

**SERIES: WHAT LIES BENEATH**  
**Being Emotionally Healthy in an Emotional World**  
**SERMON: THE GREAT PHYSICIAN**  
**7-24-22**

**REVIEW:**

Joy, sadness, anger, excitement, hatred....No one is immune to any of these feelings. We all experience the entire gamut of emotions, from fear and anxiety to satisfaction and relief, and everything in between.

But it is very easy to be led by our emotions....to let our emotions control our behavior. We get angry and spew things out of our mouth that we would never say otherwise or even get violent. When we're depressed or sad, it's easy to turn to food, or a substance, or a bad habit to cope with those feelings.

In our current culture emotions are running high. Rapid changes worldwide, instability, crisis, fear, sickness, inflation...are pushing people to places emotionally that are very unhealthy. Depression is at an all-time high, suicide rates are skyrocketing....anxiety is the norm..... It seems everyone has a seat on this emotional roller coaster and we need to figure out how to get off.

*Genesis 1:26-27 "Then God said, 'Let us make man in our image, according to Our likeness.....So God created human beings in his own image. In the image of God he created them; male and female he created them.*

**GOD MADE US IN HIS IMAGE.**  
**WE ARE CREATED IN THREE PARTS - BODY, SOUL AND SPIRIT.**

**THE IMAGE OF GOD IN US INCLUDES PHYSICAL, SPIRITUAL, EMOTIONAL,  
INTELLECTUAL AND RELATIONAL.**

Ignoring any aspect of who we are as men and women made in God's image always results in destructive consequences - in our relationship with God and with others and with ourselves.

**OPENER:**

In the third epistle of John, John begins his final letter with these word to his friend Gaius.....

**3 John 1: 2 (NIV) Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.**

The soul has often been a subject of mystery. There are a variety of definitions of what the soul is. But, the soul is your emotions, your thoughts, the Bible calls it your heart.....To simplify it, the soul as "all that is within" – your internal world.

> God desires for us to be whole and complete in all three parts of our being. His will is for us to be well physically and internally.

> It is also God's will that our internal world define and impact our external world – not the other way around. So often, we allow the state of our internal world to be defined by external circumstances. We have it backwards.

***Mark 8:36 (NKJV) For what shall it profit a man, if he shall gain the whole world and lose his own soul?***

We can focus on the pursuit of external things to make us whole. You can get everything you want. You can win the heart of that girl and marry her. You can have great success in business, you can have lots of money in your bank account, you can have a great reputation, you can be recognized and praised for your skills and accomplishments, you can gain popularity with the crowd and have many friends. But none of this will give you peace or contentment, or make your soul whole or healthy. It is all superficial. It will all pass away.

### **THE ONLY PLACE WHERE YOUR SOUL CAN PROSPER IS IN JESUS.**

As a Christian community, it is very easy to focus on external things in our walk with God... our habits, our church attendance, our service, our giving, our ministry and totally ignore the condition of our heart. It's easy to mistake our servitude at church for relationship with God and it's easy to grow in our gifting and think we are growing closer with God.

#### **I. JESUS IS THE HEART DOCTOR**

***Matthew 9:12 (NLT) <sup>12</sup> When Jesus heard this, he said, "Healthy people don't need a doctor—sick people do."***

***(Explain scripture... Jesus was questioned about meeting with sinners, outcasts..... )***

Jesus is known as "The Great Physician." The Bible tells us that large crowds followed him because they saw the signs that he was doing among those who were sick. But, during His ministry, Jesus didn't heal only people's physical bodies. He cared for their emotional needs too.

#### **ILLUSTRATION:**

When Jesus healed a man with leprosy in *Matthew 8:1-4* He first touched him. We don't know for how long that man had been sick. Due to the strict laws regarding skin diseases, we can assume that, for the duration of his illness, no one had ever touched him, until Jesus did. His touch was the first physical contact he had had in a long time.

Jesus also told him to show himself to the priest and follow what the Law of Moses determined that he should do in that case. The procedure would allow him to be socially and religiously active again.

After the priest confirmed his healing, he would be able to go to the Temple, to move back inside the city, to touch and be touched. He would have his normal life back. Jesus took care of this man's emotional, social, and psychological needs as well.

**IT WAS NOT ONLY ABOUT THIS MAN'S PHYSICAL HEALING.  
JESUS WAS JUST AS CONCERNED ABOUT HIS  
INTERNAL WOUNDS.**

The Bible tells us the Jesus is concerned about the healing of our heart.

> He takes care of our anxiety.

*1 Peter 5:7 (NLT) Give all your worries and cares to God, for he cares about you.*

> He gives us peace

*John 14:27 (NLT) I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.*

> He gives us rest

*Matthew 11:28 (NLT) Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.*

> He give us joy

*John 15: 11 I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!*

*Psalms 147:3 (NLT) He heals the brokenhearted and bandages their wounds.*

**ILLUSTRATION:**

Let's say that you injure yourself... you cut a huge gash in your hand. If you ignore it or don't give it the attention it needs it will not heal, it will become infected.

If you break your leg or your arm and don't give it the attention it needs by having it reset and heal, then it won't heal properly and you will be handicapped.

It is the same way with emotional wounds in our lives, we can ignore them, try to forget about them; not give them the care and the attention they need and they can become infectious inside of us and we can be handicapped by wounds that haven't healed properly.

**INTERNAL WOUNDS AND INJURIES THAT ARE NOT TAKEN TO THE LORD, OUR  
HEALER, WILL ONLY BECOME A BIGGER PROBLEM WHEN IGNORED.**

**WE CANNOT ONLY FOCUS ON THE HEALING OF OUR BODIES. WE MUST  
FOCUS ON THE HEALING OF OUR HEARTS TOO.**

**JESUS HAS THE ABILITY TO DIAGNOSE AND TREAT WHATEVER IS WRONG  
WITH YOU.**

## **HOW DO WE HEAL OUR HEARTS?**

### **1. MAKE AN APPOINTMENT WITH THE GREAT PHYSICIAN**

#### **ILLUSTRATION:**

Some of us refuse to go to the doctor. We can be desperately sick and have horrible symptoms that we ignore and refuse to see the doctor. Out of our own pride we refuse to humble ourselves and get help.

We all need regular checkups with Jesus. Let Him give you a full checkup. Which means you make an appointment, you set aside some time to go to him and ask for his advice, his healing, his evaluation of the health of your soul.

*Psalm 139:23-24 (NLT) <sup>23</sup> Search me, O God, and know my heart; test me and know my anxious thoughts. <sup>24</sup> Point out anything in me that offends you, and lead me along the path of everlasting life.*

What does it mean to make an appointment with Jesus?

You sit before the Lord, take time away from everything else and everyone else. And sit before him, submit yourself to him and listen to his counsel as he examines your soul. Ask for his help and his counsel.

### **2. LISTEN TO HIS COUNSEL**

#### **ILLUSTRATION:**

You can visit a doctor and he diagnose your problem and tell you what the antidote or prescription should be. But you can always say, “I want a second opinion.” It is so hard to hear and accept the truth about ourselves. It’s hard to admit that you have some internal wounds and issues that need to be dealt with. So we say, “I want a second opinion. I’m not sure I’m totally convinced that what you say is correct. I’m not sure your diagnoses of what is wrong with me is right. “ So, we go out seeking someone to tell us what we want to hear.

Jesus spoke and taught truth, but he also knew that it was up to those who heard it to accept it. Because he said....

*Matthew 11:15 Anyone with ears to hear should listen and understand!*

*Proverbs 19:20-21 Listen to counsel and receive instruction, That you may be wise in your latter days. There are many plans in a man’s heart, Nevertheless the Lord’s counsel—that will stand.*

### **3. TAKE WHAT HE PRESCRIBES**

If you have something that is wrong, you have to take medicine. You have to take what is prescribed.

## **WHAT DOES THE LORD PRESCRIBE FOR HEALING?**

### **A. HIS WORD**

*Psalm 107:20 (NLT) He sent His word and healed them, And delivered them from their destructions.*

### **WE MUST APPLY THE WORD OF GOD AS MEDICINE FOR OUR SOULS.**

Speaking Scripture over our lives does wonders for us, because God's Spirit is released when His word is read and spoken.

*Proverbs 4:20-23 (NLT) My child, pay attention to what I say. Listen carefully to my words. 21 Don't lose sight of them. Let them penetrate deep into your heart, 22 for they bring life to those who find them, and healing to their whole body. 23 Guard your heart above all else, for it determines the course of your life.*

It's important to remember that the Lord is our Healer, and that His Word is our medicine. What does it mean to "wait for the Lord"? It means to actively expect, look for and hope in Him. It includes setting aside time to talk to God, read and meditate on His Word, or simply sit quietly in His presence.

This time with the Lord can do more to restore our body, mind and emotions than anything else we can do. During these times, the Lord empowers us with renewed physical, emotional, mental and spiritual strength.

If you need healing in an area of your life, I encourage you to begin taking some time each day—even if it's just five minutes—to stop, get quiet, and focus on Him. Just like you would take time to wait at a doctor's office, take a little time to wait on God, the Great Physician.

### **B. CHANGE OF LIFESTYLE**

#### **ILLUSTRATION:**

Sometimes the doctor will say to a patient, "You are making yourself sick. You are going to have to change your lifestyle to get well."

Jesus says the same thing to us, You must make a change in your lifestyle. Obey me and have peace.

One of the biggest connections to depression and anxiety is disobedience.

*Isaiah 48:18 (NLT) Oh, that you had listened to my commands! Then you would have had peace flowing like a gentle river and righteousness rolling over you like waves in the sea.*

### **C. PHYSICAL THERAPY**

#### **ILLUSTRATION:**

No one likes physical therapy, but to get well sometimes that is the prescription. It is hard, it hurts, it's not something you want to do, but you realize in order to get well and be whole you have to do it.

#### **ILLUSTRATION:**

Many times Jesus asked people to do something to receive their healing.....  
example: mud on the man's eyes. We read this story and we say, Wow, that's kinda mean. That is asking a lot Jesus.

**THE LORD MAY ASK YOU TO TAKE A STEP OF FAITH IN THE PHYSICAL TO HEAL  
YOUR INTERNAL WOUNDS.**

**HE MAY ASK YOU TO DO SOMETHING THAT STRETCHES YOUR FAITH.  
SOMETHING THAT IS PAINFUL AT THE MOMENT, BUT BENEFICIAL IN THE LONG  
RUN.**

- > To be free of the unforgiveness Jesus may ask you to reach out and do something for that person to bless them.
- > To be free of the jealousy, Jesus may be asking you to honor that person that you can't stand.
- > To be free of loneliness, Jesus may be asking you to take the first step in making a friend.
- > To be free of the hurt, Jesus may be asking you to ask for help from someone else.