

LIFE HURTS – G.O.D. H.E.A.L.S 8-steps

HELP for hurting teens

By John Baker, Doug Fields and Megan Hutchinson

Step 1: Get help. I admit that I am powerless on my own and that I need help.
Happy are those who know they are spiritually poor. (Matthew 5:3)

Step 2: Open your heart. I now know that God exists, that I matter to Him, and that He is the only One who has the power to heal my pain.
Happy are those who mourn. God will comfort them. (Matthew 5:4)

Step 3: Depend on Christ. I realize I need to turn my life over to Christ. I need to depend on Him in the all areas of my life, including all that I say, think, and do.
Happy are the humble. (Matthew 5:5)

Step 4: Hear and speak. I agree to evaluate my life and confess my faults to myself, to God, and to someone that I trust.
Happy are the pure in heart. (Matthew 5:8)

Step 5: Embrace God's way. I will stop doing things my way and put my life on the path that leads toward God's way.
Happy are those whose greatest desire is to do what God requires. (Matthew 5:6)

Step 6: Ask for forgiveness. I will offer forgiveness to those who have hurt me, and I will ask for forgiveness for any wrong I've done to others.
Happy are the merciful. Happy are the peacemakers. (Matthew 5:7,9)

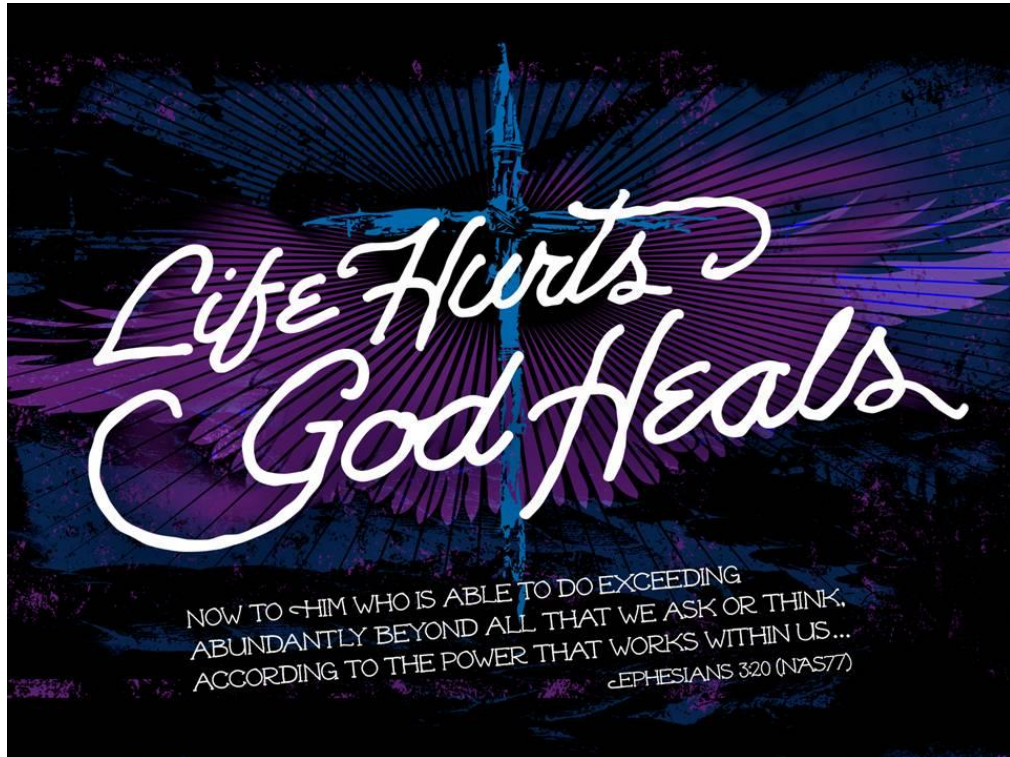
Step 7: Live for God. I will set aside some time for God each day to examine my life, read my Bible, and pray so that I have the power to live God's way.
Happy are those who know they are spiritually poor. (Matthew 5:3)

Step 8: Share with others. I will take the message that God heals to others in need and share it by my words and actions. *Happy are those who are persecuted because they do what God requires. (Matthew 5:10)*

STUDENT TESTIMONIALS

- "I hated walking into a place called Life Hurts God Heals. Why did I have to go? What was wrong with me? Well, even though I was forced to go, I was only forced one time. I ended up liking it much more than I thought, met some new friends AND found hope in the middle of wanting to end my life. I can say, I am glad I was "forced." –Carlos, 13
- "I went to LHGH thinking maybe just maybe someone could help me cause the shrinks and anti-depressants weren't cutting it. And wow this whole experience so far has been amazing. My outlook on life has changed so much. I know I'm just beginning my road to becoming healed..." - Allie, 16
- "I was addicted to porn since I was 9 years old. What started out as a curious "hobby" began to creep into the crevice of every area of my life. ...like a drug that I had to use. Then I heard of this 8-step group called Life Hurts God Heals. I went and realized it was more than a program - it was a safe place to be...me. While there, I told my small group leaders about my addiction and that's when my journey to healing started. We started applying the 8 steps to every aspect of my addiction and it helped me so much! Finally! – Carter, 16
- "The main reason I joined LHGH is because I never have accepted myself. I've always thought I wasn't good enough. I would wonder why God put me here. To get away from the pain, I would eat. Now, I am in Life Hurts God Heals and receiving steps that I can actually apply to my life to help turn my bad choices into good ones." – Steph, 18

www.lifehurtsgodheals.com



**Thousands are doing *Life Hurts God Heals* out there.
Are you?
Join our community today.**



Only a 1/3 are currently registered. Please register if you haven't already.
People need to know where to get help. Thank you!