

Healing Journey | Class Reference Sheet

Core Beliefs

Relating to God's Character

- God is/isn't kind, loving, and good.
- God is/isn't powerful or will/won't use his power to help me.
- God is/isn't reliable, trustworthy, and faithful.
- God is/isn't merciful, forgiving, and just.

Relating to Our Relationship with God

- God can/can't or will/won't provide for me.
- God can/can't or will/won't protect me.
- God does/doesn't care about me.
- God does/doesn't accept me.

Relating to Our Identity

- I am/am not valuable.
- I am/am not lovable.
- I am/am not defined by the things I have done or the things that have happened to me.
- I am/am not a beautiful creation of God.

Feelings

Refer to Feelings page (Resources page 4)

- Feelings are a physiological response to our perception of events.
- Feelings are emotions, inner reactions of the heart.
- Feelings indicate what is going on inside of us.
- Feelings are neither good nor bad.
- It is inappropriate to judge feelings.
- Feelings need to be healed.

Thoughts

- Thoughts are ideas, opinions, plans, or considerations.
- Thoughts can be good or bad.
- Thoughts can be focused inside or outside of us.
- Thoughts can be judged.
- Thoughts need to be changed.

Actions

Actions are things I did or said, or choices or decisions I made about God, others, myself, or my life.

Needs

Acceptance • Significance • Security
Love • Nurture • Respect • Appreciation
Rest • Satisfaction • Peace • Freedom • Hope
Provider • Protector • Source of Power

Nehemiah's Process

1. Sit down: Stop and see what's going on with you.
2. Weep: Allow your feelings to be expressed.
3. Mourn: Give yourself the time you need to heal.
4. Fast: Surrender food or another comfort for a short time.
5. Pray: Give your situation to the Lord.

Healing Journey Class Goals

To have

1. a peaceful mind that knows the truth and
2. a heart that is whole, healed, and filled with peace, joy, and hope

So that I can enjoy

3. being in an intimate relationship with God and
4. being the person God made me to be.

Only then can I

5. relate to people through grace, mercy, honesty, truth, and love and
6. serve in God's kingdom from a heart that worships him.

Remedies to Attain Class Goals

1. Let go of lies and false beliefs and live by true beliefs.
2. Let go of your wound and let God into it. Forgive your offenders and grieve your losses.
3. Let go of prideful choices and confess your offenses against God.
4. Let go of your victim identity and view yourself with sober judgment.
5. Begin making victorious choices by treating yourself and others respectfully.
6. Let go of living for selfish reasons and do everything for the glory of God.

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Basic Processing Technique

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

10 Effective Processing Questions

1. Can you say a little more about that?
2. What is your honest place with this issue?
3. Does this remind you of something that has happened to you in the past?
4. What is your belief underneath (or propelling) that statement?
5. How do you believe God would have you respond to this issue?
6. What are you feeling?
7. What is your God-created need in this situation?
8. What are your choices in how to respond to this?
9. What do you want to happen (or receive or change)?
10. How do you want to respond to this insight?

10 Questions to Address Resistance

1. What is blocking you from doing this?
2. What are you afraid of? Try to express the fear specifically.
3. What is causing the resistance?
4. What in your life is more important than being healed and restored?
5. What benefit do you receive by holding onto this garbage pile rather than giving it to the Lord?
6. When the class is over, do you want to leave with or without your garbage?
7. What is the payoff of remaining a victim?
8. What use of your time has greater value than doing your Journey Steps?
9. What is missing for you to be able to let God move you through this? What do you need?
10. Are you willing to pray right now and ask God for what you need to receive the healing you desire?

Three P's

Power • Protection • Provision

10 Affirming, Empathetic Responses

1. I appreciate your willingness to share that (or face this hard issue).
2. You didn't deserve to be hurt this way.
3. I want to assure you that your painful event in no way reflects your value as a person.
4. No matter what you've done, God still loves you and cares about you.
5. You are doing a great job being in your honest place.
6. What a hard situation you are in.
7. I can tell this hasn't been easy for you.
8. It sounds like you have had a difficult time dealing with this.
9. I wish you didn't have to deal with this painful issue right now.
10. I'm so sorry you went through that.

Victim Rules

1. Accept that you are truly of little or no value.
2. Do not ask for what you need or want.
3. Treat yourself or others disrespectfully, preferably both.
4. Do not change dysfunctional areas of your life.
5. Live your life in extremes, avoiding balance.

Victorious Person's Creed

1. I accept God's view that I am valuable because he loves me and considers me precious and honored.
2. I can ask for what I want and state what I need.
3. I have healthy boundaries. I treat others with respect and respect myself at the same time.
4. I am able to evaluate my life and am free to make changes and new choices.
5. I seek to bring order and balance to every area of my life.