

Try Again

A tool for reconnecting to the
church despite pain or
limitation.

Dear Fellow Sojourner in Pain,

If you're reading this, you've probably been hurt by the church in the past. We're so sorry you've experienced that loss. Regardless of how your relationship with the Church was strained, our hearts ache with you and we believe God's does too.

Thankfully, we serve a redemptive God who knows how to make broken things whole again. While even the thought of trying to become involved with a church after all you've experienced might seem as impossible as scaling a cliff wall, we're here to encourage you to keep climbing, one hand hold at a time.

The Try Again worksheet is meant to be a resource to help you take your first step in practically planning out what it will take to reconnect with God's chosen instrument for bringing his kingdom come here on earth: his Church. To start, you'll need to print out the following page so that you can start filling it out (if your technology allows, you can also fill it out digitally). We believe in the power of threes so we gave you the space to plan three different "tries" at different churches or church services. If need be, you can always reprint the worksheet if you end up needing more tries. If the thought of filling out a worksheet seems daunting because of your limitations, don't worry, we made it super simple.

As you take this step forward in your healing, don't forget that we're here for you. If there's any other way that we at Heal can help support you in your journey, please don't hesitate to reach out.

You're not alone.

Sincerely,

Tera and Jacob DeNeui

TRY #1

I will visit

[]

In person Online
on this date:

[]

Before visiting, I'll need to

- Ask someone for a ride
- E-mail the church to ask for assistance
- Set my alarm for [] to get ready for service
- []

TRY #2

I will visit

[]

In person Online
on this date:

[]

Before visiting, I'll need to

- Ask someone for a ride
- E-mail the church to ask for assistance
- Set my alarm for [] to get ready for service
- []

TRY #3

I will visit

[]

In person Online
on this date:

[]

Before visiting, I'll need to

- Ask someone for a ride
- E-mail the church to ask for assistance
- Set my alarm for [] to get ready for service
- []

These are the people who will encourage me through my journey:

[] will text me after I visit to ask how it went.
 [] will let me call him/her afterwards to process.
 [] will []

ADDITIONAL RESOURCES

In addition to trying church again, I want to learn more about

- Heal Retreats**
- Short virtual retreats to connect with others, hear a message, and be encouraged (www.thehealministry.com)
- The Diamonds Conference**
- Online retreat to encourage those who are chronically ill (www.sgwilloughby.com)
- Recommended Books**
- www.thehealministry.com/books
- Heal Community**
- An app-based network of people with physical pain or limitation (www.thehealministry.com/heal-community)
- The Heal Podcast**
- Stories to help people discover God's healing for them through their physical pain, illness, or limitation
- The Joni and Friends Podcast**
- Stories of hope, practical advice, and encouragement through real challenges