

What Is the Journey?

Journey is a commitment to seek together a life of transformation, living intentionally in God's presence, finding healing for the things that hinder our walk with God (old wounds, habits, generational issues, etc.), and stepping into the freedom of our true identity in Christ.

We commit to allowing God to show us areas in our heart that need healing, being willing to let the Lord transform us, being held accountable in community, and being willing to let go of past hurts and unforgiveness, so we can experience new life and be the individuals God has called us to be.

Journey *is not* a social club, although we enjoy our growing friendship and time of fellowship.

Journey *is not* a place to just vent, blame others for our wounds, and embrace victimhood. We will not tolerate this mentality.

In prayer ministry, we listen to the issues in each other's heart, but then we invite Jesus to bring healing to those areas, so we can have new expectations and seek His best way of living. We are not counselors but rather conduits for His wisdom and counsel.

Journey *is not* an intercessory prayer group, although we pray for each other along our healing journey.

Journey *is not* a support group, although we learn how to find our support in Jesus and grow in our ability to navigate rocky seasons of life.

In Journey, we commit to spending quiet time with God regularly, and also engaging in spiritual disciplines for the sake of our healing and relationship with God. Spiritual disciplines include practicing presence, journaling, worship, and more. Kerri teaches us how to engage in these disciplines, but it's up to us to be intentional about living this way. Spiritual disciplines are not done by rote but are Spirit-led. We each desire to live "in the unforced rhythms of grace" -- Matthew 11:28-30 (The Message).

Journaling on a regular basis is especially recommended to process healing with the Lord. Journaling might begin with catharting and identifying pain in our heart. But we don't stop there. Our journaling should be interactive with God. *Most importantly*, journaling includes listening for and writing down God's responses, letting Him show us areas we need to work on, inviting Him into those areas for healing, listening some more, writing more of what He shows us, and praying through those areas with Him. Journaling is an incredible way to grow in relationship with God and in our healing.

In addition to practicing spiritual disciplines, we experience healing encounters with Jesus through prayer ministry sessions. Each month, you will have the opportunity for a one-hour prayer ministry session with a different team leader. Each person ministers in a different way, so rotating prayer ministers each month will be beneficial for your growth. We are fully vested in

the process(es) of Holy Spirit-led prayer ministry only, and are not professionals. We minister to each other out of our training, experiences, and testimonies.

You are encouraged to make the most of this opportunity of prayer ministry for the sake of your healing. The day when you least feel like doing prayer ministry is probably when you need it the most. We have many testimonies of how God has used prayer ministry to make a difference in our lives and families, and we consider it a vital part of our healing and growth. Our heart is that you would desire regular prayer ministry for deeper healing and transformation.

Leaders set their own schedules, so you'll check with them at the start of the month and agree on your day and time for prayer ministry. ***Please value and respect your team leader's time*** that they have set aside for you, and do not cancel or change unless absolutely necessary.

In addition to a monthly prayer ministry session, your team leader will also be available to pray with you during the month as you walk out your healing. Each leader has different times when they are available to pray and different ways to communicate, so they will help you understand their boundaries at the start of the month. If you need prayer and cannot get your team leader, you may contact another team leader.

Before contacting your leader for prayer, be sure to go first to Jesus, through journaling and other spiritual disciplines. Some things will be resolved this way. If you still need prayer, have your journal with you when you reach out for prayer, so you can focus on what the Lord has shown you. Leaders have nothing to offer if you haven't gone to Jesus first. Be prepared that their role is to help you put your hand in Jesus' hand and help you reconnect with Him.

It's important to realize that people are not a replacement for Jesus, nor are they a replacement for your spouse. When you're working through things, there's a spiritual order of going to Jesus first and to your spouse. Then if you still need help processing, reach out for prayer. If you have trouble going to God or trusting Him, that's something you may need to bring to your leader's attention, but God will be helping you with this through your healing process in Journey.

The Journey also includes a monthly group teaching with Kerri, via Zoom, as well as regular group communication (daily text threads, and Messenger group) as we grow in our relationship with God and walk out our healing through life. We all are invited and expected to offer insights into the things we share together. Kerri and each Journey member brings their own wisdom and healing testimonies as we share.

In Journey, we give each other permission that when we see each other "going under," we can speak into each other's lives. We are willing to remain open to hear what others in the group have to say. And we are willing to take action to let God turn our struggle into healing. The following scripture is paramount in describing what our commitment to accountability in Journey looks like:

“When one of your godly ones corrects me
or one of your faithful ones rebukes me,
I will accept it like an honor I cannot refuse.

It will be as healing medicine that I swallow
without an offended heart.

Even if they are mistaken, I will continue to pray.”

-- Psalm 141:5 (The Passion Translation)

You will only get out of Journey what you are willing to put into it. As one of our Journey members described the experience, “Being a part of the Journey is a heart connection between a group of women who adore Jesus and are open to more of His Tenderness, His Touch, and His Truth.” If you are open to God’s heart healing and transformation, and the daily walk-out and accountability that goes with it, Journey is an amazing experience with God, in a like-hearted community, as you step into the fullness of your identity in Christ.

Participant Signature: _____ Date: _____