

# LIFTING UP

## **Words for the Journey**

#### Podcast of the Week: Leaving Egypt

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### **Journey App**

#### This week's blog: Don't Let Satan Defeat You!

## 2024/25 Leader Letter Week 20

To Healing Journey Leaders:

Starting with Week 20, we are heading into deep processing and will remain there until Week 29. We have spent five months preparing for this moment and now will begin inviting our students to give their wounds to God. This is the place in the class where healing really accelerates as we invite them to make a transaction with God week after week. Most will be ready, although some may choose to hang back and not participate. Encourage them to go for it and receive the healing and freedom God is offering them, but if they resist, respond with grace.

This is the week we launch Healing Step 2. You will have three weeks to work on this and the goal is to get everyone through it once, more if time allows. You'll notice that we use the verbiage "offenses" rather than "sin." The reason for this is that many of our students have been deeply wounded by the church and other Christians, so the word "sin" triggers them to a place of immediate hostility and withdrawal. We get a lot more mileage with this simple change of words. Like all of the Healing Steps, this one is simply a prayer releasing our woundedness (in this case our sin) to the Lord.

"Humility Valley," is another foundational lesson, meaning students must have this piece in order to navigate their healing journey. So make sure everyone watches Lesson 20. As a leader, be sure to watch the Training DVD segment on Healing Step 2.

I am grateful for the sacrifice you make for your students every week.

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

#### Tip of the Week:

Each time you finish Healing Step 2 with a student, make sure they are truly receiving God's mercy. I find students usually have no problem praying the prayer of forgiveness, but some have a great deal of difficulty accepting they really are forgiven, that the slate is wiped clean. A quick way to clear this up, if they are struggling to accept God's mercy, is to ask, *"Do you believe God has forgiven my offenses when I pray this prayer?"* They ALWAYS say "yes." Then follow up with, *"Then why don't you believe the same is true for you?"* This usually leads to a false identity

issue and you can then help them work through that a little bit.

"He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy" (Proverbs 28:13 NIV).

Blessings,

Cyncly Sterwood

His Healing Light Ministries' Director

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