

The Healing Weekend - Colorado February 20-22, 2025

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Words for the Journey

Podcast of the Week: [What is Healing? Understanding the wounds and the remedies.](#)

Journey App

This week's blog: [Estrangement VS Reconciliation](#)

2024 Leader Letter Week 13

To Healing Journey Leaders:

A publisher once said to me, *"The Healing Journey Class will never work because it isn't possible for one class to offer healing for every kind of wound or problem."* Even though he was a Christian, he didn't know the incredible power of God's Word to be a healing balm no matter the wound.

One reason the HJC is successful is because we don't teach much on the wounds themselves, e.g., addiction, death, divorce, sexual sin, etc. Instead, we invite our students to go to the root and let Christ come in and heal it at that level. The root wounds are amazingly similar among God's hurting children. But more importantly, the truth of God's Word **CAN** heal any heart, no matter what shattered it.

Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security (Jeremiah 33:6 NIV).

This is certainly true in lesson 13, "The Four Directions of Anger." Anger is the only 'feeling' that gets its own lesson, and that's because it is often the emotion with which we all struggle. (Even students who aren't aware of having anger will likely discover they have plenty of it, it is just coming out in different ways.)

It is here where we are trying to help students identify where their anger is showing up and then **follow the thread** to what is underneath, because that is their true healing opportunity. When the root wound is healed (often something like shame, betrayal, abandonment, rejection, neglect, or disappointment) and the false belief is replaced with the truth, then the anger will disappear. It is a remarkable process and very effective!

Thank you for all you do to provide an environment for healing in your group!

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

Tip of the week:

While our false beliefs propelling our anger can be related to power, provision, or protection, the culprit is very often self-power. We want to make something happen, for instance, make someone hurt or make someone change. Listen for the word "make" because it is synonymous with self-power. Self-protection fits, too, because

anger distracts us from the pain of the rejection or betrayal we're experiencing due to the other person's actions.

If you forgot to show the "Message from Cyndy or Bryan" video on Week #12, please do so this week. Invite students to support HHLM through donations and the purchase of our materials. Review the Week #12 leadership letter prior to that class. Contact us if you do not have your free "Message" video.

Blessings,



His Healing Light Ministries' Director

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