



HIS HEALING LIGHT
MINISTRIES

LIFTING UP
Leaders

Registration is now open for our next Colorado Healing Weekend! February 5-7

Words for the Journey:

Podcast of the week: [Why God's Power May be Missing](#)

Journey App:

Cyndy's Blog: [Why Tragedy, God?](#)

Leader Letter #8

To Healing Journey Leaders:

I always let out a huge sigh of relief this week because we're finally passed stories; it's such a stressful time. I hope your entire group came through intact and experienced some good bonding through hearing each other's stories. If someone doesn't return this week, call them immediately. Likely the pain of sharing their story is interfering with returning.

With stories now behind us, we enter an exciting phase in Healing Journey because our "garbage bags" are unpacked and it's time to start applying the healing truths of God's Word. The third unit, *"The Peak Perspective,"* is often an eye-opener as students begin to understand that a lot of what is going on in their mind is wrong, and worse than that, it is harming them every day.

"The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; the sinful mind is hostile to God...be transformed by the renewing of your mind" (Romans 8:6-7, 12:2 NIV).

As you walk with your group members, remember that it is the power of God's Word that will change them, not you. It isn't your job to debate, convince, or change them—that's God's job! That is why you can...

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

Thank you for all you are doing to serve in God's kingdom work and in this ministry. Your sacrifice of time means many will be freed from bondage this year! Yeah!

Tip of the week:

This is the week we launch the Painful Event Worksheet (PEW). While it isn't a healing step, technically, it is a vital part of the healing process because our wounds are living in more than one place. And the remedy for each part of the wound is different. That's why we want to break it down and see how the wound has affected our feelings (hearts), our actions (choices/decisions), our thoughts (minds), and our beliefs (our operating program). My tip this week is this: When your students have completed the PEW, your job is to **RECEIVE IT, NOT FIX IT!** Don't go any further! Their job is done, and so is yours. Congratulate them on a job well done and move on to the next person.

Blessings,

Cyndy Sherwood

His Healing Light Ministries' Director

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