

What to Expect in a Session

At Back Porch Ministry, our desire is to create a safe and welcoming space where you can meet with Jesus and experience His love. Each session is simply time set apart for you to rest in His presence and allow Him to care for your heart. Nothing is forced, and you are always free to share only what you feel comfortable with.

We usually begin with prayer, inviting God's peace and the gentle guidance of the Holy Spirit. Scripture reminds us:

> **"Be still, and know that I am God"**
> **PSALM 46:10**

In that stillness, we believe the Lord can reveal what He wants to heal or strengthen in your life. Sometimes this may bring up memories, feelings, or burdens you've been carrying; other times it may be as simple as sensing His closeness. Whatever happens, it is always led by Him, at your pace.

You may notice the Lord showing you areas where forgiveness brings freedom—whether toward others or even yourself. Forgiveness is never pressured, but it can open your heart to receive more of His peace. Jesus said,

> **"Then you will know the truth, and the truth will set you free"**
> **JOHN 8:32**

As you release burdens, He lovingly exchanges them for His truth, joy, and comfort.
There may be moments when emotions surface, and that is okay—it is part of His healing work. The psalmist wrote:

> **"He heals the brokenhearted and binds up their wounds"**
> **PSALM 147:3**

We trust that God gently meets you in those tender places and brings His wholeness.

As the session draws to a close, we take time to thank Jesus for what He has done and ask Him to protect and strengthen you as you move forward. You may be encouraged to continue the conversation with God in prayer, through journaling, or simply by resting in His Word each day.

> **"The Lord is my refuge and my fortress, my God, in whom I trust"**
> **PSALM 91:2**

Our hope is that you leave feeling lighter, more at peace, and more connected to the love of Christ. This is your time with Him, and we are honored to walk alongside you.

Contact us at backporchmin@gmail.com

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