

# A Time To Heal:

## Offering Hope to a Wounded World in the Name of Jesus

J.R. Briggs

Link to purchase the book:

<https://freshexpressionsus.org/product/a-time-to-heal/>

Promotion Code: **VAUMC**

### Where should we look?

1. See the Bible as a book written to traumatized people.
2. Listen to - and tell - stories.
3. Look for the trauma.
4. Explore your own wounds and trauma.
5. Look for tears- in others and in yourself.
6. Look for everyday practices and elements where healing can occur.
7. Look for the healers who are already in your midst.
8. Look for the passion in your congregation.
9. Look for the healers within your broader community.
  - a. Where do people look when they are addicted or evicted?
  - b. Where do people go when they are stressed or depressed?
  - c. Where do people look when they need financial assistance?
  - d. Where do people look for help when their home was destroyed by fire, or when they find out their teenagers contemplating suicide?
  - e. Whoever they might turn to, plain and simple, look for ways to partner with them. Call and ask, "How can we link arms and serve?"
10. Look for future healers.

P. 47-61 A Time to Heal, J.R. Briggs

### How to help people from trauma

1. What happened?
2. How did it make you feel?
3. What was the hardest part?
4. What helped you survive today?

Dr. Phill Menro (Trauma Healing Institute, American Bible Society)

### Download J.R.'s presentation

<https://drive.google.com/file/d/1ikl2DVqqCzloKUWFo535u0J4MwstXbSd/view?usp=sharing>