TABLE OF CONTENTS

WEEK 1	Rules of Group and Introduction <u>CHOOSE</u> to focus on our hope of glory Week 1 Healing Prayer	1 5 6
WEEK 2	<u>CHOOSE</u> to turn our life over to God & be rescued Week 2 Healing Prayer "Jesus Came to Set Us Free"	7 9 10
WEEK 3	CHOOSE to turn our will over to God and renew our mind with His word Week 3 Healing Prayer "Bear Story" Tunnel of Healing "The Quilt"	11 14 15 16 17
WEEK 4, 5	CHOOSE to improve our relationship with God Week 4, 5 Healing Prayer Warring Angels Putting on your armor God's Love	18, 22 21, 24 25 26 27
WEEK 6, 7	CHOOSE to be obedient to God Week 6, 7 Healing Prayer Humility "The Branch That Bears Fruit" Negative Expectations Worksheet	28, 33 30, 36 31 32 35
WEEK 8	CHOOSE to share our stories	39
WEEK 9	<u>CHOOSE</u> to forgive our abusers Week 9 Healing Prayer "The Cleansing Power of Forgiveness"	40 42 43
WEEK 10	<u>CHOOSE</u> to forgive ourselves Week 10 Healing Prayer	45 48
WEEK 11	CHOOSE to walk in God's love and not sin in our anger Week 11 Healing Prayer "Two Frogs"	49 51 53
WEEK 12	CHOOSE to receive God's joy despite fear, sorrow, and grief Week 12 Healing Prayer Assess Healing Exercise	54 58 60
WEEK 13	<u>CHOOSE</u> to abide in Christ and receive healing Week 13 Healing Prayer	61 64
WEEK 14	<u>CHOOSE</u> to walk out God's purpose for our lives "Who Are You?" "The Choice"	66 69 70