



Words for the Journey

Podcast of the Week: Are You Paying Attention to the Signs?

2024 Leader Letter Week 7

To Healing Journey Leaders:

This is a BIG week in the Healing Journey class. No doubt your group members are a little anxious, and probably you, as well! Be encouraging to your students—they will survive telling their story! I promise! Pray diligently and leave the results to God.

Oftentimes small group leaders think they are responsible for more than they really are. So when the messiness of their group member's lives becomes apparent, they immediately become worried and anxious trying to grasp at something that will fix the messiness. Not only is it not your job to fix their struggles and problems, you can't! You don't have the power to control anyone's life but your own.

As a small group leader, your role is to do your homework every week, come prepared, ask the questions, receive their responses with grace and patience, lead them through the Healing Steps, and encourage them to keep going and not quit. That's it! Healing is God's job—not yours. Any effective changes in their lives must come from their own decisions as they walk this journey with the Lord.

The one place I really do expect you to step in is when students don't show up for class. Whenever a group member is "MIA," always call them and check in. If someone is fading away from the class, try to meet with them. Fight for your group. Fight through constant prayer and by keeping close tabs. The Lord will do the healing, but they have to be there to receive it!

For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding (Colossians 1:9 NIV).

Thank you for your willingness to come each week and lead your group. The Lord will bless this gift of your time.

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

Tip of the week:

Make group as pleasant as possible on Week 7. Have some hot drinks available and maybe a yummy snack or chocolate. It adds a nice atmosphere for telling stories. This is the only week we allow something other than water in group. Follow my format explicitly after each story (see Small Group Leader's Guide Week 7). Watch the time. Unless you plan to have a group "sleepover," they have to stick to the time limits given. Let the most anxious person go first to get it out of the way. If someone is unprepared (meaning their story is not typed or written), have them go last so they can't steal time from others. Pray over your group. Be available to them during the next few days if they should have any problems. Do a little post counseling after stories are finished:

- Let them know it is normal to feel a little off for a couple days.
- Occasionally someone might feel even ill or fluish for a day or so.
- Everything should calm down after a few days—call if it doesn't.
- Plan to be pretty tired and keep life as simple as possible for a few days.

Blessings,

Cyndy Sherwood

His Healing Light Ministries' Director

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