

**“Healing in Community” Reba Place Fellowship Monday evening seminar**  
**Karl D. Lehman, MD & Charlotte E.T. Lehman, M.Div.**

**Instructions for group exercises (1 page summary/outline):**

**1.) Positive memories and appreciation:** Focus on memory/memories of previous positive experiences of perceiving the Lord’s presence and connecting with Him. Each person in the group describe positive connection memory/memories to the others in the small group, and name specific things you appreciate about these experiences. The goal is to share appreciations until you *feel* appreciation for the Lord.

**2.) Ask the Lord to refresh your perception of His presence and a positive connection with Him:** In the context of thinking about the positive memories and feeling appreciation, pray something along the lines of: “Lord, refresh my perception of Your presence and a positive connection with You, so that these are real and living in the present.” Share whatever comes into your awareness with the others in your group. After each member of the group has shared, pick one person to continue through the rest of the exercise (steps #3 through #5), with the others in the group listening, supporting, and interceding.

**If you perceive the Lord’s presence and feel connected to Him:** proceed on to Step #3.

**If you do not perceive the Lord’s presence or feel connected to Him, and you would like to try simple “trouble-shooting”:** See full text version for directions regarding simple “trouble-shooting.” **\*\*Don’t proceed to Step #3 unless/until you feel connected to the Lord.\*\***

**3.) Choose memories to work on:** Select a small to medium sized traumatic memory (see full text version for additional directions regarding memory selection).

**4.) Invite the Lord into the memory, ask Him to help you perceive His presence, engage with Him to receive healing:** From the perspective of being inside the memory, pray something like: “Jesus, I make a heart invitation for You to be with me here. Please help me to perceive Your presence.”

- a.) **If you are able to perceive the Lord’s presence:** See full text for instructions regarding how to engage with Jesus to receive healing.
- b.) **If you are not able to perceive the Lord’s presence in the memory:** See full text
- c.) **If you become stuck, and asking Jesus for guidance, help, etc does *not* seem to be resolving the problem:** See full text
- d.) **If you’re running out of time (ten to fifteen minutes left) and you still feel bad:** See full text
- e.) **The “safety net” trouble-shooting intervention:** See full text

**5.) End of session – more appreciation:**

**If you experience complete resolution of the traumatic memory:** Thank the Lord for His healing presence and healing work, and name several specifics you especially appreciate.

**If you experienced some kind of positive interaction with the Lord in the context of the traumatic memory, but *only partial* resolution:** Focus on positive interaction in the memory and initial positive memories, name specific appreciations until you feel peaceful (you no longer feel negative emotions from traumatic memory).

**If you did not have a positive interaction with the Lord in the context of the traumatic memory:** Return to positive memories and name specific appreciations until you feel peaceful.