## **Creating Safe Spaces for Healing**

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Creating safe spaces for healing, especially for those who are broken, abused, and overlooked, requires intentional love, spiritual wisdom, and practical steps. Here’s a simple guide on how to build those sacred spaces, whether in a ministry, small group, or personal relationship:

Ministering to the Broken, Abused, and Overlooked

### **1. Be Spiritually Grounded**

* Stay prayed up: Intercede for wisdom, compassion, and discernment.
* Lean on scriptures like Psalm 34:18, Isaiah 61:1, and Galatians 6:2.
* Let God be the ultimate Healer—your role is to point people to Him gently.

### **2. Lead With Compassion, Not Assumptions**

* Don’t assume you know someone’s story or journey.
* Be slow to speak and quick to listen (James 1:19).
* Offer empathy, not pity.

### **3. Create a Judgment-Free Environment**

* No shame, no spiritual performance.
* Make room for people to be honest about pain, confusion, or doubt without fear of being silenced or dismissed.
* Normalize healing as a process, not a one-time event.

### **4. Honor Confidentiality and Boundaries**

* What’s shared in the space should be protected (unless safety is at risk).
* Set clear expectations about privacy, support, and roles.

**5. Make Room for Different Healing Paths**

* Some may need prayer; others, therapy. Some will cry; others will remain quiet.
* Provide spiritual resources and practical referrals (e.g., counselors, support groups).
* Celebrate small steps, not just big breakthroughs.

### **6. Model Vulnerability**

* Share your own story with wisdom and humility when appropriate.
* Your honesty helps others feel safe in theirs.

### **7. Create Physical and Emotional Warmth**

### **If it’s a gathering or group, make the setting comfortable (soft lighting, warm tone, welcoming language).**

### **Use comforting scriptures, affirmations, and soft worship as part of the environment.**

### **8. Be Patient and Present**

### **Healing takes time. Be committed for the long haul.**

### **Let your consistent presence be a source of peace.**

### **Closing Thought:**

“And of some have compassion, making a 1:22

Safe spaces don’t heal people, God does. But safe spaces give people the room to breathe, believe, and begin again.

You can be that space.