stuff out of our head and replace it with healthy thinking. With God's weapons, we can fight and win these mental battles. (HJ#27)
- 35. 4/21 Basics First (4 Priorities for Every Christian)** When we have pain and problems, we tend to gravitate toward anything but God. God ask us to keep him first. If we'll pay attention to the basics (seeking God, fellowship with Christians, prayer, and Scripture reading), he will richly provide for our needs, guiding us with love and power. (HJ #28)
- 36. 4/28 Keeping an Eye on Eternity: Encouragement for the Journey** This life is a hard journey. There's a reason why this world doesn't feel like a good fit, one Scripture addresses. But if we'll remind ourselves of the promises of heaven, it will help us maintain today. Cyndy has 3 tips and 3 promises to encourage us while we're still here. (HJ #29)