



HIS HEALING LIGHT
MINISTRIES

LIFTING UP
Leaders

Words for the Journey

Podcast of the Week: [Joy in the Wilderness](#)

Cyndy's Blog: [Amazing Healing Weekend!](#)

2025/26 Leader Letter Week 22

To All Small Group Leaders of the Healing Journey Class:

Over many years of leading Healing Journey Classes, I've noticed something. There is a distinct quality among graduates of the class, and that trait is humility. If I'm in a mixed group including those who have and haven't taken the class, I can pick out the alumni; they're the ones with grace for others and humility regarding their need and dependence upon God.

I love that! It is such a beautiful thing to see. This is the territory we're headed into with **Lesson 22: Justice, Mercy, and Humility**, as we begin our trio of lessons that will teach us what to put in the place of our victim behaviors. Chambers describes the process that takes place here:

In the absolute humility that is produced there is never any fear of spiritual pride, never any fear of forgetting that God sends us into work for his own glory; never any fear of being harsh or unjust to others, because God has shown us what we were, and we have realized it with shame.
Oswald Chambers

God is working on so many levels during *Healing Journey*, and this is an important one. Micah 6:8 is only one short verse, yet its lessons will teach us for our lifetime. Our new mantra is to "Do justly, love mercy, walk humbly," six words that will daily guide how we conduct our life, how we respond in every relationship, and how we view ourselves. Simple to say—a lifetime to accomplish.

Your act of leadership in the Healing Journey Class is a great example of loving mercy as you pour out to your group each week, supporting and encouraging. Thank you!

... Relax and enjoy the journey!

Tip of the Week:

We have one resource on our store page that was developed because of you and leaders like you. I heard repeatedly that students wanted a "mini" version of the *Healing Journey Student Manual* that they could always keep with them when it was over. Thus, our \$8 Flip Book was birthed. The Flip Book contains all the Healing Steps, the Feelings Page, Painful Event Worksheet, Victim Worksheet, 10 Stages of Healing, Memory Verses, and a lot more. The 4 x 5.5" booklet has 24 pages and weighs only 2 ounces! How's that for convenient! Make sure everyone in your group has an opportunity to get this valuable tool before your class finishes up. *Freedom Journey* has a Flip Book too! [Click here for the Healing Journey Flipbook](#)

Blessings,

Cyndy Sherwood

His Healing Light Ministries' Director

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