

*HEO* gave me the tools I needed to release my pain and fears to the Lord. Through the group processing, the Holy Spirit came and brought His healing. - **Janet**

God brought a lot of loose ends together from issues I had been dealing with for a long time. I was able to receive freedom and release from things of the past. - **Nathan**

The teaching and worship was great. The Lord showed me exactly what I needed to change and how to make it happen. - **Jeff**



# HEALING from the Inside Out

**Mondays: March 9<sup>th</sup> through  
May 26<sup>th</sup>, 2008 6:30pm – 9:30pm**

Contact: David Gray  
623.934.5858  
dgray@vcfnp.com

~ A JOURNEY  
TOWARD **HEALING AND  
WHOLENESS.** A SAFE  
PLACE WHERE MEN  
AND WOMEN LEARN  
HOW AND WHY THEY  
ARE AFFECTED BY THE  
**PAST**, AND WHAT WE  
CAN DO TO CHANGE  
**TODAY.**



**VC**  
vineyard  
church  
north phoenix  
6250 west peoria avenue  
glendale, arizona 85302  
www.vineyardnorthphoenix.com  
tel:623.934.4000 fax:623.934.3747

n 63rd ave

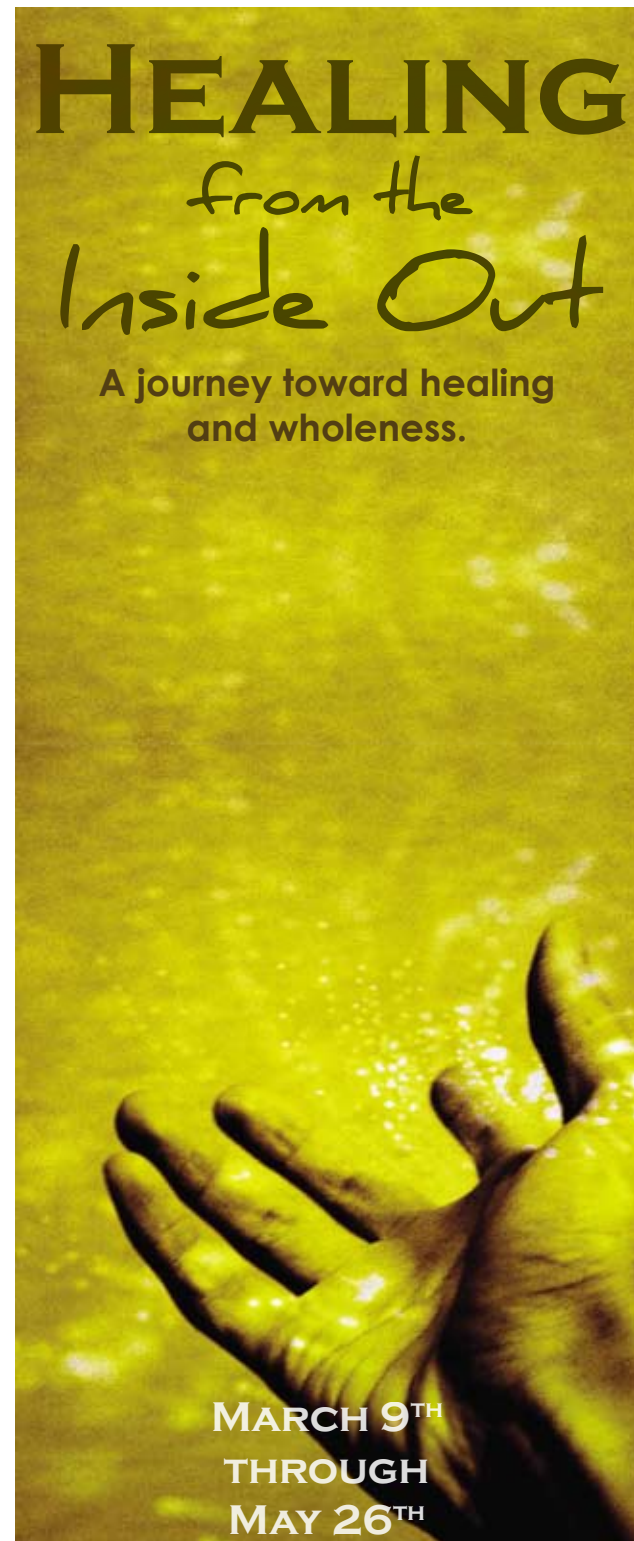


w peoria ave



# HEALING from the Inside Out

A journey toward healing  
and wholeness.



**MARCH 9<sup>TH</sup>  
THROUGH  
MAY 26<sup>TH</sup>**

# EQ

## EMOTIONAL QUIZ

1. Do you ever feel isolated or alone?
2. Do you experience compulsive or addictive behaviors?
3. Do you have difficulty dealing with grief or trauma?
4. Do you struggle with "NO"?
5. Do you often experience anger or resentment?
6. Have you ever experienced abuse?

If your answer to any of these is "yes," this class may be for you.



*In the safety of this group, we will meet to discuss the sometimes painful issues of the past that affect us today. In this atmosphere of caring and sharing, we are able to allow God to touch the wounded areas of our lives to bring healing and wholeness. Some of the topics we will discuss are...*

**THE FAMILY SYSTEM**  
**FAMILY ROLES**  
**EFFECTS OF CHILDHOOD TRAUMA**  
**UNHEALTHY RELATIONSHIPS**  
**THE CYCLE OF ABUSE**  
**SHAME AND GUILT**  
**THE PROCESS OF CHANGE**  
**FORGIVENESS**  
**BREAKING THE CYCLE FOR THE**  
**NEXT GENERATION**

Healing From the Inside Out is a 12-week course where men and women meet corporately for teaching, but separate for small group discussion. The number of participants is limited and. To register for the next session complete the registration form and place it in the black wire basket at the Information desk in the lobby of the Main Auditorium. For more information call David Gray at 623 934-5858 or email [dgray@vcfnp.com](mailto:dgray@vcfnp.com).



## REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home church affiliation? \_\_\_\_\_

If someone recommended this class to you, who was it? \_\_\_\_\_

**\$20.00 Fee includes notebook with materials and dinner on the last meeting date, due the first night of the class.**

Amount paid:

No childcare is provided