

How God Heals Us

*"Jesus...went into the synagogue...and read..."The Spirit of the LORD is upon Me, Because **He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and recovery of sight to the blind; to set at liberty those who are bruised (oppressed);** To proclaim the acceptable year of the LORD." Then He closed the book, and gave it back to the attendant and sat down...And He began to say to them, "Today this Scripture is fulfilled in your hearing." Luke 4:16-21 (NKJV)*

I. Introduction

II. The Healing Process of the Lord

1. You must believe the _____ of the Lord---that He wants to _____ you!

*"Lord, You have seen me tossing and turning through the night. **You have collected all my tears and preserved them in your bottle!** You have recorded each tear in your book." Psalm 56:8 (TLB)*

*"**He heals the brokenhearted** and binds up their wounds." Psalm 147:3 (NKJV)*

*"The Lord said, "If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you...for **I am the LORD who heals you.**" Exodus 15:26 (NKJV)*

2. Make sure that you _____ with trustworthy people.

*"I said, "I will be careful about what I do and will not let my tongue make me sin; I will not say anything...So **I kept quiet, not saying a word, not even about anything good! But when I did, my suffering only grew worse, and I was overcome with anxiety.** The more I thought about my trouble, the more agitated I became..." Psalm 39:1-3*

*"A **bitter spirit** is not only bad in itself but can also poison the lives of many others." Heb.12:15*

3. Submit to God's _____, cooperating with Him in it.

"Who could ever have told GOD what to do or taught Him His business?" Isaiah 40:13 (MSG)

*"Let us give thanks to the God and Father of our Lord Jesus Christ, the God from whom all help comes. **He helps us in all of our troubles, so that we are able to help others who have all kinds of troubles,** using the same help that we ourselves have received from God." II Corinthians 1:3-4*

*"But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, **perfect, establish, strengthen, and settle you.**" I Peter 5:10 (NKJV)*

Perfect= "to mend that which is broken; to set a fracture; to mend a net"

Establish= "to set fast in a direction; to render immovable; unable to be overthrown"

Strengthen= "to supply strength to the soul, so as to be able to overcome all resistance"

Settle= "to lay a foundation; to be grounded on a solid foundation"

"Begin to rejoice in the Lord, and your bones will flourish like an herb, and your cheeks will glow with the bloom of health and freshness. Worry, fear, distrust, care-all are poisonous! Joy is balm and healing, and if you will but rejoice, God will give power."---A.B. Simpson

4. You must intentionally and daily _____.
*"...**When Jesus saw the paralytic lying there and learned that he had been in this condition for a long time, He asked the man, "Do you want to get well?"** John 5:2-10*

*"Don't copy the behavior and customs of this world, but **let God transform you into a new person by changing the way you think.** Then you will learn to know God's will for you, which is good and pleasing and perfect." Romans 12:2 (NLT)*

Things that you must do:

- o Decide once and for all that you want to get well---no matter the cost
- o Begin to pray daily, *"Lord, heal my mind and my memories."*
- o Fill and renew your mind daily with God's Word—the Bible
- o Spend time with people of faith and **genuine spirituality**
- o Heal **along with others**—knowing that everyone needs healing from something
- o **Believe and declare** what God says about you and your situation
- o Refuse to allow your past to become your future

"Look straight ahead with honest confidence; don't hang your head in shame." Pro.4:25 (GNT)

"Christ is the Good Physician. There is no disease He cannot heal; no sin He cannot remove; no trouble He cannot help. He is the Balm of Gilead, the Great Physician who has never yet failed to heal all the spiritual maladies of every soul that has come unto Him in faith and prayer."

--- James H. Aughey

"The high heaven covers tall mountains as small mole hills, and mercy can cover all. The more desperate your disease, the greater is the glory of your physician, who has perfectly cured you."

---Abraham Wright

"The person who is going through with God to be used in healing must themselves be a person of longsuffering."

"When God heals and restores, He brings you out better than you were before." - Anonymous

ANSWER KEY:

- 1. report-----heal**
- 2. talk about your pain**
- 3. healing journey**
- 4. re-focus on your future**