**January, 2025 - Virtual Healing Journey Class for Women**

**Wednesdays** for 29 weeks starting January, 8th, 2025 (class will not meet Easter week, April 16th; final class is July 30th)

**Time:** 9 am Pacific, 10 am Mountain, 11 am Central, 12 pm Eastern

*The Healing Journey* is a comprehensive Bible study designed for those who want to learn God's foundational principles for a free and fulfilling life while receiving healing for their emotional and spiritual wounds. The class includes video-based, Biblical teaching, small group discussion & processing, and at-home study & worksheets; it is primarily a Bible study that teaches truth while giving participants the opportunity to process the painful events of their lives. A brief description of each lesson can be found here: [**https://www.hishealinglight.org/images/pdf/7th\_Edition\_HJ-CurriculumOutline.pdf**](https://www.hishealinglight.org/images/pdf/7th_Edition_HJ-CurriculumOutline.pdf)

**Format:** weekly teaching and small group discussion on-line via Zoom; you will need a quiet room and/or headphones for your location. **This class is not recommended to take with a friend or relative due to the in-depth nature of the discussions.**

**Materials:** Student Bundle can be purchased at: [**https://www.hishealinglight.org/store/product/healing-journey-student-kit**](https://www.hishealinglight.org/store/product/healing-journey-student-kit)  ($55 + shipping)

There are no additional fees, but I do ask for a sincere commitment to participate.

**Each Week:** I will open up the Zoom link 15 minutes early for chatting. Video starts promptly after opening remarks at the time noted above and runs 45-50 minutes. We will then take about a 5 minute break followed by 60 minutes of small group discussion time. Total class time is 2 - 2 1/4 hours. In addition to the weekly class, students complete 1-2 hours of weekly homework that helps them review the past week's lesson, prepare for the upcoming lesson, and apply each lesson to their lives.

**About the Class Facilitator:** My name is Lisa Bowker; I live in Colorado Springs, Colorado, and I have been involved with Healing Journey since 2012. I was a student 2012-2013, an apprentice 2013-2014, and after attending HJ Boot Camp, I started facilitating (in-person classes) in the fall of 2014. This will be my 9th time to facilitate Healing Journey (1st time virtual). I have also taken the other classes offered by His Healing Light Ministries (Resting In Jesus and Running with Horses). I recently retired after 30 years of working in the technology industry; so because I will now have the opportunity to travel more, I am switching to facilitating virtual classes to enable some travel flexibility. I love the powerful healing God accomplishes through the Healing Journey class and have referred both family members and friends to the class and to Healing Journey weekends. My husband and I have also run Healing Journey couples (men's and women's) classes at our church.

Before signing up for this class, I ask that you pray and seek the Lord regarding whether or not He is leading you to commit to this class. Once your decision has been confirmed by prayer and you are ready to proceed, follow these registration steps:

1) Email me first ([**llewis.imm@gmail.com**](mailto:llewis.imm@gmail.com)) to make sure there is still room in the class. Thanks!

2) Complete the Registration Form, which I will send directly to you after we email or talk.

3) Order the Student Bundle materials on the HHLM website (link above).

4) Email me your registration form AND a copy or screenshot of your Student Bundle purchase receipt. (Note: You will not be fully registered with a guaranteed spot in the class until I have received BOTH of these items.)

5) Make a plan for a quiet, private space where you can speak freely and hear clearly.

6) Make sure you have a good internet connection with your computer.

7) If you are not already familiar with Zoom, learn the basics with an online tutorial: how to join a meeting, how to mute/unmute audio, and how to turn on video visual.

8) Our class will be using The Journey App for class announcements and communication (including sharing prayer requests, words of encouragement, songs, insights, etc.). This link leads you through the steps to create a free app account and set up your profile: [**https://hhlm.circle.so/c/written-instructions**](https://hhlm.circle.so/c/written-instructions) . Once class starts, I will invite you to our very own private chat "circle" accessible only by our group members.

Please reach out as you have questions. I am excited to connect with you!

Grace and Peace Be with You,

Lisa Bowker