

When You Need a Safe Place to Heal, Take This Ministry Leader's Advice

Cynthia Cavanaugh is no stranger to finding healing within the storms of life. Through her storm, God birthed a new dependence upon Him and ultimately blessed her life, marriage and ministry. Hear her powerful testimony of grace and healing on this episode of the *Faith-Fuel Podcast* on the Charisma Podcast Network.

As ministry leaders, Cavanaugh found it difficult to find adequate help for her marital struggles, and felt like, “it’s not that you feel that you’re above help, but again, where do you go that’s safe?”

She says struggled with feeling “like I’m supposed to help everybody else and I can’t fix my own problems.” Throughout her journey of reconciliation and healing, Cavanaugh realized that her position in ministry—and her marriage—did not exempt her from the healing work of counseling. “We need to humble ourselves and just know that we don’t have the answer for everything,” she said.

Host Rosalinda Rivera can relate to this, both growing up as a pastor’s kid and now also as a ministry leader herself. She says she felt like, “you have to be on all the time” but eventually learned that “we actually train ourselves not to allow ourselves to realize that we are having a down day, that it’s okay to separate.”

For more on how the redemptive power of the Spirit can work in your life as it did in Cynthia Cavanaugh’s, listen to the full episode here. {eoa}