



Words for the Journey

Podcast of the Week: The Desert, Sea, Prison: 3 Victim Destinations

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Journey App

This week's blog: Gentleness and Grace

2024/25 Leader Letter Week 16

To Healing Journey Leaders:

I love it when we get to Lesson 16, *Self-Acceptance*! After several hard weeks of discovering the icky truth about our victim identities we finally get to the good news of our true identity, as defined by Jesus. This is one of our 8 foundational lessons, those essential for healing. I have even had students buy this one lesson, so they could go over it again and again. (Yes, we sell individual DVDs for \$15 or students can stream any lesson for \$4.95.)

You've heard me warn you several times about not trying to "fix" your students. A much better and more productive approach is to respond with affirming statements and good questions. I have given you several lists of statements and questions in your Leader Guide and on your "Reference Sheet." Read through that material then choose your favorite affirmations and questions and regularly use them with your group.

*"When Jesus saw that he had answered wisely, he said to him, "You are not far from the kingdom of God"
(Mark 12:34 NIV).*

When you respond with statements like: *"That must have been difficult for you,"* or *"I'm sorry that happened to you,"* or *"Thank you about being so honest about that,"* you are letting them know that you see them and that you care. You made it safe for them which invites them to say a little more. It creates a fertile healing environment and keeps you out of God's role of trying to save or fix them.

The other technique of asking questions is equally important. The potential list of good questions is endless, but the goal is to get them to consider the healing issues that relate to their comment or situation. To ask, *"What was going on with you when that happened?"* or *"How do you feel about their choice to do that?"* or *"What did you believe about yourself as a result of that event?"* will lead them further into healing than if you pridefully **tell** them how they were affected.

The **Training DVD** is a great tool to see how this type of processing works (offering affirming statements and asking questions), and to hone your skills. So watch it frequently throughout the year.

I appreciate your willingness to work on your skills as a small group leader and provide a healing environment in your group for the Lord to work. Thank you for all you do.

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

Tip of the week:

You will begin processing the Victim Behavior Worksheet in small groups this week. This is the only processing step that gets an optional 4th week because students need a lot of work on this one. Carefully read through all the notes I have provided on pages 94-95 in your Leader Guide and watch role play 14. Your focus is going to primarily be on steps 5 & 6 because they are the most important ones. The details of the event that inspired victim behavior and the rules they were following are not nearly as important as beginning to understand their God-given needs that were not being met and then brainstorming new ways of doing things. And because I cannot say this too often: **Do not attempt to fix them at the end. When they have identified the 6 parts of the worksheet, stop and do not go any further. You are finished! Thank them and move on to the next student.**

Blessings,



His Healing Light Ministries' Director

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