

Sharpen Your Faith



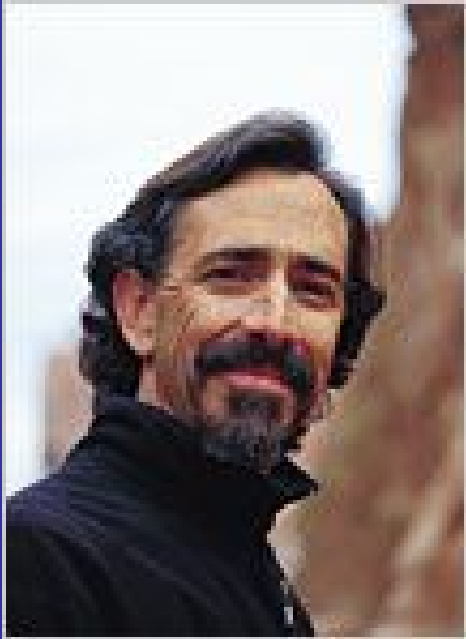
Healing, Reconciliation, and Restoration

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Brokenness

- Read Psalm 34:17-19.
- If emotions are not resolved, it is not honest which leads to temporary false peace.
- Unresolved feelings are often dampened with addictions and destructive behavior.





“It doesn’t take a major assault like sexual abuse to create a broken heart, by the way...The bottom line is, Jesus speaks as though we are all the brokenhearted. We would do well to trust His perspective on this.”—John Eldredge

Preprogrammed Bondage



- See Lamentations 3:40: "Let us examine our ways and test them, and let us return to the Lord."
- These are the things that we learned or were taught by people who stood in the place of God as we are younger.
- What we were when we are growing up, we will never fully escape.



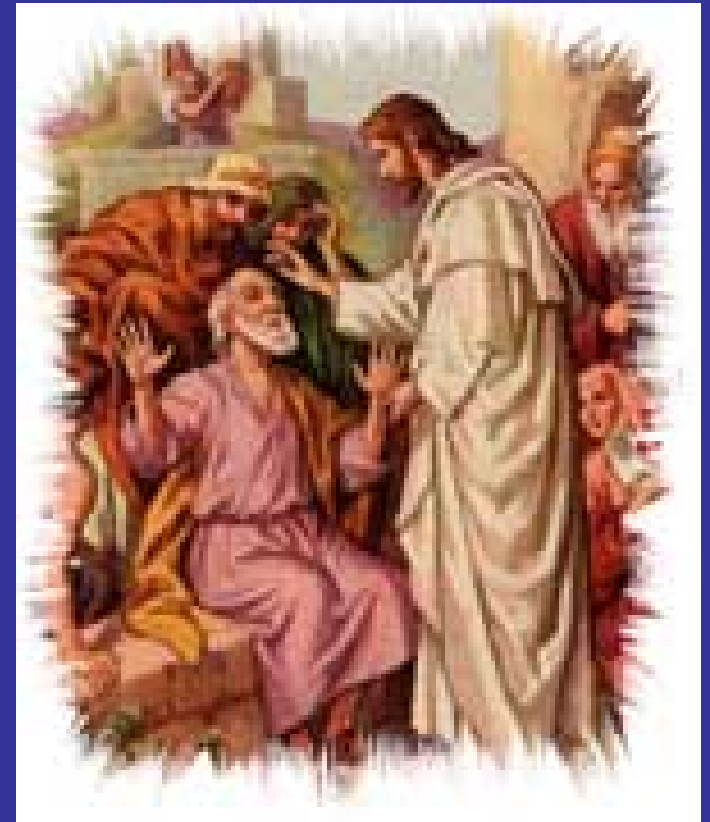
“Somewhere along in your life you begin to have to deal with things you never thought of before. Not situations that were necessarily *sin*, but things in your life that had not cropped up before...Until God deals with preprogrammed bondage that your parents said to you, ‘you are not worth anything, you don’t matter’, all through your Christian walk that tape is going to play, that idea is going to pop up in your mind.”

—Dr. Charles Stanley

Jesus' Miracles

Since Jesus healed so much, what was the deeper truth He was trying to reveal?

- *They were to prove He was the Son of God. (John 14:11)*
- *We see that Jesus really wanted to fully heal a person all the way down to their heart.*
- *Jesus often said, "Your faith has healed you."*

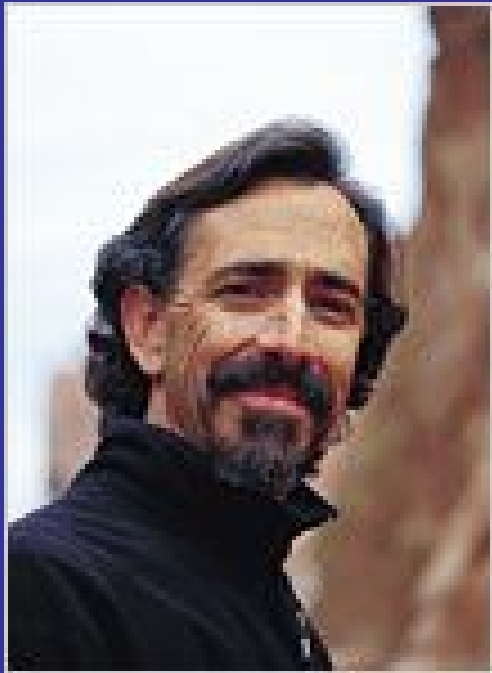


Jesus' Mission (Isaiah 61:1-3)



What was the message Jesus came to fulfill beyond the forgiveness of sin? (Luke 4:16-21)

- *He is the one who restores broken hearts.*
- *He is the one who heals the broken.*
- *He is the one who reconciles us back into relationship with God.*



“But the Scripture is abundant and clear: Christ came not only to pardon us, but also to heal us. He wants the glory restored.”

—John Eldredge

Jesus Heals the Man at the Pool



- Read John 5:1-9

Why did Jesus ask the man this seemingly simplistic question?

- *This man had probably lost a lot of hope.*
- *Likely, certain habit patterns had formed that he had gotten comfortable in.*
- *We have to make a choice to be healed.*



“Some people have developed a whole life around not being healed, and the journey begins when maybe you say, okay, there has to be life beyond the life that I'm living. There has to be a better life, and I invite you to make these choices to experience it.”

—Stephen Arterburn

God's Part and Our Part in Healing

What is the relationship between God's choice to heal and our choice in the healing process?

- Everybody asks God to fix things. Everybody prays for God to heal them.
- Example, see James 5:16—very clear action
- The statement, "Do you want to get well?" implies that there has to be a choice.
- God needs humble willingness. Stubborn resistance to change is the enemy of healing.



“A lot of times we wait for God to do what God is waiting for us to do.”

—Stephen Arterburn

Opening Up for Healing

- Read 1 Peter 5:6-7.
- Vulnerability is so important to healing. It is opening up the wound for surgery.
- Many people who act like they have no problems are hurting themselves. The stronghold that is up makes it seem safer for them. Because they have been hurt so much in a particular area, they don't want any more.
- Many people would rather carry the pain around than operating on the pain of having something healed.





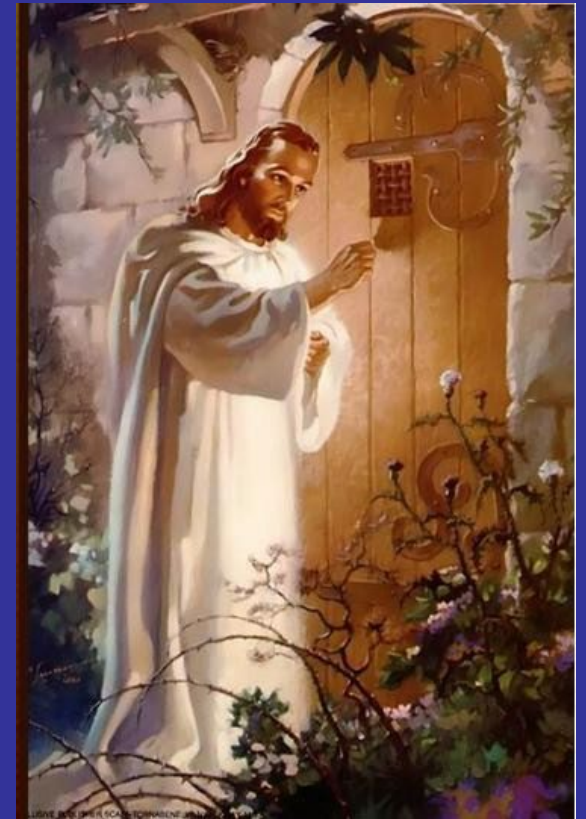
“The truth is that a lot of us have made excuses, and we don't want to say no, but we're not willing to say yes, because we're afraid where that may go, and yet sometimes before freedom comes some pain, and I think...it's important to understand that God's asking you ['Will you let me heal you?']”—Stephen Arterburn¹⁴

The KEY to Healing

- Read Psalm 86:11-12. Read Revelation 3:19-20.

How is it that we experience healing in our hearts and lives?

- *We must INVITE Jesus in.*
- *We must give Him permission to heal us.*
- *We must be willing to grieve with Jesus about injustice and that we could not fully serve Him until we become healed.*





“We simply invoke His presence, then invite Him into our hearts. He shows us our hearts. In prayer for the healing of memories, we simply ask our Lord to come present to that place where we were so wounded (or perhaps wounded another)...[but] healing prayer is not the ‘instant fix,’ nor the bypassing of slow and steady growth. It is that which clears the path and makes such progress possible.”—Leanne Payne

Embracing Our Lives

- The lie goes: "If I act like there is no problem it will finally go away."
- See Isaiah 60:1: "Arise from the depression and prostration in which circumstances have kept you – rise to a new life! Shine, be radiant with the glory of the Lord, for your light has come, and the glory of the Lord has risen upon you!"
- If you have problems and you fake it, and expect they will go away, the problem doesn't go away, you go away. You lose yourself and you develop a façade, and you start to say superficial things, and you start to cover up.
- Rather than cursing the person, we embrace the gift that God had given us to grow and strengthen, even if the other person did not launch us out.
- As strange as it seems, when we embrace the life we have now, even though God did not intend a horrible thing to happen, He will embrace it and make it look like it actually should have been in the first place!!

Reconciliation

- Read 2 Corinthians 5:18-20. What is the ministry of reconciliation?
- *This is God using us to fix the broken parts of this world.*
- *Everything in this world has an element of brokenness, and we are called to be effectual healers of that brokenness.*



Comfort



- Read 2 Corinthians 1:3-5.

How does God use the healing we have experienced in others lives?

- *God uses the comfort that we have received so that we can comfort others in a similar situation.*
- *We comfort others based on the comfort we have received.*

Weekly Sharpening Session

Search your heart and your memory for an old traumatic experience that deeply wounded you. *INVITE* Jesus into it. Be prepared to discuss how your life is different as a result.

