



RESTORING YOUR HEART

Achieving Freedom from Emotional Darkness

A Disciple Building Church recognizes that true discipleship goes hand in hand with relational restoration and emotional freedom. Growth is stunted or withers when healing does not take place. Individuals, congregations, and communities THRIVE when healing is orchestrated.

What is Restoring Your Heart?



RYH is a ministry designed to help people in churches heal emotionally and relationally. This ministry was created for anyone who has ever experienced pain, rejection or disappointment.

A RYH Ministry uses trained lay leaders to help people through a healing process whereby they will have healthier relationships, including their relationship with God. Emotional and relational healing is an integral part of the discipleship process and was modeled by Jesus as He taught His disciples.

"20% of the people in the Church are struggling with such severe problems that they never make much spiritual progress... About 60 % are able to grow spiritually but are hindered in significant ways because of unaddressed emotional issues.."

JACK LARSON

Dir. of Restorative Ministry, Worldwide Discipleship Association | Author of *How Emotional Problems Develop*

THAT'S 80%
OF THE
CHURCH!

How is RYH implemented?

The RYH Ministry is implemented through your trained* lay leaders using confidential gender-specific small groups working through the RYH developed curriculum.

One-on-one facilitation may sometimes be necessary.

RYH Training*

The RYH training process takes approximately one year and involves both teaching and experiential learning about emotional issues. During this process, future RYH leaders will process through their own pain and learn many principles about emotions, relationships, childhood issues and adult problems, and group dynamics.

Condensed onsite training & long distance consultation are available.



*Workbooks available on Smile.Amazon.com | Starter Kit available at disciplebuilding.org

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me
TO PROCLAIM GOOD NEWS TO THE POOR,
He has sent me to BIND UP THE BROKENHEARTED,
to PROCLAIM FREEDOM FOR THE CAPTIVES
and RELEASE FROM DARKNESS for the prisoners,
to bestow on them
A CROWN OF BEAUTY INSTEAD OF ASHES.
Isaiah 61:1-3 NIV

Learn more at restoringyourheart.com