

1. Why Do Bad Things Happen? (Examining the tension between God's sovereignty and our free will)
2. God has something better (Moving from desperation and disappointment to freedom and fulfillment)
3. Tyranny of the Screens (4 Reasons to limit screen time)
4. How Do I Make the Right Choice? (Dealing with temptation)
5. Why am I Lost? (Finding our way back to God)
6. Fear or Freedom; Your Choice (Slaying the monster name, "Fear")
7. Are You Paying Attention to the Signs? (Getting off Pride Pathway and onto Trust Trail)
8. Jesus Loves the Bad Girl (Does God care about me?)
9. How is Your Software Programmed? (Reprogramming your belief system with the truth)
10. Be Still My Soul (Clearing the clutter)
11. Living with a DC, a Difficult Customer (Hanging in there with messy people)
12. Help! My Marriage Sucks! (Healing in marriage)
13. Joy in the Wilderness (Finding good in the midst of the hard)
14. Power, Protection, Provision (Relinquishing control to God)
15. What do you want? (Why everyone needs healing)
16. Breanna's Story (For those who've lost loved ones through suicide)
17. Being in the Middle of Healing (Understanding the wilderness season)
18. Five Tips for Living Free Financially (Money and tithing)
19. Help! My Mind is Driving Me Crazy! (Taking control of our thought life)
20. What is Healing? (Understanding the wounds and the remedies)
21. A Day with Sadness (What to do when we're suffering)
22. Helping Hurting People (How to be effective and avoid pitfalls)
23. Why God's Power May be Missing (Getting rid of false idols)
24. Victim Identity Part 1: We are Good Stuff
25. Victim Identity Part 2: The Lifestyle
26. Victim Identity Part 3: Self-Acceptance
27. Don't be Satan's Victim (Defeating the enemy)
28. Hagar's Story (Meeting the God who sees me)
29. What is it Like in Prison? (My first adventure on the inside)
30. Cyndy's Story (God's light in the darkness)
31. Where is Justice (Do justly, love mercy, walk humbly)
32. How Do I Survive my Grief? (Grieving basics)
33. Trusting God's Perspective (Lessons from Nehemiah)
34. The Desert, Sea, Prison (3 victim destinations)
35. What's Perspective Have to Do with It? (Seeing as God sees)
36. Time (Using the gift of life wisely)
37. What is Heaven Like? (Perfection is coming)
38. Are you a Hot Mess? Get Healing (Joseph's story)
39. 4 Steps to Get through Anything (Trust, Commit, Rest, Wait)
40. Deep Level Healing (Unlocking the human potential)
41. Leaving Egypt (Why is it hard to leave out bondage?)
42. To Rage or not to Rage, that is the question (Anger)
43. A Healing Prayer (Change your life in 20 minutes)
44. Praying with Intimacy (How to have a deeper and richer prayer life)
45. Life After Healing (Living in the Promised Land)
46. Sexual Trauma (Hope for healing the worst wounds)
47. Known by Their Love (Acceptance, Forgiveness, Reconciliation)
48. But I Don't Want to Forgive! (Forgiveness is good for the soul)
49. Finding Awe (Secrets to happiness)
50. Being Congruent (Beliefs, actions, thoughts, words, and feelings that match)
51. When Life Falls Apart (Thoughts, Expectations, Considerations)

52. How Did the Healing Journey Come About (History of HHLM Part 1)
53. How Did the Healing Journey Come About (History of HHLM Part 2)
54. Confession is for You! (Healing Your Relationship with God)
55. Basics First (4 Priorities for Every Christian)
56. Forgiving Yourself (Dealing with Regret)
57. Holy Spirit (A Beautiful Part of our Walk with Jesus)
58. Dissociative Identity Disorder and Satanic Ritual Abuse
59. Job (Struggling with God's Character)
60. Abandon Yourself to God (Peter's Story)
61. Finding Our Way through Adversity (Is God Good Even in the Midst of Tragedy?)
62. Accepting God's Will: The Story of Lazarus (Part 1)
63. Accepting God's Will: The Story of Lazarus (Part 2)
64. Dualism: Heart of Stone or Heart of Flesh? Part 1: Understanding Dualism
65. Dualism: Heart of Stone or Heart of Flesh? Part 2: The Dualistic Life
66. Dualism: Heart of Stone or Heart of Flesh? Part 3: The Life of Love
67. Satan's Voice? God's Voice? Our Voice? How Do You Know?
68. Sabbath Rest: God Says, "Take a Break!"
69. How to Do the Healing Steps
70. Where are You on Your Spiritual Journey? Part 1
71. Where are You on your Spiritual Journey? Part 2
72. Interview with Gary Short
73. Dana's Story
74. How Do You Know Your Healing is Finished? Is There an End?
75. Healing for Children (How to Share the Healing Steps with Children we Love)
76. Anxiety (What It Is and What You Can Do About It)
77. Heather's Story
78. Servitude: Spoiler Alert! It's Not All About You!