
The Heart of Healing:
Relationship with Self & Others
THE JOURNEY OF THE BELOVED WITH
ELIZABETH LEON

OBSTACLES TO LIVING AS THE BELOVED

- TRAUMA
- THE ENEMY

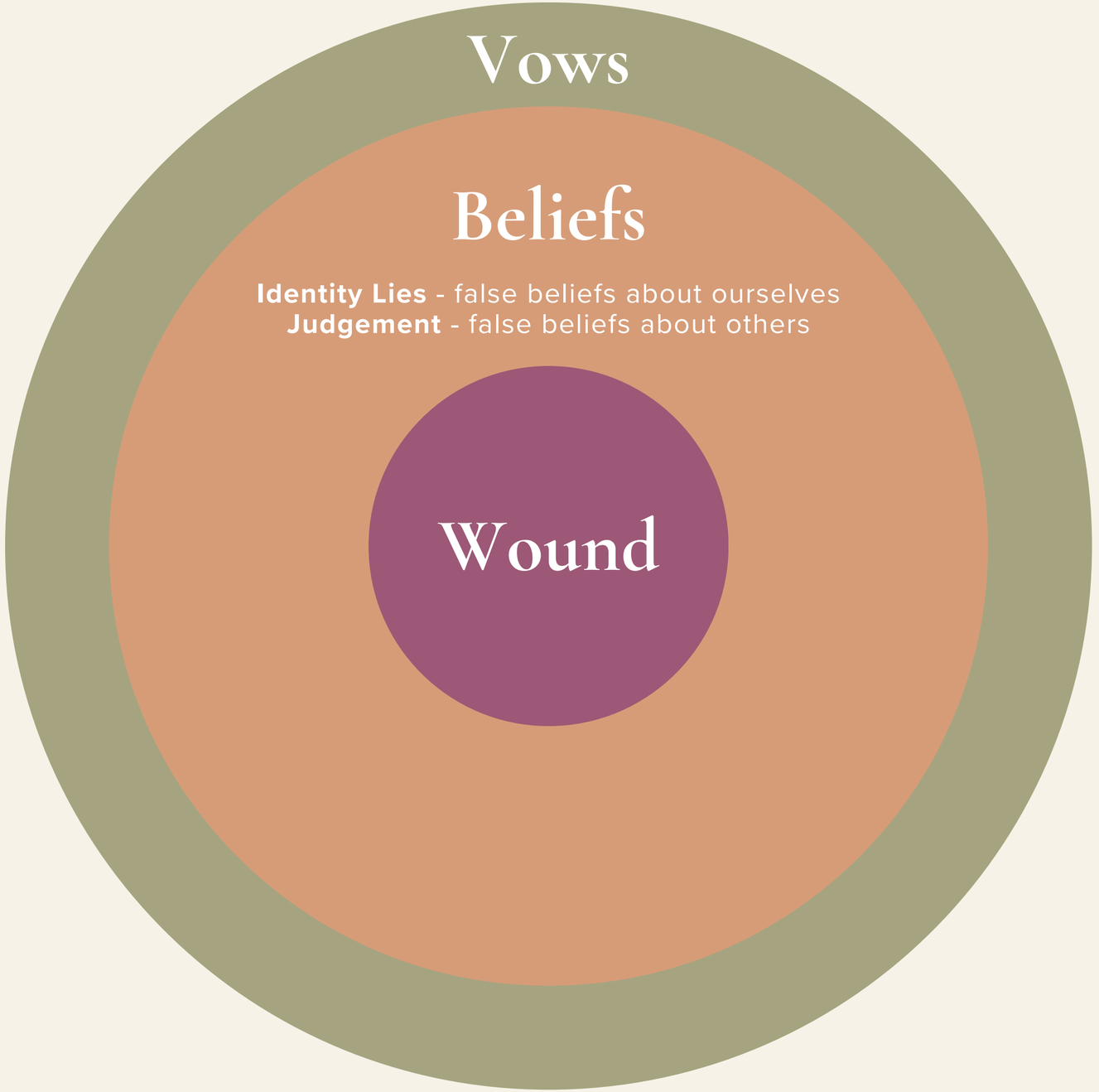


Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for someone to devour.

1 PETER 5:8

The Enemy

- Does anything he can to separate you from the promises of God
- Specializes in Shame. Not Clever—just persistent!
- Anatomy of a Wound Dr. Bob Schuchts





The enemy will try to
convince you that
you are the problem.

There is a problem,
but it is not you.

Jesus is the antidote to shame, wounds, lies & vows.

Be willing to tell Him the truth.
Expose the shame.
Allow his mercy and grace to transform, restore, & redeem.

I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.

LUKE 10:19



Grow in Self-Support:

How can I shift the conditions of my interior life to create a more supportive foundation for my outer expression?

“Receiving forgiveness means we have to live in the reality of our sin.”

JESUS APPROACHES *BY ELIZABETH KELLY*

Part of the work of healing is to grieve not just how we were harmed, but how we have harmed others.



The Truth will set you Free!

JOHN 8:31


For authentic healing with others, everything else must come first!

Authentic Healing with Others

Let Yourself Be Loved.

Know the Landscape
of your Mind,
Body, & Spirit.

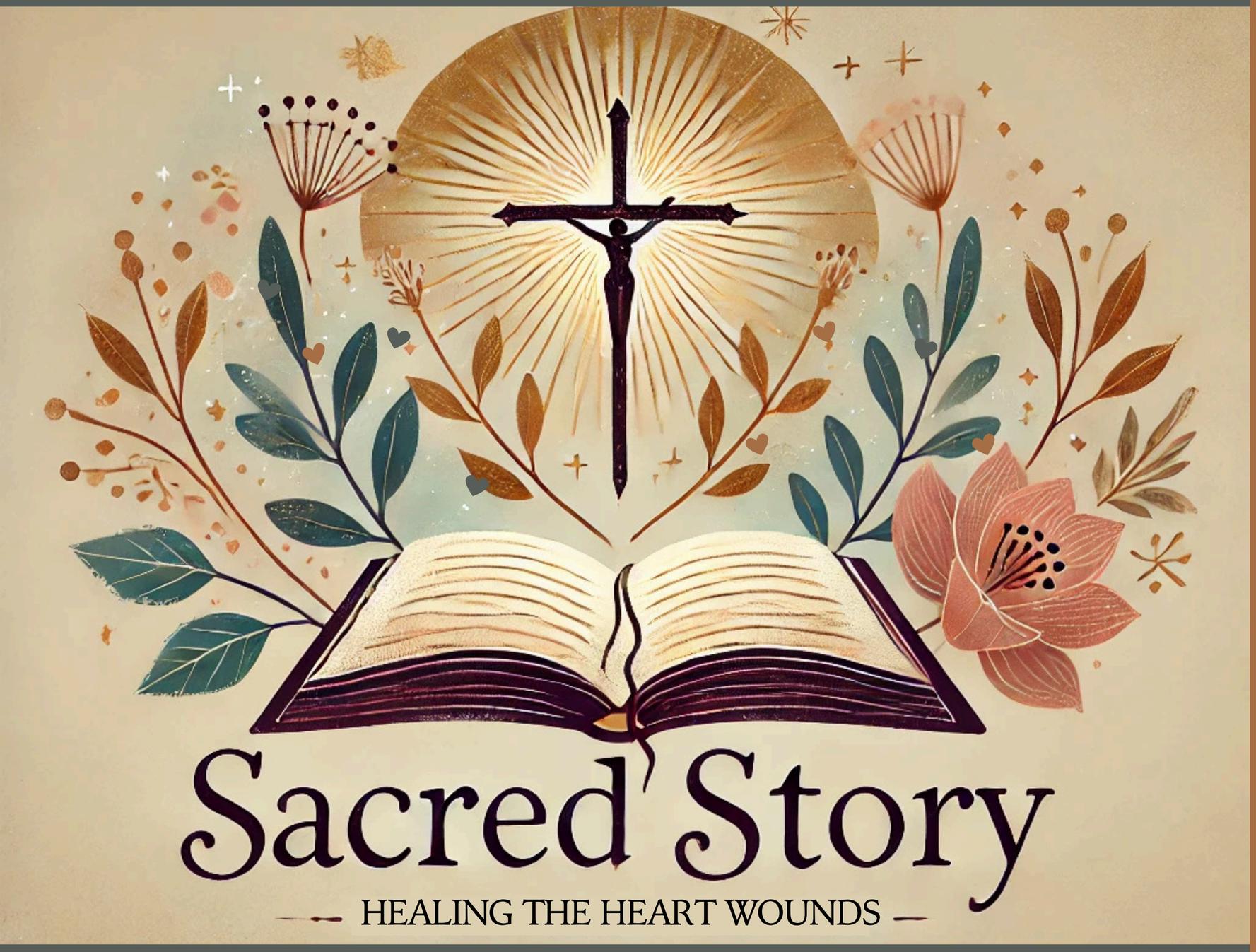
Repair.
Repair.
Repair.

Forgiveness & the
Sacrament of
Reconciliation

The Heart of Healing
is a firm & renewed
conviction that healing
is not just possible,
it is the *promise*.
The Lord wants nothing
more than to
heal your heart for
freedom & flourishing.



Learn how your core stories lay the groundwork for how you live, love & relate.



8-week Groups
begin in April

Tuesdays
7:30 - 9 pm

Thursdays
1:30 - 3 pm

Limited Space Available

Journey of the Beloved

WWW.ELIZABETHLEON.ORG

LETYOURSELFBELOVED1690@GMAIL.COM

Let yourself *be loved*!

