



The Healing Weekend - Colorado February 20-22,2025

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Words for the Journey

Podcast of the Week: [Why am I Lost? Finding our way back to God](#)

Journey App

This week's blog: [What's the Point of Sharing My Story?](#)

2024 Leader Letter Week 9

To Healing Journey Leaders:

As leaders, many of you have the advantage of having attended Boot Camp and receiving the comprehensive training we offer there. There are some of you, however, who haven't, and even those who have might benefit from a refresher. At Boot Camp we learn the **Basic Processing Technique** that I ask all small group leaders to use each week (see Leader Guide page 11):

Accurate listening combined with paraphrase and empathy leads to safety and deeper levels of processing.

As leaders we carefully listen to what our group members are saying and then respond by paraphrasing their words, while showing that we care about what they said. We rarely respond with advice, direction, or correction. There are several reasons for this: 1) it creates an atmosphere of safety, 2) it models for them that Jesus is their healer, not us, 3) it aides in their healing because it communicates to them acceptance and significance, 4) it prevents judgment that would likely shut them down, 5) it creates an atmosphere that encourages deeper levels of processing, and 6) it keeps us from playing God in their lives.

"So if the Son sets you free, you will be free indeed" (John 8:36 NIV).

The **Basic Processing Technique** can be hard to use because our human nature wants to fix people and try to quickly move them to a different place. Trying to fix people is a poor style of leadership for many reasons: 1) it communicates we believe we know what's best for them, 2) it invites dependence on us rather than Jesus, 3) it is ineffective because we don't have the power to change people, and 4) it robs group members from seeking the Lord for his power, wisdom, and direction in their life.

Even though it is difficult to get in the groove with this technique, please strive to do so every week. It creates fertile ground for healing and keeps you out of God's seat. I promise it gets easier with practice, just like anything else.

I am grateful for your willingness to lead a group which is giving more women and men the opportunity to receive healing this year.

...Relax in the Lord and enjoy the journey!

Tip of the week:

Be very sensitive to your group when you hit Week 9, *A Perspective on Abuse*. Tamar's story of sexual abuse is a difficult one to hear and can trigger anyone with that wound in their own life. Because you've heard your group's stories, you likely know who has abuse in their background by this time, so check in with them and offer support if needed. Whenever someone connects deeply with their pain, it is important to speak to them because they are likely telling themselves many discouraging lies about their pain. Pain isn't bad and pain won't kill us—although it is the opposite of what we think at the time. [Reread the section in your Leader Guide on Problem Solving, page 29, for more information and tips.](#)

Blessings,



His Healing Light Ministries' Director

His Healing Light Ministries | 1355 S. 8th St Suite 100 | Colorado Springs, CO 80905 US

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