



RAPHA WOMEN'S GROUPS

WHAT IS RAPHA?

The Rapha Journey is a way of finding greater wholeness in who we are created to be. It teaches tools that anyone can use to heal from places where hurt, pain, or brokenness has grown, or to explore areas in our lives where we feel stuck. It is also a Biblically-based discipleship model for those who want to deepen and grow their relationship with Christ.

In one sense the Rapha Journey is indescribable because it is unique for every one of us. By unpacking and releasing our inner obstacles or “damage,” we can clear the way to hear the Lord’s voice and better see who we are meant to be. God is eager to speak to us in unique ways that help us connect with Him, though He respectfully waits to be invited.

People who walk out this journey often see these things develop in their lives:

- Deeper intimacy with Christ
- Learning to identify where you are emotionally and spiritually
- More authentic relationships
- Growing more hope in your life and in the lives of those around you
- Gaining tools and skills for how to navigate different life situations
- A consistent life of anointing, including the Fruit of the Spirit and spiritual gifting
- Learning how to hear and recognize when God is speaking to you

WHAT DO RAPHA GROUPS LOOK LIKE?

- Most Rapha groups have 4-6 women who meet weekly for about 2 hours. The time is divided equally between each member to share what she is working through.
- During group time, each woman shares what she is focusing on in her work. Someone’s journey can explore a variety of things. Some examples include: examining significant relationships and their dynamics; events in one’s history that had a profound impact; or exploring a present situation.
- Emotions are welcome in group! Part of the Rapha journey is learning to get in touch and express emotions in a healthy way, so it is common for emotion to be felt and expressed during group. There are also clear group guidelines set in place to make sure that the emotional expression is helpful and safe for all in the group.
- As authentic relationships grow between group mates, internal conflict sometimes comes to the surface. When these moments happen, the group (along with a Rapha Leadership Team member, if needed) navigates it with one another as honestly and kindly as they can in order to keep building healthy relationships with each other.

HOW DO I KNOW IF I'M READY FOR A RAPHA GROUP?

- You have listened to one of the prerequisite workshops: **Being Real, Tools for the Journey, or Finding Christ, Finding Me.**
- You are willing to set aside time weekly to meet with a group – and you are able to attend consistently each week.
- You are willing to express and be in touch with emotion (or you are willing to learn).
- You are willing to engage in a greater level of authenticity with other women and build trust with them about the deeper parts of your life, your history, and yourself (and welcome the same from them).

GREAT! WHAT IS THE NEXT STEP TO JOIN A GROUP?

Contact the Rapha Coordinator, Jenn Walker, by sending an email to rapha@journeyweb.net. Include your name, availability, and whether you need one of the prerequisite workshops. She will walk you through the next steps from there.

Please keep in mind that it can sometimes take some time to get you connected with a Rapha group depending on your availability and the availability of the groups that are forming. In the meantime, there are several resources to help you:

- **First Thursdays:** On the first Thursday of every month, the Rapha women's leadership team hosts a time of fellowship, training, teaching, and testimonies at Journey Church. Topics vary each month.
- **Women's Q&A Sessions:** Held monthly and hosted by Dr. Susan Williams. Come and listen to others questions or ask your own. This is a great opportunity to get wisdom on a way forward for any personal issue or question you may have.
- **Community Night:** A monthly meeting for Rapha community to share a night of fellowship, food, and teaching. Families welcome.
- **Rapha Online Community:** A secure online community of folks doing the journey all around the world. Go to <http://www.raphajourney.com/> for more information.
- **Teaching/Training Audios:** There are several Rapha resources available from audio teachings to books to Bible Notes. Head to <https://www.raphajourney.com/> for more information.

If you need more immediate connection or support, please let the Rapha Coordinator know. You can obtain a current event calendar from the Rapha Coordinator as well.

The Rapha Leadership Team would be happy to help support you in the gap. If you don't feel you are getting new understanding or change or if you're feeling stuck or are having trouble, there is help. We want to support you in the best way that we can.