

BEAUTIFUL THINGS

Title: Part 2 – “When Medicine Isn't Enough”

Date: August 24, 2025

As we continue in this moment of worship and prepare our hearts for God's Word, let's take a minute and make some space for God to work in our lives. Our souls have a surface, a midlands, but God communicates to us in the depths. So, everyone close your eyes, I promise this won't be weird, but let's give God EVERYONE and EVERYTHING. Just say that under your breath, “God I give you everyone and everything...” Now as the band plays softly just take a few moments and give God all the things and all the people on your heart. Lovingly detach yourself from the cares of this world.

[PRAYER TIME]

Hey before you grab a seat take a :30 seconds and say “Hi” to some people around you. While everyone here in the house is saying “Hi” to each other I want to say “Hi” if you are joining us online or on our app, thank you for spending some time with us! We consider you a part of our church family so let us know how we can pray for you or serve you—we'd love to walk alongside you in any way that we can.

Well, how is everyone doing? How awesome was it to celebrate our 1,000th Sunday last week?

Today we are in week two of a collection of messages called "Beautiful Things: Six Things You Can't Live Without," and each week we're reading this same passage together. My goal is that by the end of six weeks, you'll have these verses memorized—not because you have to, but because they're too good to forget. Let's all read this out loud together. King David writes this in Psalm 103, verses 1 through 5:

¹ Praise the Lord, O my soul; all my inmost being, praise his holy name. ² Praise the Lord, my soul, and *forget not* all his **BENEFITS**—³ who forgives all your sins and heals all your diseases, ⁴ who redeems your life from the pit and crowns you with love and compassion, ⁵ who satisfies your desires with good things so that your youth is renewed like the eagle's.

Last week we started this by asking an uncomfortable question we all wrestle with: **What am I living for?** When you wake up in the morning, what gets you out of bed? When you're stressed, where do you turn for comfort? When you feel like you're failing at life, what makes you think you're going to be OK?

For most of us, if we're honest, we're living for things that are unreliable, temporary, or completely out of our control. We're living for career success, but AI could eliminate your

job in five years. We're living for relationships, but people disappoint us. We're living for our health, but bodies break down. We're living for financial security, but markets fluctuate.

And when those things get threatened or taken away, we panic. We despair. We think our lives are over. **THIS is American life today!**

- Ninety percent of Americans believe we're in a mental health crisis.
- We're the most medicated nation in history yet among the unhealthiest.
- Sixty-two percent of our country reports financial stress as a major concern.
- We have more ways to connect than ever before, but loneliness and suicide are at epidemic levels.

Everyone's searching for the same things: peace of mind, physical and emotional healing, hope for the future, love and acceptance, true satisfaction, and the energy to keep going.

Remember that song "Beautiful Things" by Benson Boone that was everywhere? He sings, "Please stay. I want you; I need you, oh, God. Don't take these beautiful things that I've got." That song topped charts in 19 countries because it captures something we all feel—gratitude for the good things mixed with fear of losing them. We're all looking for beautiful things in our lives.

But here's the problem: we're looking in all the wrong places. We think peace of mind comes from having enough money in the bank. We think healing comes from the right doctor. We think hope comes from the right politician. We think love comes from finding the right person.

BUT King David discovered six beautiful things that are different. They can't be taken away! They don't fluctuate with the markets! They don't depend on your performance or other people's behavior! They survive every storm, outlast every crisis, and satisfy every longing.

David says in Psalm 103, verse 1:

¹ Praise the Lord, O my soul; all my inmost being, praise his holy name. ² Praise the Lord, my soul, and **FORGET NOT** all his benefits...

That phrase "forget not" is crucial. David is commanding his own soul to remember what he's prone to forget. We all have spiritual amnesia. BUT the things he wants to remember aren't just nice religious concepts. These are life-or-death necessities. AND when we

forget God's benefits, we start trying to find these same things in other places. But it doesn't work. It never works. Because there are some things that only come from God.

If you missed part 1 you can find it on our app or website, but today we're talking about the second beautiful thing, and it's something that hits close to home for every single person in this room. Today I want to preach a message I'm calling:

When Medicine Isn't Enough

Let me ask you something, and I want you to be honest (don't answer this out loud LOL but): What's not working in your body right now? What's not working in your emotions? What's not working in your relationships? What's not working in your mind?

If you're like most people, you probably have a mental list: that chronic pain you've learned to live with, that anxiety that shows up uninvited, that relationship that's been strained for months, that depression that hovers like a cloud, that addiction you can't seem to shake, that trauma that still triggers you years later.

AS we touched on last week, we live in the most medicated generation in human history:

- Sixty-six percent of Americans take prescription medication regularly.
- Mental health prescriptions have increased 85% since 2019!
- We spend \$4 trillion annually on healthcare—more than the GDP of most countries.

And yet, we're sicker than ever. Not just physically, but emotionally, relationally, spiritually. We have more ways to treat symptoms than ever before, but we're not getting to the root of what's really wrong.

Here's what I've discovered: there are some forms of brokenness that no medicine can touch, no therapy can reach, and no self-help strategy can heal. There are wounds that go deeper than psychology can diagnose, pain that runs older than trauma can explain, and emptiness that's more profound than any circumstance can fill. There are diseases of the soul that require a divine physician! Amen?

You can take antidepressants for your sadness, but they can't heal the shame that's driving it. You can go to counseling for your anxiety, but it can't touch the fear that's rooted in spiritual separation. You can attend support groups for your addiction, but they can't address the soul-sickness that's feeding the compulsion. You can practice mindfulness for your restlessness, but it can't satisfy the God-shaped hole that's causing the unrest.

These are diseases of the soul that require a divine physician—someone who doesn't just treat symptoms but heals the source, someone who doesn't just manage the condition but transforms the core, someone who doesn't just offer coping strategies but provides complete restoration.

That's what David discovered in the rest of verse 3 when he said God "heals all your diseases." He wasn't just talking about physical ailments—though God certainly heals those. He was talking about comprehensive restoration that touches every broken part of your life.

AND that's the first thing we need to understand today, if you are taking notes write these down, number 1:

You were designed for wholeness.

Which sounds good, right? We'd all like to believe that we were somehow designed for wholeness but how can we know for sure?

Look at what David says again:

² Praise the Lord, my soul, and forget not all his benefits—³ who forgives all your sins and **HEALS** all your diseases

The Hebrew word David chooses for "heals" doesn't just mean "to cure" or "to fix." It means "to restore to original design," "to make completely whole."

When God heals, He doesn't just patch you up. He doesn't just manage your symptoms. He doesn't just give you coping mechanisms. He restores you to the way you were designed to function before anything went wrong.

Think about it this way: when Apple releases a software update, they're not just adding new features. They're fixing bugs, addressing vulnerabilities, and restoring the device to optimal performance. That's what divine healing does—it's a complete system restore.

But here's what's fascinating about this Hebrew word "rapha" David uses here: it's used throughout Scripture not just for physical healing, but for healing of relationships, healing of hearts, healing of nations, healing of spiritual conditions. It's comprehensive restoration.

When David says God heals "all" your diseases, he uses the Hebrew word "kol" which means every single one, without exception, completely, totally. Not just the ones

medicine can treat. Not just the ones insurance covers. Not just the ones other people can see. All of them!

Physical diseases, emotional diseases, relational diseases, spiritual diseases. All of them fall under God's healing power!

You were not created to live with chronic anxiety. You were not designed to carry unhealed trauma. You were not meant to struggle with ongoing depression. You were not made to have broken relationships. You were not intended to be enslaved to addictions.

You were created for wholeness. AND God wants to restore that wholeness! How many of you believe that today?

Maybe you would say, "I want to believe that today, Pastor Brian. I want to believe that I was made for wholeness, but the reality of my life seems to prove otherwise, and this seems like just one more thing to get my hopes up only to still live with my sickness and pain."

If that is how you feel today, first of all I want you to know that I see you and hear you and I am so sorry that life has been so hard! But more importantly I want you to know that God sees you and hears you and cares for your broken heart and hopelessness. He wants you to understand this, number 2:

There's a difference between treating and healing.

There is a big difference between treating something and healing something. AND before anyone gets nervous, let me be clear: I believe in medicine. I believe in therapy. I believe in professional treatment. God uses doctors, counselors, and medication as tools of His healing grace. Don't hear me saying anything different.

BUT here's what I want you to understand: there's a massive difference between treating symptoms and healing root causes.

- Medicine can treat your anxiety, but only God can heal the fear that's driving it.
- Therapy can help you manage your trauma, but only God can restore what was stolen from you.
- Rehab can help you break the cycle of addiction, but only God can heal the shame that's feeding it.
- Medicine can lower your blood pressure, but only God can heal the stress that's raising it.

- Antidepressants can balance your brain chemistry, but only God can heal the wounds that threw it off balance in the first place.
- Sleep aids can knock you out for eight hours, but only God can give you the peace that leads to genuine rest.
- You can get Botox to remove the worry lines from your face, but only God can remove the worry from your heart.
- You can subscribe to every meditation app, but only God can give you the peace that passes understanding.

This is why Jesus' healing ministry was so remarkable. When He healed the paralyzed man in Luke 5, He didn't just say, "Get up and walk." He first said, "Your sins are forgiven." He addressed the spiritual root before treating the physical symptom.

The religious leaders were offended—they thought Jesus was overstepping His bounds. But Jesus understood that this man's paralysis wasn't just a physical problem. There was spiritual brokenness that needed healing first.

When He healed the woman with the issue of blood in Matthew 9, He didn't just stop the bleeding. He said, "Your faith has made you well. Go in peace." He restored her dignity, her place in community, her hope for the future.

For twelve years, she had been ceremonially unclean because of this blood issue which meant she was socially isolated from friends and even her faith. She was also financially bankrupt from paying doctors who couldn't help her. But Jesus didn't just heal her body—He healed her whole life.

When He healed the blind man in John 9, He didn't just give him sight. He gave him a new identity, a new purpose, a new relationship with God. The man went from being a beggar to being a bold witness for Christ.

My point is, Jesus understood something our culture is just beginning to rediscover: **everything is connected**. Your physical health affects your emotional health. Your emotional health affects your relational health. Your relational health affects your spiritual health. And your spiritual health affects everything else.

That anxiety you're taking medication for—and I'm not telling you to stop—but it might be rooted in a spiritual fear that you're not loved. That depression that's weighing you down—it might be connected to the abuse you endured years ago, something that was totally out of your hands. That chronic pain in your body—it might be related to bitterness you're harboring in your heart. The stress that's causing your high blood pressure—it might be coming from trying to control things that only God can control. The insomnia

that's keeping you awake—it might be the result of suppressed anger or guilt that needs to be confessed and forgiven.

Are you with me? You can't compartmentalize healing. You can't just treat one area and expect everything else to be fine. **That's why David says God heals "all" your diseases**—because true healing has to be comprehensive. It has to address the whole person: body, soul, mind, and spirit.

SO, there's a difference between treating and healing. There is nothing wrong with doing something medically to treat something you are dealing with, BUT for true healing to happen, for the wholeness you were created for, God takes a comprehensive approach.

And that leads to this, number 3:

The healing process vs. the healing promise.

This is what trips so many of us up and creates confusion for a lot of Christians. When David says in Psalm 103 that God "heals all your diseases," does that mean every Christian should be perfectly healthy? Does it mean if you're still sick, you don't have enough faith? Have you ever been to "that church" before?

Cheryl knew a woman one time that could not have children for medical reasons but the church she was attending told her it was because of either sin in her life, or she just needed to have more faith. SO, were they right?

Absolutely not! And here's why: **David is describing both a process and a promise.**

The process is that God is constantly working to restore wholeness in your life. Every day, in ways you don't even realize, God is healing you. He's healing your heart from yesterday's wounds. He's healing your mind from distorted thinking. He's healing your relationships from past hurts. He's healing your body from daily wear and tear.

Tim Keller used to say:

"God heals immediately, gradually, and ultimately."

God heals immediately. This is the miraculous, instant healing we read about in the Gospels and sometimes hear testimonies about today. Cancer disappears overnight. Broken bones are instantly mended. Addictions are immediately broken. Mental illness lifts in a moment. These do happen, but they're not the norm, which leads people to

wonder, "If God heals, why doesn't He always heal this way?" AND sometimes that's because...

God heals gradual. This is God working through processes, often using medicine, therapy, time, community, and spiritual disciplines as His instruments. Your depression slowly lifts through counseling, medication, and spiritual growth over months or years. Your marriage heals through forgiveness, communication work, and pastoral guidance. Your addiction is overcome through treatment, accountability, and gradual spiritual transformation. God is still the healer, but He's working through natural means and time. "BUT why didn't God heal my dad or child this way?" Because sometimes God goes ahead and provides:

Ultimate healing. Even those who experience miraculous healing on earth will eventually die. But in the new heaven and new earth, we'll have perfect, glorified bodies with no sickness, no mental illness, no broken relationships, no death. Sometimes God for reasons we cannot fully understand provides this sooner than later for some people. It doesn't remove our hurt, but it does remove theirs as they enter into the life and wholeness we were all created for.

But no matter what method He uses, the promise is that complete healing is coming! The brokenness you're experiencing now is not your final state! The disease that's attacking your body is not stronger than God's healing power! The trauma that's haunting your mind is not your permanent identity! The addiction that's enslaving your will is not your ultimate destiny!

SO, there is the process and the promise. AND that means this:

Healing often requires our participation.

Here's something that might surprise you: God's healing often requires your participation. Not because God needs your help, but because He wants your heart.

Think about the healing miracles in the New Testament. Jesus told the paralyzed man to "pick up your mat and walk." He told the man with the withered hand to "stretch it out." He told the blind man to "wash in the pool of Siloam {Suh-low-uhm}."

In every case, there was a step of faith required. Not because their faith earned the healing, but because their participation demonstrated their trust in the Healer. Let me say that again: a step of faith was required. Not because their faith earned their healing, but because their participation demonstrated their trust in the Healer.

The same is true today. God might call you to forgive someone who hurt you as part of your emotional healing. He might call you to confess a sin as part of your spiritual healing.

He might call you to seek professional help as part of your mental healing. He might call you to change your lifestyle as part of your physical healing.

AND this is what Jesus came to model for us. Jesus's actual lifestyle practices are essentially a blueprint for human flourishing. When Jesus walked our earth 2,000 years ago He wasn't just teaching theological concepts—He was demonstrating a way of living that leads to health and wholeness. SO, when we follow Jesus, we're not just adopting His beliefs, we are adopting His actual rhythms and practices.

Jesus regularly withdrew from crowds and work to rest on the Sabbath. Modern science shows this prevents burnout, reduces cortisol (the stress hormone), and allows our nervous system to reset. It's not just a religious rule—it's a prescription for mental health.

Spiritual disciplines like prayer, meditation of Scripture, fasting, solitude—these aren't just "religious activities." They're practices that:

- Reduce anxiety (prayer has been shown to lower stress).
- Improve focus and clarity.
- Build emotional regulation (fasting teaches self-control).
- Provide perspective.

Jesus also lived in deep community with the disciples. Research consistently shows that strong social connections are one of the strongest predictors of mental health, longevity, and life satisfaction. Isolation literally makes us sick.

Jesus also spent His time serving rather than accumulating. Studies show that serving others releases endorphins, reduces depression, gives a sense of purpose, and actually increases lifespan!

Practicing the way of Jesus is not about religious obligations. This is actually God's design for how humans function best. The Creator knows how His creation works optimally. When we live like Jesus lived, we naturally experience better mental, emotional, and even physical health—not as a side effect, but as the intended result!

It's not that we're doing spiritual things to get healthy—we're discovering that the spiritual way of living is the healthy way of living!

SO, one of the most practical ways we could apply this message today is to ask ourselves: **what step of faith is God asking me to take for my own healing?** What step is He asking me to take? Forgive someone? Practice the Sabbath? Schedule an appointment with a counselor? Start walking 20 minutes a day in nature? What step of faith is God asking me to take for my own healing?

Alright, two more really quick:

Some healing happens in community

One of the most important discoveries in modern medicine is that isolation makes everything worse, and community makes everything better. They now prescribe "social interaction" for depression, anxiety, and even physical ailments.

But Scripture understood this thousands of years ago. James 5:16 says:

¹⁶ Confess your sins to each other and pray for each other so that you may be healed.

Notice the connection: confession leads to prayer; prayer leads to healing. **But it happens in community, not in isolation.**

Some of you have been trying to heal by yourselves. You've been fighting your battles alone. You've been carrying your pain in secret. You've been medicating your wounds in private.

But God never intended for healing to happen in isolation. He designed it to happen in the context of loving community where people know your name, know your story, and are committed to walking with you toward wholeness.

This is why you need a church family. This is why you need to be serving on a team and building those relationships. This is why we offer prayer every Sunday after church. This is why we keep showing up for each other even when it's messy and complicated and takes longer than we'd like.

Because healing happens in community. Last one, has this helped anyone today?

The ultimate healing has already begun.

Here's what I really want you to understand today: the healing you need most has already begun. It started the moment you trusted Christ as your Savior.

2 Corinthians 5:17 says:

¹⁷ Therefore, if anyone is in Christ, they are a new creation; old things have passed away; behold, all things have become new.

That's not just talking about heaven someday. That's talking about spiritual healing that's happening right now!

The shame that used to define you? Healed by forgiveness. The guilt that used to crush you? Healed by grace. The fear that used to paralyze you? Healed by love. The hopelessness that used to overwhelm you? Healed by the promise of eternal life.

Your spirit has been completely healed and is being healed every day. Your soul is being restored to its original design. Your mind is being renewed by the truth of God's Word. Your heart is being mended by the love of God's people.

And that healing—that beautiful, comprehensive, soul-deep healing—is flowing into every other area of your life! It's affecting your physical health! It's improving your mental health! It's restoring your relationships! It's giving you hope for your future!

Some of you came in here today believing that you're too broken to be fixed. You think your trauma is too deep, your addiction is too strong, your disease is too advanced, your wounds are too old.

But God sent me today to tell you that He specializes in healing what others have given up on! He heals the incurable! He mends the irreparable! He restores the irretrievable!

The same power that raised Jesus from the dead is available to heal your broken heart! The same love that conquered sin and death is working to restore your damaged relationships! The same grace that forgave your worst failures is sufficient to heal your deepest wounds! Come, put your hands together, make some noise if you are thankful that His healing is in the House!

Maybe you've been living with something for so long you've forgotten what it feels like to be whole. Maybe you've accepted brokenness as normal because that's all you've ever known. BUT God hasn't forgotten what you were designed to be. He hasn't given up on your healing. He hasn't moved on to someone who's easier to fix.

He's the God who "heals all your diseases"—not just the convenient ones, not just the socially acceptable ones, not just the ones that respond quickly to treatment. All of them:

- Your eating disorder.
- Your anxiety disorder.
- Your personality disorder.

- Your sleep disorder.
- Your mood disorder.

All of them fall under His healing power!

- Your broken marriage.
- Your broken family.
- Your broken friendships.
- Your broken trust.

All of them can be restored by His grace.

- Your physical pain.
- Your emotional pain.
- Your spiritual pain.
- Your relational pain.

All of it can be healed by His love.

I want to end with this: **healing is not a destination; it's a journey.** You don't arrive at perfect health and stay there. You grow into greater and greater wholeness as you walk with Jesus.

Some healing happens instantly, some happens gradually, and some happens ultimately. But it all happens in the context of relationship with the Great Physician who knows exactly what you need and exactly how to provide it.

Pastor Matt Chandler says:

"God is not surprised by your brokenness. He's not overwhelmed by your complexity. He's not intimidated by your pain. He knew all of this when He chose to love you, and He has a plan to heal you."

Next week, we're going to talk about what happens when you feel like you've hit rock bottom—when life has thrown you in a pit so deep you can't see a way out. We're going to discover that God specializes in redemption that reaches into the deepest, darkest places of your life.

But for today, I want you to walk out of here with hope: the healing you need most has already begun, and it's not finished with you yet.

God is not done with your story. He's not done with your health. He's not done with your heart. He's not done with your healing.

The "Beautiful Thing" of divine healing is yours in Christ. Not just for your soul, but for every broken part of your life. Let's pray together.

[PRAYER TIME]