

SERIES : BECOMING WHOLE AGAIN

Healing Emotional Wounds with the Stripes of Jesus

SERMON: BRING YOUR HEART TO THE HEALER

5-7-23

OPENER:

*Isaiah 61:1-3 (NIV) The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me
to proclaim good news to the poor.
He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,
² to proclaim the year of the Lord's favor
and the day of vengeance of our God,
to comfort all who mourn,
³ and provide for those who grieve in Zion—
to bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a garment of praise
instead of a spirit of despair.
They will be called oaks of righteousness,
a planting of the Lord
for the display of his splendor.*

- > Do you ever feel like your brain has been switched off?
- > Have you ever felt discouraged, unfocused, overwhelmed?
- > Are there unhealthy patterns in your life or your family that you just can't seem to break?
- > Do you start each day physically exhausted and depressed?
- > Are you anxious about the future?
- > Does anxiety cripple you at times?
- > Are you haunted by your past?
- > Do you feel lost and uncertain?

If you answered yes to any of these questions, you are not alone. More and more of us are suffering from anxiety, depression, and burnout and post traumatic stress, But this doesn't mean there is something wrong with you or that you have mental illness. These are all ways of describing natural human responses to adversity and experiences of life.

**CHALLENGING EVENTS AND CIRCUMSTANCES ARE A PART OF LIFE AND THEY
AREN'T GOING ANYWHERE.**

**OTHER PEOPLE MAKE A LOT OF DECISIONS EVERYDAY
THAT AFFECT US ALL.**

**WE ALSO LIVE IN A BROKEN WORLD AND
THINGS HAPPEN THAT ARE OUT OF OUR CONTROL.**

**EVENTS AND CIRCUMSTANCES CAN'T BE CONTROLLED.
BUT WE CAN CONTROL OUR REACTIONS TO THESE EVENTS AND
CIRCUMSTANCES BY CALLING ON JESUS, OUR HEALER.**

THREE LIES I WANT TO EXPOSE:

> FIRST: CALLING EMOTIONAL WOUNDS A DISEASE IS WRONG

Anger, grief, depression, frustration, burnout, social phobia, ... are warning signals that are telling us we need to face and deal with something that has happened in our life. The pain is real and it is a sign that something is wrong. It is a sign of a broken heart; an injured brain.

**BUT YOUR EXPERIENCE DOESN'T NEED TO BE VALIDATED
BY A MEDICAL LABEL.**

**MENTAL HEALTH STRUGGLES SHOULD NOT BE
YOUR IDENTITY.**

**THEY'RE NORMAL - THEY DO NOT NEED TO BE SUPPRESSED - THEY NEED TO
BE ADDRESSED OR THEY WILL GET WORSE.**

**> SECOND: EMOTIONAL WOUNDS DO NOT MEAN A PERSON IS
UNSPIRITUAL**

They're just wounded. Trying to overcome or ignore emotional damage by appearing "spiritual" or "holy" only covers up the problem. And because of that it actually gets worse.

ILLUSTRATION:

Your brain is like a computer. Doctors and researchers know that every experience a person has had is stored in the brain, whether it is consciously remembered or not. And the feelings that went along with the experience are also stored in the brain, inseparable from the memory of the experience. Oftentimes past memories replay like a video on repeat and continue to affect the present.

**BECAUSE YOU ARE DEALING WITH EMOTIONAL DAMAGE DOES NOT MEAN
YOU ARE UNSPIRITUAL.
IT JUST MEANS YOU ARE WOUNDED.**

> THIRD: WE CAN'T JUST APPLY A BANDAID TO HEAL OUR EMOTIONAL WOUNDS

Modern psychological and psychiatric approaches to mental health want to use anti-depressants antipsychotics, but these don't bring healing. They only apply a bandaid and cover our mental brokenness.

**A BANDAID DOESN'T HEAL A WOUND - IT JUST HIDES IT.
WE DON'T NEED TO HIDE THE INJURIES TO OUR HEARTS, BUT ASK THE LORD
TO HEAL US.**

The Word of God is full of passages that display his desire to heal our emotional wounds.....

Psalm 34:18 The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.

Psalm 147:3 He heals the brokenhearted and bandages their wounds.

Psalm. 46:1-2 God is our refuge and strength, always ready to help in times of trouble.

Psalm 55:22 Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall.

Psalm 62:8 O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.

Isaiah 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

FIVE POINTS:

I. OUR HEARTS CAN MAKE US SICK

For the first time in history, the trend for people living longer has reversed. People are sicker and dying younger despite all the advances we have made in medicine and technology. People the ages of 24 to 65 are dying 8 to 15 years younger than previous generations from (and this is the crazy part) preventable lifestyle diseases. Not only are we experiencing pandemics, and exposure to pollutions harmful to our health, but more and more people are dying from despair.

Most researchers believe that stress is responsible for up to 90% of illness, including heart disease, cancer and diabetes. Only 5 to 10% of disease is said to come from genetic factors alone.

Which in turn is increasing our vulnerability to disease. The result of this is a society dependent upon external factors like painkillers, medications, or the latest wellness fad and skyrocketing costs to fix us.

When we are in a toxic thinking state the release of stress hormones can significantly affect the immune system, our cardiovascular system and our neurological system. Even doctors provide recipients of organ transplants with stress hormones to prevent their immune system from rejecting the foreign implant.

Suicide rates are on the rise, toxic addictions are increasing, people are more depressed and anxious than ever before and our children are the most medicated of any generation in history.

IT IS OBVIOUS, OUR HEARTS ARE MAKING US SICK.

II. OUR MINDS ARE BEING SEIZED WITH FEAR

Luke 21:25-26 (NKJV) "And there will be signs in the sun, in the moon, and in the stars; and on the earth distress of nations, with perplexity, the sea and the waves roaring; ²⁶ men's hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken.

We live in a world characterized by fear. People are fearful about their health, the economy, their jobs, the future, corruption and crime. They feel powerless. The cost of this fear is toxic thoughts, toxic stress, anxiety and depression.

OUR HEARTS ARE FAILING AND BEING OVERTAKEN WITH FEAR.

2 Timothy 1:7 (NKJV) For God has not given us a spirit of fear, but of power and of love and of a sound mind.

The Greek word "sound" - sozo - prone = sode-zo
to save, to rescue from danger or destruction one (from injury or peril); to make well, heal, restore to health

III. WE HAVE STOPPED THINKING FOR OURSELVES

We have lost the ability to think deeply. We've forgotten the art of deep and focused thinking. We want things fast, quick and now. We don't want to put in the hard work to true change or we've never been taught what this kind of work looks like.

WE HAVE STOPPED THINKING FOR OURSELVES.

**WE HAVE STOPPED USING OUR MINDS.
WE DON'T CONTROL THEM. THEY CONTROL US.**

**EVERYTHING IN OUR SOCIETY CONVEYS
THE MESSAGE OF "NOW"!
WE HAVE SACRIFICED THE PROCESS OF KNOWLEDGE
FOR THE GATHERING OF DATA.**

The progression of an information era with easy access to endless streams of knowledge has changed how we think, feel and make choices. Without realizing it, we are training ourselves to not process things and think, but jump to a quick solution and a reactive opinion.

John 10:10 (NLT) The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

**THE ENEMY IS TRYING TO STEAL OUR MINDS
AND DESTROY US.
BUT GOD WANTS TO SAVE, HEAL AND RESTORE OUR MINDS AND GIVE US
LIFE AND PEACE.**

IV. WE NEED TO GIVE OUR HEARTS TO THE HEALER

We have spent so much time and money fixing our physical bodies that our mind has been neglected. We spend countless hours in the gym to become physically fit. We spend an astronomical amount of money on the latest health fads and diets.

**WE ARE QUICK TO CALL THE DOCTOR WHEN WE ARE PHYSICALLY SICK, BUT
SLOW TO CALL ON THE LORD WHEN ARE HEARTS ARE INJURED.**

1 Thessalonians 5:23 (NASV) Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.

Note:

God made us to be a three part being. We are spirit beings living in physical bodies, and we have souls (our minds, which are our thinker and chooser and our feeler).

**WHEN GOD LOOKS AT US, HE SURVEYS ALL
THREE PARTS OF US.**

**HE IS JUST AS CONCERNED ABOUT OUR MENTAL AND EMOTIONAL HEALING
AS HE IS OUR PHYSICAL HEALING.**

**HE IS JUST AS CONCERNED ABOUT OUR OUTWARD ACTIONS AS HE IS OUR
INWARD THOUGHTS AND ATTITUDES.**

**GOD'S WILL IS TO HEAL YOUR BODY "AND" YOUR HEART.
BUT GOD CANNOT HEAL A HEART THAT IS NOT FULLY
GIVEN TO HIM.**

ILLUSTRATION:

That would be like going to your doctor and asking for his help, because you have a huge gash in your leg, but not allow him to touch you or cleanse it, apply healing save and bandage it.

GOD CANNOT HEAL WHAT IS NOT PLACED IN HANDS.

**MANY OF US CARRY EMOTIONAL WOUNDS, BECAUSE WE HAVEN'T GIVEN
GOD OUR WHOLE HEART.**

**WE HAVE FOCUSED MORE ON GIVING OVER OUR OUTWARD BEHAVIOR TO
HIM.**

**WE HAVEN'T GIVEN UP OUR WILL TO HIM, OUR THOUGHTS, OUR MOTIVES,
OUR DREAMS, OUR DESIRES, OUR PLANS,
OUR FEARS, OUR PAIN.**

**V. WHEN CHRIST WAS ON THE CROSS HE DIDN'T BEAR THE
STRIPES ONLY FOR YOUR PHYSICAL WOUNDS, HE BORE
THEM FOR YOUR EMOTIONAL WOUNDS TOO**

Isaiah 53:3-5 (NLT) He was despised and rejected— a man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care. ⁴ Yet it was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins! ⁵ But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.

THE LORD CARRIED YOUR GRIEF, YOUR PAIN, YOUR SORROW.

**> HE BORE THE DEPRESSION AND THE DISCOURAGEMENT THAT YOU LIVE IN
BECAUSE YOU FEEL HOPELESS AND THERE SEEMS TO BE NO ANSWERS.**

> HE CARRIED YOUR SORROW AND PAIN OF THE LOSS OF A LOVED ONE.

> HE FELT DEEPLY THAT REJECTION THAT HAS WOUNDED YOUR HEART.

> HE CARRIED THE CRIPPLING PAIN OF THE TRAUMA YOU EXPERIENCED.

**> HE BORE THE SAME SHAME YOU BORE WHEN YOU WERE ABUSED,
ASSAULTED, INSULTED AND DESPISED.**

**HE CARRIED IT ALL TO THE CROSS AND BORE THE STRIPES ON HIS BACK SO
YOU COULD BE HEALED.**