



HIS HEALING LIGHT
MINISTRIES

LIFTING UP
Leaders

Words for the Journey

Podcast of the Week: [Victim Identity Part 1: We are good stuff.](#)

[Journey App:](#)

Cyndy's Blog: [Stay in the Boat](#)

2025/26 Leader Letter Week 17

To Healing Journey Leaders:

Week 17 is huge in Healing Journey. It is the pivotal week when we start moving away from the healing of our minds and toward healing for our heart. It is the week we invite our students to “leave Egypt,” the land of their captivity, and head into “Letting-Go Wilderness,” the land of restoration and redemption.

The purpose of this lesson is to **engage their will** to choose healing. God will do the work and has everything ready and in place to complete their healing, but they have to first agree to the trip. That is the purpose of this week. “Leaving Egypt” sets up the rest of the territory we are covering in the class. If a student won’t make the choice to receive healing, little will happen in the following weeks. You can readily see that **concerted prayer** is needed this week.

Then I said to you, “Do not be terrified; do not be afraid of them. The Lord your God, who is going before you, will fight for you, as he did for you in Egypt, before our very eyes, and in the desert.

There you saw how the Lord your God carried you, as a father carries his son, all the way you went until you reached this place” (Deuteronomy 1:29-31 NIV).

Be aware of the reality that there is often **tremendous fear** about leaving the “known” and heading into the “unknown.” As a leader, be a voice of hope and encouragement. Go back to the reason they stated in the first week for taking this class, what you wrote down on Week #1: *What are you hoping this class will accomplish in your life?* Boldly remind them of their answer to draw them toward this important step of healing.

To aid this process of engaging their will, we will be doing two things: Destroying our victim cards (see tip below) and a prayer of commitment. The text for the prayer is in your Leader Guide. If they will pray that prayer and destroy their card, they will experience a very fruitful time of healing in the final weeks of the class. Be praying!

I appreciate your willingness to fight for your group. You’ll be amazed at the healing you see these next weeks, so...

... Relax and enjoy the journey!

Tip of the week:

Tip 1: Prepare ahead of time how you are going to destroy the victim cards. You can burn them (be mindful of smoke alarms), or tear them up, or nail (push pin) them to a small cross, or any other creative idea you might come up with to signal relinquishment. Be respectful and patient with students who aren't ready to do this. (A second invitation for this is given in Week 21.) Some students want to keep their victim card for reference, so have some copies of the card on hand for the students who want to keep the original card with their manual.

Tip 2: If you have been a leader for a year or two, you might consider offering **Prayer Sessions** to your class. I always offer this to my classes starting around week 19 or 20. Prayer Sessions are described in detail in your Class Facilitator Manual on pages 36-37. This is a great way to bring even more healing to a student's life, particularly in the more stubborn and tenacious wounds.

Blessings,



His Healing Light Ministries' Director

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