



RESTORING YOUR HEART™

—— Safe Small Group Experiences ——

for those who desire freedom from
emotional hurt and unprocessed pain

It is for FREEDOM that CHRIST has set us FREE.

Galatians 5:1

The journey towards greater emotional and relational freedom in Christ is easy to start, and happens:

- in community with other men and women
- in confidence
- in expectation that God will deliver you from past pain you may not know is still affecting you.

Restoring Your Heart was designed for
anyone who has experienced pain,
rejection or disappointment.

Is that **YOU?**



Available RYH Group Experiences



- ♥ **How Emotional Problems Develop** 4 lessons (A Great Intro!)
- ♥ **Processing Pain** 15 lessons + gender-specific
- ♥ **Understanding Emotions** 13 lessons + gender-specific
- ♥ **Conquering Shame*** 17 lessons + gender-specific

**Must have completed the above group experiences to join Conquering Shame*

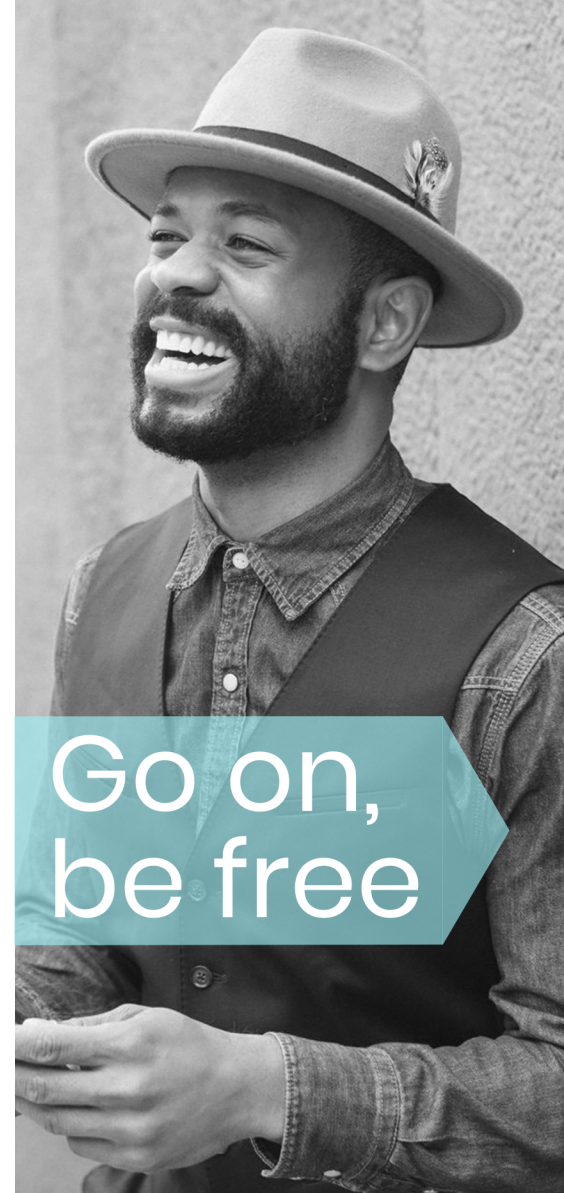
Thanks to trained, servant-hearted lay leaders, there is little to no charge for attending a RYH group outside of purchasing the corresponding workbook (titles match group names). Cost to attend varies by location. Workbooks available at disciplebuilding.org/store.

*Connect with us at restoringyourheart.com for help finding available groups in your area.
Some online groups may be available for an added charge.*

What are some of the benefits of a RYH Ministry?

- RYH group experiences help people honor God with their emotions.
- Greater emotional FREEDOM increases one's capacity to GROW spiritually.
- RYH groups give people an emotional toolkit, resulting in healthier individuals, healthier relationships, and healthier families.
- ANYONE can become trained to facilitate groups, making emotional healing more accessible to more people.
- ANY church can become an Active RYH Ministry Site and offer groups to their community and church members.

What is the process to become an Active RYH Ministry Site?



Go on,
be free



1. Attend an "Intro to RYH" seminar (optional)



2. Read "How Emotional Problems Develop" & Lead 4-week discussion group



3. Participate in 1-2 RYH pilot group(s)



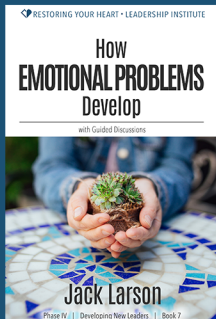
4. Complete RYH Group Leader Training



Become an Active RYH Ministry Site* & start leading groups!

*Churches/organizations that begin offering RYH as a ministry of their church/organization will be considered an Active RYH Ministry Site, and will be expected to register their group details and provide periodic reporting to Worldwide Discipleship Association (WDA). This helps WDA to best serve your church/organization and provide ongoing access to the newest RYH resources, tools, training, and allows WDA to refer interested community members to your location for groups, and more. RYH consulting is available for an added fee.

Restoring Your Heart™
is exactly what the
church needs to build
healthy disciples.



Did you get a chance to read
How Emotional Problems Develop?
Download your free copy today at
restoringyourheart.com

What are people saying about RYH?



Mike

"Restoring Your Heart, for me, was one of the catalysts that "bridged the gaps" in my discipleship process. I have come to know how to fully feel, fully grieve, and to fully receive and give the love of Christ.

Today I walk with other men. I'm sharing the comfort I have received from the "God of all comfort". **I am free for freedom's sake!** Because of the impacts of these groups, I will never be the same."

"RYH has taught me I needed to take care of my own soul and also helped me with parenting so I won't pass down some of the bad habits to my children."



Lesley



Julie & Alex

"God has taken us through our own journey of healing. He used the Restoring Your Heart material to help us understand the root of past pains that continued to affect our present."

Contact RYH:

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