

HEALING PATHWAY MINI COURSE

A simple beginning for anyone entering a healing season.

WELCOME

If you are here, you are likely in a season where God is inviting you into healing — not as an act of punishment, but as an act of restoration. Healing is not a detour from your spiritual journey; it IS the journey. This mini-course gives you simple tools to begin stabilizing, processing, and reconnecting with God, yourself, and your story.

You do not need to know what's "wrong."

You do not need the perfect words.

You only need willingness.

This is where restoration begins.

MODULE 1 — UNDERSTANDING YOUR SEASON

1. What a Healing Season Is

A healing season is a period where God slows down your life enough for you to tend to what has been ignored, buried, or carried alone for too long. It is a time of:

- emotional stabilization
- truth-telling
- gentle processing
- learning how to feel safely
- reconnecting to hope
- repairing your internal world

Healing is not about reliving pain — it is about releasing it.

2. What You Might Be Feeling

- exhaustion
- emotional flooding
- numbness
- confusion
- spiritual silence
- old memories resurfacing
- relational friction
- hunger for clarity

These are signs of **transition**, not failure.

3. What You Need Most in This Season

- safety
- gentleness
- simple rhythms
- supportive tools
- connection
- truth
- spiritual grounding

Your job is not to hurry — your job is to heal.

MODULE 2 — PRESENCE PRACTICES

Reconnecting your body, mind, and spirit to the present moment.

Practice 1 — The 3-2-1 Grounding Breath

1. Breathe in for 3
2. Hold for 2
3. Exhale for 1 slowly

Repeat 6–8 times.

Purpose: reduce anxiety, regulate the nervous system, invite peace.

Practice 2 — Name & Notice

Speak out loud:

- 3 things you can see
- 2 things you can touch
- 1 thing you can hear

Purpose: bring yourself out of spiraling thoughts and into present awareness.

Practice 3 — The “Here I Am” Prayer

Whisper:

“Jesus, here I am. Meet me where I am.”

Purpose: open your heart without pressure, performance, or striving.

MODULE 3 — SCRIPTURE REFLECTION TOOLS

Learning to read Scripture slowly, safely, and personally.

Tool 1 — The Whisper Method

Pick one verse.

Read it once.

Read it again slower.

Read it a third time, whispering each word.

Ask:

- What word stands out to me?
- What might God be highlighting?

Tool 2 — The Two-Question Method

After reading a short passage, ask:

1. What do I feel as I read this?
2. What do I need from God right now?

Tool 3 — Scripture as Stabilizer

Choose one of these verses as a “healing anchor”:

- Psalm 23
- Isaiah 43:1–3
- Matthew 11:28–30
- Psalm 34:17–18

Return to it daily for one week.

MODULE 4 — EMOTIONAL RESET TECHNIQUES

For moments when feelings overwhelm or shut down.

Reset 1 — The Hand-to-Heart Hold

Place one hand on your chest, one on your stomach.

Breathe slowly.

Tell your body:

“You are safe. We are not in danger.”

Purpose: signal safety to the nervous system.

Reset 2 — The Emotional Check-In

Ask yourself:

- What am I feeling?
- Where do I feel it in my body?
- What do I need right now?

Purpose: reconnect feelings to needs instead of shame.

Reset 3 — The One-Minute Reset

Set a timer for 60 seconds and do nothing except breathe.

Purpose: interrupt spiraling, restore calm.

MODULE 5 — JOURNALING PROMPTS

Gentle, guided reflection to help you see what your heart is trying to say.

Prompt 1 — “What Hurts the Most Right Now?”

Not what *should* hurt — what actually hurts.

Prompt 2 — “What Am I Afraid Will Happen?”

Fear loses power when named.

Prompt 3 — “Where Do I Feel God Near Me?”

Look for nearness, not perfection.

Prompt 4 — “If I Could Rest, What Would Rest Look Like?”

This reveals what your soul is craving.

Prompt 5 — “What Would Healing Change for Me?”

A vision pulls you forward.

MODULE 6 — PRAYER PRACTICES

Simple ways to pray when you don't know what to say.

Prayer 1 — The One-Sentence Prayer

“Jesus, show me where You are in this moment.”

Prayer 2 — The Release Prayer

Exhale: **“I release what is too heavy.”**

Inhale: **“I receive Your peace.”**

Prayer 3 — The Stillness Prayer

Sit quietly and imagine handing God one burden.

Prayer 4 — The Naming Prayer

Name:

- one thing you're grateful for
 - one thing that feels hard
 - one thing you're asking God to heal
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MODULE 7 — SILENCE & STILLNESS RHYTHMS

Rhythm 1 — Five Minutes of Quiet

Sit in stillness for 5 minutes. No music. No journaling. Just presence.

Rhythm 2 — Gentle Walk with God

Walk outside and speak to God casually.

Let your body move while your mind softens.

Rhythm 3 — Candle Meditation

Light a candle.

Let the flame remind you of hope and resilience.

MODULE 8 — YOUR NEXT STEP

Healing is not a single moment — it is a pathway.

Most people need:

- community
- routine
- guidance
- accountability
- clarity

You now have beginning tools, but a fuller journey awaits you.

Direct them to whatever your next step is:

→ **Take the Start Your Journey Quiz**

→ **Explore the Tools for Healing Page**

→ **Download a Healing Codex**

→ **Schedule a Free Consultation**

→ **Join an Online Healing Session**

Healing begins with a step — you just took one.