



the  
**HEALING JOURNEYS TODAY**  
Newsletter

Hello friends.

It's already July, one month into the summer. God wants you to enjoy this season of beautiful weather, but also this season in your life to be free of any oppression or bondage. I pray this newsletter brings hope to your heart.

Have you been experiencing some type of anxiousness that is triggering fear in you, and you are not sure what is causing it or why? Know, that through the power of the Word and Spirit of God you don't have to allow fear and anxiety to bully you or overtake you anymore. It's truly the opposite; you have dominion and authority over all of it.

Today, I want to encourage you that you can change your focus from your circumstances to what your Father says about you in His Word. You see, fear is cast out, and removed by focusing on what the word says about you, contrary to what fear and anxiety is speaking to you. Ask the Holy Spirit for the answer, and the way of escape for you, or He may be speaking the answer, and you aren't recognizing it, but He will show you; keep listening for it.

What does fear and anxiety mean? Let's look at these words -

- **Anxious** – to be troubled with cares, to take thought, to be anxious
- characterized by extreme uneasiness of mind. Worried
- **Fear** – timidity, fearfulness, and cowardice - an unpleasant often strong emotion caused by anticipation or awareness of danger.

Below are scriptures that tell us what God thinks about fear and anxiousness.

**2 Timothy 1:7** For God has not given us a spirit of fear, but of power and of love and of a sound mind.

I love this, because first, none of these tormenting things have come from our loving God. They are from the enemy who wants to steal the peace that has already been given to you.

**Philippians 4:6-7** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Here, God tells us not to be anxious or to be troubled with cares, about anything, and then gives us the answer to overcome it. Take time, sit down with Him, and talk to Him about what is trying to make you worried and then give it to Him and let Him work it out and show you how you can cooperate with Him so that the peace of God will keep (guard) your heart and your mind from the fear and anxiety.

These next verses tell us why our Father doesn't want us to be anxious or be in fear.

**Job 20:2** "Therefore my anxious thoughts make me answer, Because of the turmoil within me.

Did you know, when you are anxious or fearful, it makes you "answer" or speak words of that same fear and anxiety. This is why He wants you to tell Him about it so He can bring freedom to you through His Word.

**Proverbs 12:25** Anxiety in the heart of man causes depression, But a good word makes it glad.

I love the last part of this verse. A good word makes your heart glad. A merry heart is like a medicine to your soul. He told us that joy will be our strength!

I want to end with this beautiful picture of how God sees you and me from the book of Isaiah.

**Isaiah 54:14** In righteousness you shall be established; You shall be far from oppression, for you shall not fear; And from terror, for it shall not come near you.

I used to think that I could never be "established" (to be fixed, to be firm, be stable, be secure) in righteousness, because I did not feel righteous, nor did I

always act righteous, so therefore I could not be free from fear or torment. But the good news is found in 2 Corinthians 5:21 and Colossians 1:12-14.

**2 Corinthians 5:21** - For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.

**Colossians 1:12-14** – giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light. For He rescued (delivered) us from the domain of darkness and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins.

You have been made, and are, the righteousness of God now, and you are established in this beautiful position in Christ. Allow your heart and mind to focus on it, not on how you feel or because of how you might have behaved. Focus on what He has done, not what you have or have not done. As you focus on who you really are in Him, fear, oppression, terror, and torment will leave, because you are no longer giving them permission to stay in your mind. Because you are righteous, you are promised Peace, Quietness and Assurance, and it's yours Forever!

I pray that that eyes of your understanding are flooded with light to see and to understand what the Spirit of God is saying to you, that you are free from anxiety and fear because **Isaiah 32:17** states - *The work of righteousness will be peace, And the effect of righteousness, quietness, and assurance forever.* This is why God made you righteous, to be at peace with Him which produces this wonderful quietness and assurance in your heart!

In God's Truth, Colleen and the HJT Family  
Thank you for being a part of the HJT family and what God is doing through this ministry!

*If you or someone you know struggles with anxiety, fear, panic attacks, or phobias*



# THE SOUND MIND SUMMIT

MASTERING YOUR EMOTIONS

*is for YOU!*

**DR. KEVIN  
CHAPMAN**

CLINICAL PSYCHOLOGIST

REGISTER TODAY!



**JULY 19TH & 20TH**  
10AM - 4PM  
BOTH DAYS

23962 CRAFTSMAN ROAD  
CALABASAS, CA 91302

JULY GUEST TEACHER



Tabitha  
Bigbee-Highland  
Live Fridays 9am PT  
[healingjourneystoday.com](http://healingjourneystoday.com)

July 23rd  
Q & A



Julieann Hartman  
Send your questions to  
[healingjourneystoday@gmail.com](mailto:healingjourneystoday@gmail.com)

# WEEKLY SCHEDULE

Monday

The Sound Mind Show - Dr. Kevin | 9 am PT  
Ally Johnson | 3 pm PT

Tuesday

Julieann Hartman | 9 am PT  
Colleen Iammarino | 6 pm PT

Wednesday

Esther Samboe | 8:30 am PT  
HARTbeat | 5 pm PT

Thursday

Cindy Mezas | 5 am PT  
Mike Hoesch | 8 am PT  
Nichole Marbach | 6 pm PT

Friday

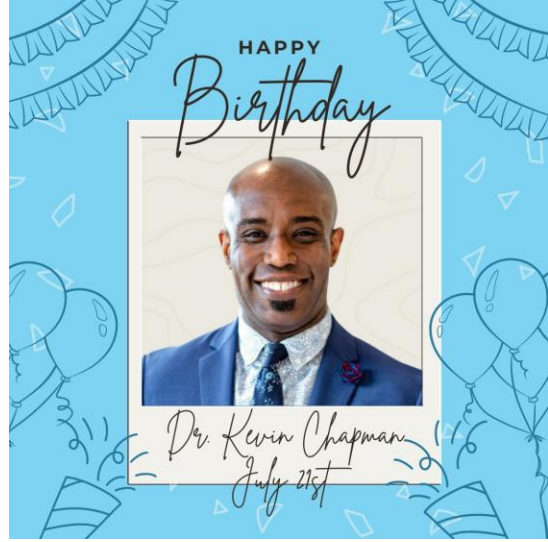
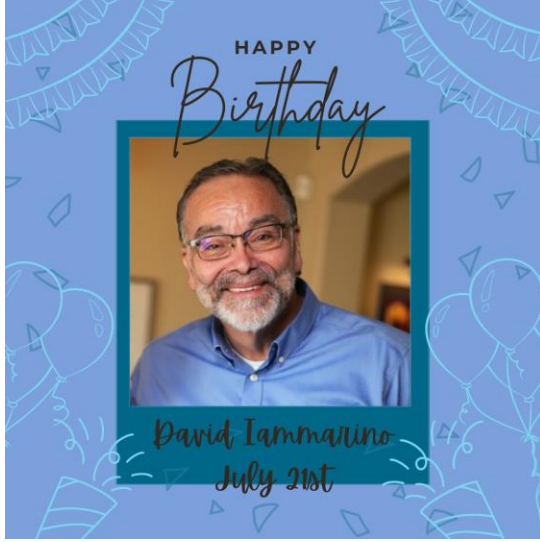
Guest Teacher(s) | 9 am PT  
Jeremiah Klaas | 4 pm PT

Saturday

Promise of Purpose - Karen Metcalf | 9 am PT

Sunday

The Journey | 9 am PT  
Revival Now - Javier Macias | 12 pm PT



# Testimonials

Praise God! I have been healed of not one, but two cysts, and one was on my ovary. M.M.

This is the answer to my prayers! I have been trying to make healing work by my flesh! M.S.

It IS good news! We can rest in the JOY of Jesus. He loves us! S.B.

Bladder infection healed with prayer. D.H.

HEALING JOURNEYS TODAY PRESENTS:

# STAND FIRM

## HEALING CONFERENCE

September 6th & 7th  
10 AM - 6 PM

River Valley  
Christian Church  
LAKE ELMO, MN.



**Colleen Iammarino**  
Healed of Reflex  
Sympathetic Dystrophy



Hosted by:  
**Butch & Julieann  
Hartman**



**Jeremiah Klass**  
Healed of Multiple Sclerosis  
& Drug Addiction



**Javier & Alisha  
Macias**  
Revival Now Show



**Ally Johnson**  
Healed of Alopecia  
Universalis & Baldness



**Dr. Kevin Chapman**  
Clinical Psychologist  
The Sound Mind Show



**Still Small Worship**



**Mike Hoesch**  
Healed of Malignant  
Neoplasm Cancer

**REGISTER NOW**

More info visit our website [healingjourneystoday.com](http://healingjourneystoday.com) ↘



