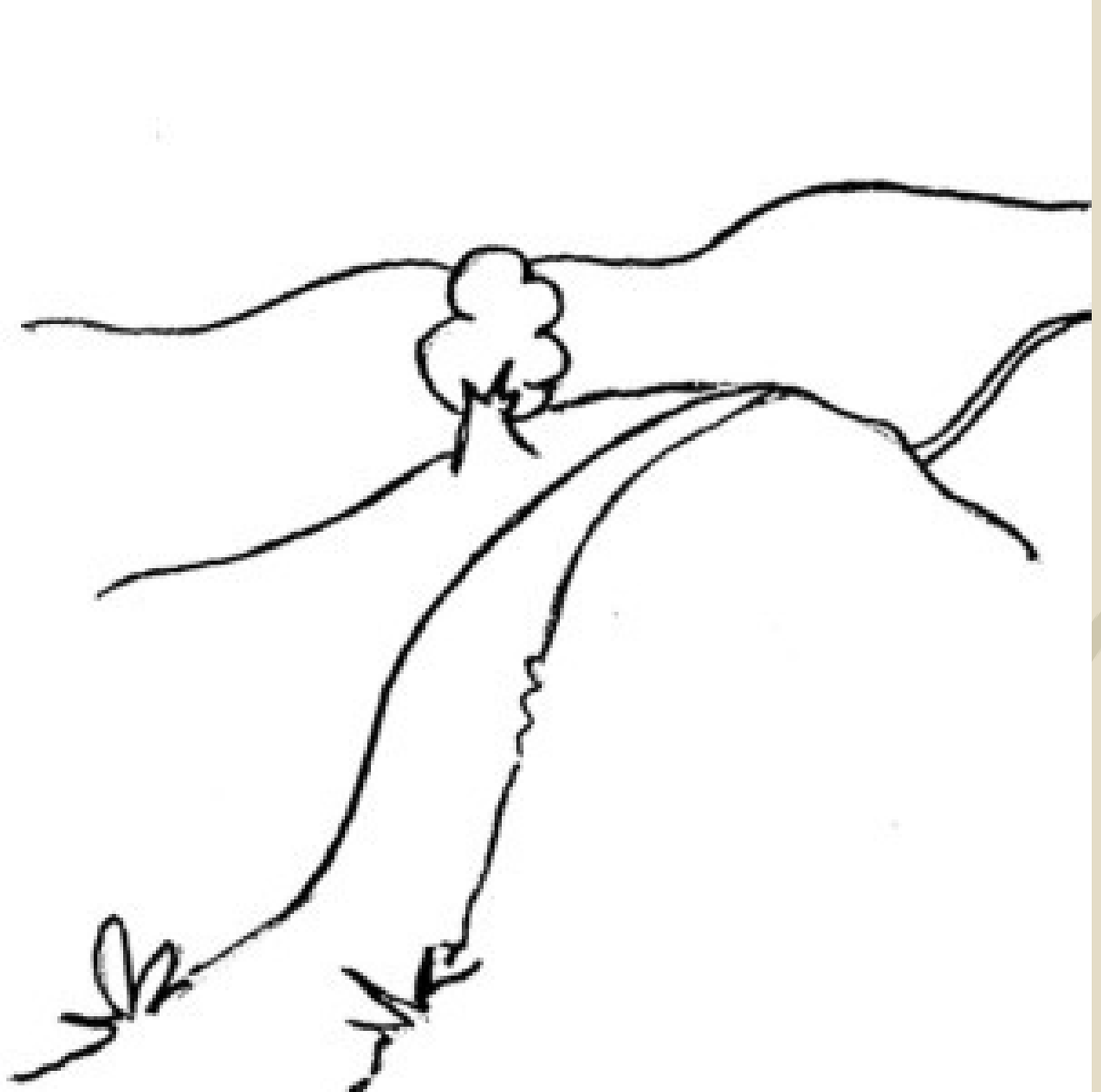

The Heart of Healing:
Foundations
THE JOURNEY OF THE BELOVED WITH
ELIZABETH LEON



Do you want to be well?

Do you want to be healed?

Christ's Healing of the Paralytic by Murillo



Foundations of *Healing*

Definitions of Inner Healing

Who is the Healer?

Who does the Healer say I am?

What is my role in the healing process?

Definitions of *Healing*

Dr. Bob Schuchts

Healing is an ongoing encounter with love and truth that brings us into God's wholeness and communion.

Dr. Matthew Breuninger

Healing means having the freedom to go wherever God calls you and to bring your suffering with you.

De Yarrison

Entering past moments of harm with the Lord so he can correct the wrongs, provide what we always needed, and unburden us.

Allowing the Holy Trinity to gather all the broken pieces of our hearts and put them back together in a way that we are more beautiful, more expansive, and more the women we are meant to be than if we had never been broken.

-Elizabeth Leon





Who is the Healer?

I am the Lord, your Healer.

EXODUS 15:26

He heals the brokenhearted and binds up their wounds.

PSALM 147:3

Lord my God, I called to You for help, and You healed me.

PSALM 30:2

Heal me, Lord, and I will be healed; save me and I will be saved.

JEREMIAH 17:14

“One of the problems with healing is we may not even know how unhappy we are or how much suffering we're encountering because human beings have a tremendous capacity to bear suffering.”

DR. MATTHEW BREUNINGER

10 Passages That Proclaim the Promises of God

I came that they may have life and have it abundantly.

JOHN 10:10

In your presence is fullness of joy.

PSALM 16:11

Do not be anxious about anything.

PHILIPPIANS 4:6

In this is love, not that we have loved God, but that he loved us.

1 JOHN 4:10

I believe I shall see the goodness of the Lord in the land of the living.

PSALM 27:13

So do not fear, for I am with you.

ISAIAH 41:10

I have told you these things, so that in me you may have peace.

JOHN 16:33

Come to me, all you who are weary & burdened & I will give you rest.

MT 11: 28-29

For I know the plans I have for you, declares the Lord.

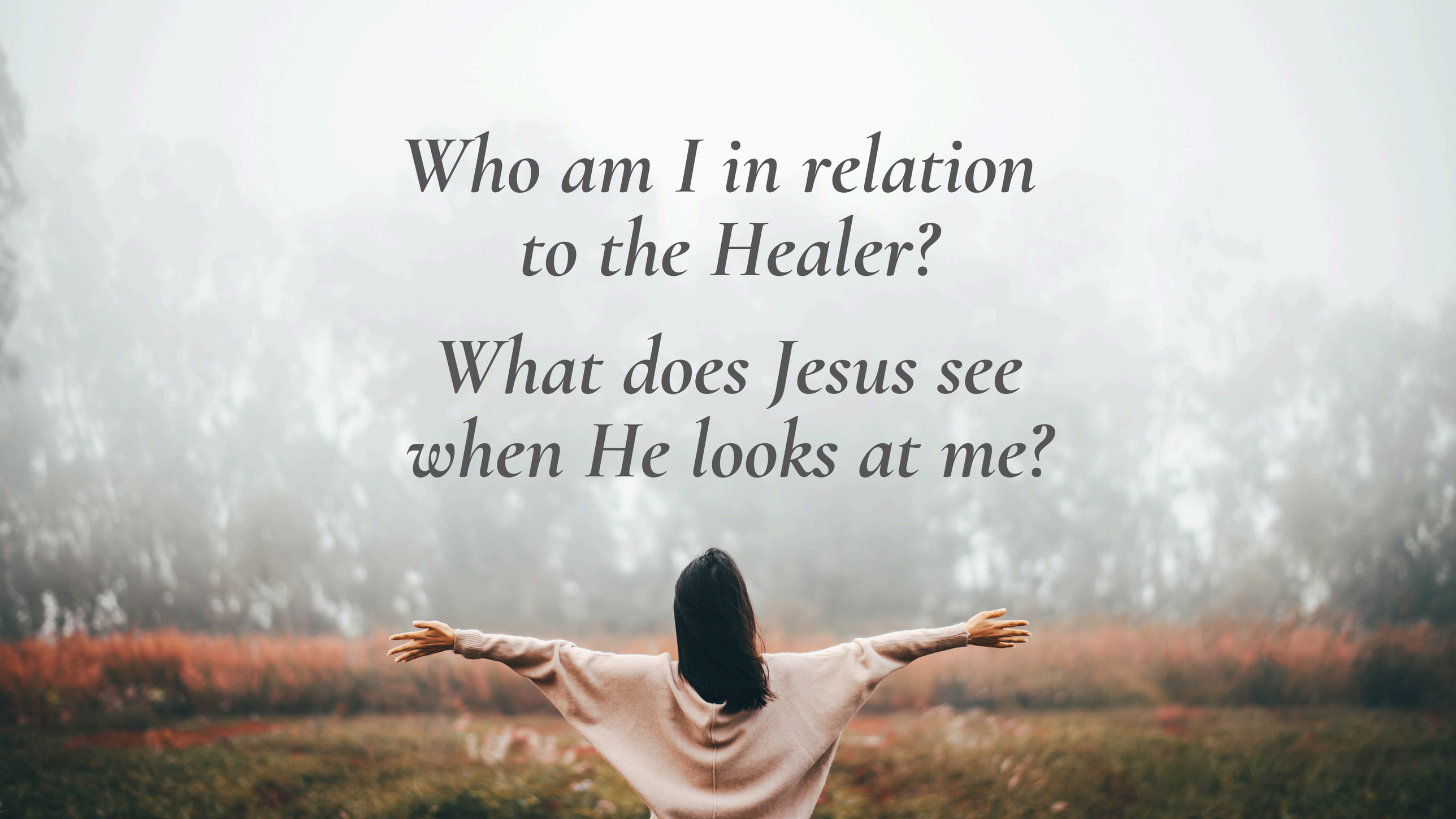
JEREMIAH 29:11

As the Father has loved me, so have I loved you.

JOHN 15:9

Who am I in relation to the Healer?

What does Jesus see when He looks at me?



Oh, how He *loves* us!

As the bridegroom rejoices over the bride, so shall your God rejoice over you.

ISAIAH 62:5

I have loved you with an everlasting love.

JEREMIAH 31:3

I am my beloved's and his desire is for me.

SONG OF SONGS 7:10

His left arm is under my head and his right arm embraces me.

SONG OF SONGS 2:6

Part of the *Heart of Healing* is reckoning with what I learned from my family of origin about who I am and how to receive love.



For the measure with which you measure will in return be measured out to you.

LUKE 6:38

“God does not give Himself wholly until He sees that we are giving ourselves wholly to Him.”

ST. TERESA OF AVILA

What is our role in *healing?*

SURRENDER

COOPERATE WITH GOD'S GRACE



"I know well that the greater and more beautiful the work is, the more terrible will be the storms *that rage against it."*

ST. FAUSTINA
DIARY #1401



Healing the Heart Wounds
through Sacred Story Groups

Sacred Story work is an invitation to engage our stories of heartache and harm with others who will hold them with honor and kindness. Together, we bear witness to the beauty and brokenness of each other's stories and offer attunement and compassion. By courageously naming what is true, we make space for the Lord’s healing and transformation.

8-week virtual small groups begin April 22.

Journey of the Beloved

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Let yourself *be loved*!

