

## *Who needs this Study?*

- People who are ready to stop running away from the hurts and losses in their lives, to allow God to heal them.
- People who have areas in their lives that have never healed.
- People who say, "I just can't talk about my life, no one would understand."
- People having trouble forgiving others or themselves.

## *Is it easy?*

- No, but God does not ask you to do it alone. He walks with you every step of the way.
- Grief is a normal, healthy response to loss, and if we don't grieve, we stay stuck.
- God brings conviction and forgiveness not condemnation.

## *Why attend?*

- Because the alternative of living life with unresolved losses hurts worse in the long run.
- Keeps you from being the unique person God created you to be.

*God wants to set you free!*

"What a wonderful God we have  
He is the Father of our Lord Jesus Christ,  
the source of every mercy and the one  
who so wonderfully comforts and  
strengthens us in our hardships and trials.  
And why does he do this?  
So that when others are troubled, needing  
our sympathy and encouragement, we can  
pass on to them this same help  
and comfort  
God has given us."

II Corinthians 1:3-4 TLB

*"In my many years of private practice, I became persuaded that the community of God's people was meant to be the place where the deepest healing takes place. I came to the conclusion that real healing has less to do with technical intervention and more to do with profound relational engagement."*

*Quote From Dr. Larry Crabb, well known Bible Teacher, popular Author, Psychologist, founder/director of NewWay Ministries*



# A TIME TO HEAL



*God's way Through  
your Hurts and Losses*

# A TIME TO HEAL

## *God's way through your Hurts and Losses*

### *What is A Time To Heal?*

God has provided many resources for you to get the help you need, the church, caring people, counselors and most important, His Word. When you reach out for help, God provides.

- 16 week small group Bible Study.
- A place to find grace and encouragement to look honestly at the hurts and losses in your life that need healing.
- Meet in a safe confidential group of supportive people.
- Study and apply God's Word.
- Share past and current hurts.

Everyone goes through hurts and losses as they journey through life. Daily you are reminded of the fact that we are broken people living in a broken world. Just listen to the news.

### *Some of the obvious and not so obvious losses and hurts*

Divorce	Health
Adoption	Abortion
Death	Abuse
Financial	Miscarriage
Goals	Loss of Job
Rape	Violent Crimes
Loss of Health	Trauma
Infertility	Separation

When you are ready to face the areas in your life that need healing God's Word will help you discover and apply His answers to your deepest questions. Grief is the process God gives you to heal from the inevitable wounds you go through in life.

### *Which way will you choose?*

#### *World's Way*

1. Don't talk about your feelings
2. Replace the loss
3. Grieve alone
4. Time heals
5. Live with regret
6. Never trust again

#### *God's Way*

1. Feel and express your feelings
2. Acknowledge the loss
3. Grieve in Community
4. Holy Spirit Heals
5. Express your regret
6. You matter to God

*And many, many . . . other losses*