

## “The Gift of Healing through Writing: Using your God-given Gift to Help Bring Healing to Yourself and Others”

Missy Hoffman

12-17-2020

- 2020 Emotional Check-In: How has this year affected you emotionally? More information about Dr. Henry Cloud can be found at <https://www.drcloud.com> as well as his Facebook page <https://m.facebook.com/DrHenryCloud/> where he presents “The Dr. Cloud Show” which I reference here.
- “**Emotional Dumping**” is my term for using my writing, specifically journal writing, to record my thoughts, to process my emotions, and to help work through all of these along the way.
- Article reference: “The Healing Power of Your Story” by Sarah Thebarger can be found at <https://oregonchristianwriters.org/the-healing-power-of-your-story/>
- My book, **Finding Hope in the Valley: Glimpses of God in the Darkest of Times** can be found on Amazon at [https://www.amazon.com/dp/109991986X/ref=cm\\_sw\\_r\\_cp\\_api\\_glc\\_fabc\\_2FJ2FbVDE0J99](https://www.amazon.com/dp/109991986X/ref=cm_sw_r_cp_api_glc_fabc_2FJ2FbVDE0J99)
- Consider your own life experiences. What have you experienced that could be shared with others? Is there a hard lesson you have learned, a difficulty you have endured, or even a mountaintop experience of victory in your life you could share with others? What if just ONE person could be blessed by this?
- God brings each of us **TO and THROUGH** different life journeys and experiences.
- 2 Corinthians 1:3-5 - *Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.*
- Believe that you CAN do this. No perfection, no quotas, no deadlines.
- You will get the biggest benefit out of my writing, but even if you only ever help ONE person by sharing your writing, then that will be a

blessing.

- Determine to give time to your writing, and leave the rest in God's hands.
- Reach out for encouragement, practical help, or advice. My contact information can be found at <http://www.missyhoffman.com> or <http://www.facebook.com/missyhoffmanauthor>