

LIFE IS HARD / GOD IS GOOD

How To Heal

Nothing great is easy

How to build a healing community

"How lonely sits the city that was full of people!

She weeps bitterly in the night, with tears on her cheeks; among all her lovers she has none to comfort her...

Look, O Lord, and see, for I am despised. Is it nothing to you, all you who pass by. Look and see.

Lamentations 1:1,2,11,12,19(ESV): I called to my lovers, but they deceived me..."

How did we get here?

How do we get out?

Lamentations 3:22(TLB): "...compassion never ends."

Above all healing communities are, Compassionate communities

Nothing great is easy

Proverbs 18:10(NKJV): The name of the Lord is a strong tower; The righteous run to it and are safe.

John 14:12-14(CSB): "Truly I tell you, the one who believes in me will also do the works that I do. And he will do even greater works than these, because I am going to the Father.¹³ Whatever you ask in my name, I will do it so that the Father may be glorified in the Son. ¹⁴ If you ask me anything in my name, I will do it."

The Body Keeps the Score by Bessel van der Kolk

The Myth of Normal by Gabor Mate'

What Happened to You by Bruce Perry and Oprah Winfrey

Lamentations by Yael Ziegler

Lamentations by Adele Berlin

"Connectedness has the power to counterbalance adversity... When we look a little deeper into the timing of developmental risk, a powerful observation emerges. The basic finding is that the experiences of the first two months of life have a disproportionately important impact on your long-term health and development."

Bruce Perry

"It's not an excuse, it's an explanation." Oprah Winfrey

Exodus 20:5(CEB): "Do not bow down to them or worship them, because I, the Lord your God, am a passionate God. I punish children for their parents' sins even to the third and fourth generations of those who hate me."

"Alice Miller identified in studying the lives of all the top Nazi leaders—what she had called the 'poisonous pedagogy.'" Gabor Mate'

"... the experiences of our grandparents, great-grandparents, and ancestors even further back have had a significant influence on the way we're going to express our DNA." Bruce Perry

Philippians 2:9-11(NKJV): "Therefore, God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow... and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father."

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.