

# Healing . . . Isaiah 61:1-3

What is Healing	Why be Healed?
Restore godly order	Have an Intimate relationship with God
Become whole and healthy (body, soul & spirit)	Lead an abundant life
Restore health and conditions	Discover who we are in Jesus
Replace turmoil and confusion with peace	Do what God wants us to do (Matt 28:18-20)
Deal with blockages that hinder sanctification	Experience the fullness of God's love (Ep 3:16-19)

**Which one or ones speak to your heart?  
How does this impact your idea of healing?**

- Who was betrayed and abused more than any other, and how did he or she respond?
- What gift did you receive that you never, ever, ever thought possible?
- Have you been taught that emotions are bad or to be buried?
- How can you become free of the enslavement of personal or generational consequences?

PS 69: 22-28

May the table set before them become a snare;  
may it become retribution and a trap.

<sup>23</sup> May their eyes be darkened so they cannot see,  
and their backs be bent forever.

<sup>24</sup> Pour out your wrath on them;  
let your fierce anger overtake them.

<sup>25</sup> May their place be deserted;  
let there be no one to dwell in their tents.

<sup>26</sup> For they persecute those you wound  
and talk about the pain of those you hurt.

<sup>27</sup> Charge them with crime upon crime;  
do not let them share in your salvation.

<sup>28</sup> May they be blotted out of the book of life  
and not be listed with the righteous.

# Forgiveness

## Is NOT:

- Feeling
- Forgetting
- One Time
- Minimizing
- Justifying the other person
- Denying the pain
- Avoiding the pain
- Avoiding the confrontation
- Trusting the offender
- Self-pity
- Victim Mentality
- That you are weak for forgiving

## Is:

- To enable the fulfillment of God's purpose in your life
- A choice
- An act of obedience, demonstrating your faith in and love of Jesus
- A decision that we will not wait for the other person to forgive first
- Separating the sin from the sinner
- A willingness to deal with the affects of the sin
- A process
- A lifestyle
- Going to Jesus and acknowledging I have pain, loss, and grief
- Counting the cost and consequences, especially as it impacts others
- Trusting in God
- Abiding in Christ and in His authority, lordship, and power
- Allowing God to heal my pain

# Forgiveness Steps

- Ask God to forgive me, and repent where repentance is needed.
- Forgive others (often the first step). If healthy or wise, ask them to for forgiveness directly.
- Forgive myself, often we still feel ourselves unworthy of forgiveness – a lie from our enemy, possibly holding us bound under his influence or even authority.
- If we've blamed God, ask Him to forgive us for this.