

*Let's face it, sometimes LIFE HURTS.*

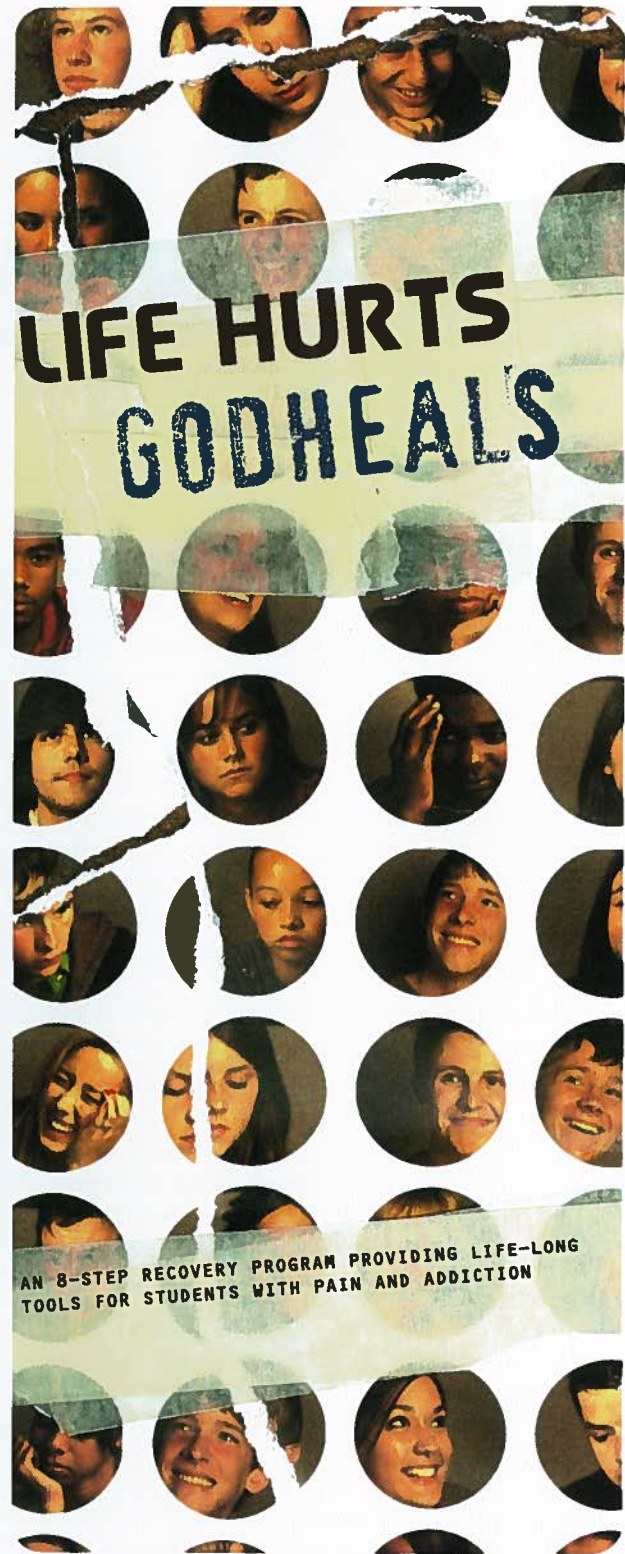
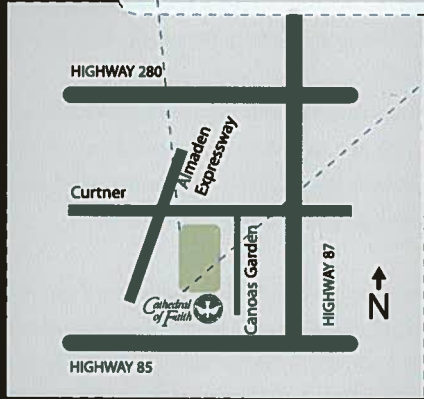
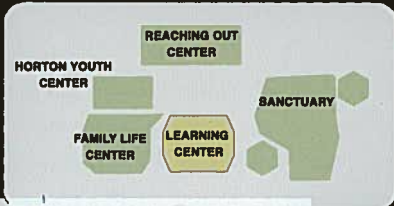
*If you are dealing with pain, come and discover how God can heal.*

*Time:  
Wednesday Nights at 7:30 – 9:00 p.m.*

*Location:  
Learning Center  
Cathedral of Faith  
2315 Canoas Garden Ave., San Jose*

*Contact:  
Pastor Richard Mock  
Phone Number: (408) 267- 4691*

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## LIFE HURTS GOD HEALS (LHGH)

Let's face it, sometimes LIFE HURTS and we get caught up in habits that are hard to break. If you are dealing with pain (who isn't?) including: addictions, family dynamics, eating disorders, abuse, drinking, cutting, etc., then LIFE HURTS GOD HEALS is for you. Hundreds of students have gone through this and many lives were changed. Come check this out.

### WHAT IS LIFE HURTS GOD HEALS?

Life Hurts God Heals (LHGH) is specifically for students who are dealing with unresolved hurts and pain including: troubled family dynamics such as divorce, blended family, absent parent(s) behavioral issues, addictions; drinking, cutting, eating disorders, etc.

If you are familiar with 12-step programs (i.e., Alcohol Anonymous, Overeaters Anonymous, etc) then you understand the basic structure for Life Hurts God Heals. However, Life Hurts God Heals is an 8-step group targeted specifically for students in middle school through high school age, and is based on the beatitudes from the Bible. This curriculum provides lifelong tools for students dealing with unresolved hurt and pain. John Baker, Doug Fields and Megan Hutchinson wrote it as a result of seeing the unmet pain of students in their youth ministry at Saddleback Church.

**Check out the back of this brochure for info on when and where to get involved.**



*"I didn't think I had pain in my life. But then I showed up at Life Hurts God Heals and God just kind of opened the doors and when other guys in my group opened up, I realized there are things in my life that hurt too." Jon, 15*

*"It started when I was eleven years old. Just one look at pornography and I was hooked. I knew it was wrong, yet it gripped my every thought. But I couldn't tell anyone 'cause I was a pastor's kid who even led worship! I needed help, and found it!" Jared, 16*

*"I was having a really hard time with my family and friends and drugs and who knows what else . . . and the people in the Life Hurts God Heals group helped me." Allison, 16*

*"I went to LHGH thinking maybe just maybe someone could help me 'cause the shrinks and anti-depressants weren't cutting it. And wow this whole experience so far has been amazing and my outlook on life has changed so much. I know I'm just being my road to becoming healed..." Allie, 16*

*"I joined life hurts God Heals because I got kicked out and had to live with my dad and I just wanted to start over...now I have new friends from LHGH who understand and steps to help me when I want to blow it." Theresa, 14*

*"The main reason I joined LHGH is because I never have accepted myself. I've always thought I wasn't good enough. I would wonder why God put me here. To get away from the pain, I would eat. Now, I am in Life Hurts God Heals and receiving steps that I can actually apply to my life to help turn my bad choices into good ones." Steph, 18*

## THE 8-STEPS COVERED IN LIFE HURTS GOD HEALS THAT COULD CHANGE YOUR LIFE:

**Step 1:** Get help. I admit that I am powerless and that I need help.

*Happy are those who know they are spiritually poor (Matthew 5:3).*

**Step 2:** Open your heart. I now know that God exists, that I matter to Him, and that He is the only One who has the power to heal my pain.

*Happy are those who mourn. God will comfort them (Matthew 5:4).*

**Step 3:** Depend on Christ. I realize I need to turn my life over to Christ. I need to depend on Him in all areas of my life, including all that I say, think, and do.

*Happy are the humble (Matthew 5:5).*

**Step 4:** Hear and speak. I agree to evaluate my life and confess my faults to myself, to God, and to someone whom I trust.

*Happy are the pure in heart (Matthew 5:8).*

**Step 5:** Embrace God's way. I will stop doing things my way and put my life on the path that leads toward God's way.

*Happy are those whose greatest desire is to do what God requires (Matthew 5:6).*

**Step 6:** Ask for forgiveness. I will offer forgiveness to those who have hurt me, and I will ask for forgiveness for any wrong I've done to others.

*Happy are the merciful. Happy are the peacemakers (Matthew 5:7,9).*

**Step 7:** Live for God. I will set aside some time for God each day to examine my life, read my Bible, and pray so that I have the power to live God's way.

*Happy are those who know they are spiritually poor (Matthew 5:3).*

**Step 8:** Share with others. I will take the message that God heals to others in need and share it by my words and actions.

*Happy are those who are persecuted because they do what God requires (Matthew 5:10).*