



HIS HEALING LIGHT
MINISTRIES

LIFTING UP
Leaders

Words for the Journey

Podcast of the Week: Where is Justice: Do Justly, Love Mercy, Walk Humbly

You can now listen to all of our podcasts, Words for the Journey, YouTube! ☐☐ Whether you're at home, on the go, or just looking for a new way to enjoy our content, we've got you covered. ☐ <https://www.youtube.com/@hishealinglightministries7037>
Subscribe, tune in, and don't forget to hit the notification bell! ☐ Let's keep the conversation going. ☐

Journey App

This week's blog: Why? Because Jesus Said So

Come to Boot Camp! May 16-19 (NY), June 5-8 (CO)

2024/25 Leader Letter Week 26

To Healing Journey Leaders:

As we approach our last foundational lesson, #26, I teach on the essential healing component of grieving. This is often the missed step, leaving us in an unfinished place in our healing process. It is human nature to avoid pain, but in this case, avoidance means we don't heal. Grieving can also be hard to recognize because it doesn't always arrive in the form of sadness and tears; sometimes it shows up as feelings of anger, impatience, or disruption.

These feelings will tie right in with Healing Step 4, which we start processing in group this week. It is the most comprehensive of all the healing steps including acknowledgement of our feelings, our sin, and what we have lost, along with the step of forgiveness. So it takes a little time to get through this one. Step 4 begins with a set-up page, as does steps 2 & 3, but this time students will focus on only one person.

Please keep a couple things in mind as you lead your group through this step. Really be praying for your group because not everyone will be ready to forgive their offenders; it has to be the right time for each person. Read through my suggestions on page 129 in your Small Group Leader Guide for ways to try to help them work through their reluctance. But if they don't want to do it, have grace and patience! And, finally, never discourage someone from forgiving an offender who has committed heinous acts against them. I've seen leaders do this! You are helping them remain in bondage if you do!

"Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you" (Colossians 3:13 NIV).

As you're working through this last healing step, remind your students these are tools for a lifetime, and to use them every time they have another painful event come up. They have additional forms in their Aftercare section as well as permission to make copies. The Flip Book also contains the Healing Steps.

You are a blessing to the Lord and to this ministry for giving yourself to your group. You will reap great rewards for

your service.

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

Tip of the Week:

Be thinking and talking with your leadership team about how you want to wrap up your year. A fellowship meal on the last day is always fun and appreciated by the students. The evaluation form needs to be prepared (See Class Facilitator Manual) and **completed in class** on Week 27—don't send it home! Feel free to modify the form; it is for your benefit.

Blessings,



His Healing Light Ministries' Director

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!