



HIS HEALING LIGHT
MINISTRIES

LIFTING UP
Leaders

Words for the Journey

Podcast of the Week: [Don't Be Satan's Victim](#)

Cyndy's Blog: [Put Your Porcupine Down](#)

2025/26 Leader Letter Week 23

To Healing Journey Leaders:

Lesson 23 is our second in the trio of lessons teaching us the way we should be conducting our life now that we are eliminating our victim ways of living. As leaders, I hope you are taking these lessons to heart, right along with your students. **Trusting** the Lord, **Committing** our way to him by obeying him, **Resting** in his power and wisdom to handle things rather than acting out in prideful ways, and **Waiting** for the Lord to work in our circumstances are relevant every day!

To remain a healthy leader, we always need to be working on our own issues as the Lord leads. We are never done! This will help us remain in a place of humility (the focus in our last letter). We want to avoid coming across like we no longer have struggles because we have it all figured out. Being prideful is death to your group and they will see us as irrelevant.

Be shepherds of God's flock that is under your care, serving as overseers—not because you must, but because you are willing, as God wants you to be; not greedy for money, but eager to serve; not lording it over those entrusted to you, but being examples to the flock (1 Peter 5:2-3 NIV).

There is a fine line between “talking about yourself all the time,” and “revealing your humanity.” The distinction is in your attitude, goal, and the number of words you speak. It is a trait of a poor leader to talk all the time. I have had many people come to me and complain about their leaders because they don't know how to limit their words and let their group work. This goes for giving advice and trying to fix people, as well as sharing your own struggles. **Keep your words few! This is their processing hour, not yours.**

If your attitude is one of humility, and your goal is to reveal your humanity, then a brief mention of something that is a struggle for you will add to your group rather than subtract.

One more note about being a healthy leader: Never gossip about your small group members. You are held to a high standard as Healing Journey leaders, and this means you don't break confidence. The exception is debriefing with your leadership team; details are shared in that meeting—but with no one else.

I appreciate your service to your group every week.

... Relax and enjoy the journey!

Tip of the Week:

You will begin Healing Step 3 this week. It is another confession step, like Healing Step 2, but our focus this time is our offenses against other people rather than our offenses against God. As with Healing Step 2, make sure they receive God's mercy at the end. This is the Healing Step that gets only 2 processing times in small group rather than 3 times. Students still work on it 3 times in their Journey Steps, though. So it is important to get at least half your group through it each week. Be sure to watch role play segment 16 on your Training DVD!

Blessings,

Cyndy Sherwood

His Healing Light Ministries' Director

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

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