

# Healing Belongs to You in Christ! (part 10)

*June 27, 2021*

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Healing Hindrances: Negative Emotions

6.27.2021

## Review

In past lessons I have laid a foundation showing that healing is God's will for you.

We have taken 3 lessons and talked about the importance of faith and the ingredient of believing that you receive.

There will never be a time you don't need faith for healing either for yourself...

If you wait to get faith when you need it, you will be at a disadvantage.

God wants us to walk in divine health. It is made available by faith in the sacrifice of Jesus at Calvary.

The faith you have to receive forgiveness is the same faith that will heal you from sickness and disease.

This past year, with so much talk about sickness everywhere, we need to counteract that with the truth of God's word about our health!

**Part 1 – Deal with fear.**

**Part 2 – To what information sources do you give the most attention?**

Change the atmosphere of your life.

**Part 3 – Seven reasons you can know that healing is the will of God for you!**

**Part 4 – The Healing Covenant**

**Part 5 – God's seven covenant names.**

**Part 6 – Healing in the Atonement of Christ**

**Part 7 – Seven points on how to receive healing by faith**

1. Anything received from God must be received by faith!

2. Faith makes the impossible possible.

3. You can receive healing by faith.

4. Determine what you can exercise faith for without doubting.

5. Start with something small!

6. How can you tell where your faith is?

7. Three things necessary to receive by faith:

1. Believe that you have the healing before it physically manifests.
2. Talk like you believe you receive the healing before any physical manifestation appears.
3. Find a way to ACT like you believe you receive your healing.

When a sniffle comes, when a headache comes, when a joint pain comes, when you pull a muscle – whatever it is – believe God for it to be healed simply because of the sacrifice of Jesus.

Pray, and then act like you have received!

Last week we looked at David as he defeated Goliath, and at the 12 spies sent to check out Canaan – and looked at how their faith, words, and actions worked together.

**Today, I want to change emphasis as we discuss healing, and look at the hindrances or roadblocks that keep us from receiving the healing that Jesus has provided for us in His atonement.**

All of us at some time or another have been going somewhere and experienced a roadblock that kept us from continuing on the path we were going....

You can know that God's will is health and healing, but not be able to take advantage of it because of something in your life that is hindering.

SO, if you are in need of healing, give yourself a checkup in the areas we will be covering.

It is so easy to allow something that keeps us from God's best. That is why a regular personal spiritual exam is so important!

I have identified four major roadblocks that we must deal with in receiving the healing that Jesus has provided for us.

**Four major roadblocks:**

1. Negative emotions
2. Misuse of the body
3. Unforgiveness
4. Disobedience

Today, we will seek to cover at least one: negative emotions

**1. Negative Emotions**

Much sickness and disease are the result of prolonged anger, hatred, fear, worry, or a sense of guilt.

*Don't internalize emotional pain. Example: broken tooth when bike wrecked.*

What happens to you in life is not as important as what we choose to do with it

[Proverbs 15:30 \(NLT\)](#)

A cheerful look brings joy to the heart; good news makes for good health.

[Proverbs 15:30 \(NIV\)](#)

A cheerful look brings joy to the heart, and good news gives health to the bones.

[Proverbs 15:30](#) (MSG)

A twinkle in the eye means joy in the heart, and good news makes you feel fit as a fiddle.

[Proverbs 14:30](#) (NLT)

A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.

[Proverbs 14:30](#) (AMPL)

A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rottenness of the bones.

[Proverbs 14:30](#) (MSG)

A sound mind makes for a robust body, but runaway emotions corrode the bones.

[Proverbs 16:24](#) (AMPL)

Pleasant words are as a honeycomb, sweet to the mind and healing to the body.

[Proverbs 18:12-13](#) (NKJV)

Before destruction the heart of a man is haughty, and before honor is humility. 13 He who answers a matter before he hears it, It is folly and shame to him.

[Proverbs 18:14](#) (KJV)

The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

[Proverbs 18:12-13](#) (NLT)

Haughtiness goes before destruction; humility precedes honor. 13 Spouting off before listening to the facts is both shameful and foolish.

[Proverbs 18:14](#) (NLT)

The human spirit can endure a sick body, but who can bear a crushed spirit?

*Bible Knowledge Commentary notes:*

18:12-14. It is also wrong to trust in oneself. This verse should be read with the two preceding verses. "Is proud" translates *gavah*, "to be high, exalted, haughty"; it is related to the noun *govah*, "haughtiness," in 16:18.

\*\*\*\*A person who thinks he is superior to others will experience a downfall (cf. 11:2; 16:18; 29:23a). Humility on the other hand results in strength and can give a person the determination to live; it can help bring him through an illness, as physicians know.

But if a person is crushed ("stricken or prostrated"; cf. 15:13; 17:22) inwardly, if his inner strength is gone, medicine can hardly sustain him. A physically ill person can be borne along by his spirit, but if his spirit is down too, if he is depressed, what or who can lift him out of his illness?

Spirit Filled Life Bible Note on 18:14:

A broken spirit is one's personhood which has been crushed by life's difficulties. It is often accompanied by depression (15:13; 17:22). Healing such wounded personalities is part of Jesus' ministry ([Luke 4:18](#)).

[Proverbs 15:13](#) (NKJV)

A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.

#### [Proverbs 15:13 \(NLT\)](#)

A glad heart makes a happy face; a broken heart crushes the spirit.

Bible Knowledge Commentary notes on 15:13:

Verses 13-15 refer to a happy heart, a discerning heart, and a cheerful heart. Inner joys *samakh*; (see comments on v. 21) shows on a person's face, but inner grief (heartache; cf. 14:13) depresses a person's morale (crushes the spirit; cf. 15:4; 17:22; 18:14).

Happiness and depression are issues of the heart. What a person is inwardly has more lasting impact on his emotional state than do his circumstances. Some people hold up under difficult circumstances better than others because of inner strength.

#### [Proverbs 17:22 \(NKJV\)](#)

A merry heart does good, like medicine, but a broken spirit dries the bones.

#### [Proverbs 17:22 \(NLT\)](#)

A cheerful heart is good medicine, but a broken spirit saps a person's strength.

**\*\*Dake's Annotated Reference Bible note on 17:22:**

a [A merry heart doeth good like a medicine: but a broken spirit drieth the bones] A merry heart is healthful, but one completely broken in spirit and dejected will develop many physical illnesses. Nothing ruins health more than grief, continual worry, anxiety, fretfulness, bad tempers, hatred, and malice. The end of these things is death. We should rid ourselves of these destructive things.

#### [Proverbs 3:5-8 \(NLT\)](#)

Trust in the Lord with all your heart; do not depend on your own understanding. 6 Seek his will in all you do, and he will show you which path to take. 7 Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. 8 Then you will have healing for your body and strength for your bones.

#### [Proverbs 12:4 \(NLT\)](#)

A worthy wife is a crown for her husband, but a disgraceful woman is like cancer in his bones.

Bible Knowledge Commentary notes on 12:4

A wife of noble character (cf. 31:10; [Ruth 3:11](#)) is like a crown on her husband's head, that is, her strength of character (*khayil* is lit., "strength") makes her husband proud and honored. She adds dignity to him. Conversely a disgraceful wife (one who is not noble or strong morally) decays his bones (cf. comments on [Prov. 3:8](#)); her shame gives him inner pain.

Quote from *Who Switched Off My Brain...*

*Who Switched Off My Brain* By Dr. Caroline Leaf (South Africa, Switch on Your Brain Organisation PTY, 2007) pages 4-5.

From p. 4:

*Your brain can be compared to a prolific factory producing a variety of chemicals depending on what type of emotion you are experiencing. Depending on whether or not these emotions are toxic to your body, the chemicals will either help you or harm you. If they are harmful, they create conditions for a host of health*

*problems that will manifest in both the body and the mind. Emotions that regularly release a torrent of destructive chemicals that will be the most damaging over time are: unforgiveness, anger, rage, resentment, depression, worry, anxiety, frustration, fear, excessive grief and guilt.*

*Research shows that around 87% of illnesses can be attributed to our thought life, and approximately 13% to diet, genetics and environment.*

*Studies conclusively link more chronic diseases (also known as lifestyle diseases) to an epidemic of toxic emotions in our culture. These toxic emotions can cause migraines, hypertension, strokes, cancer, skin problems, diabetes, infections and allergies, just to name a few.*

From p. 5

*Studies also point to a direct correlation between anxiety/fear and heart palpitations, irritable bowel syndrome, tension headaches and heart problems.*

*Quite simply, there is no longer any doubt that what and how you think affect your emotional and physical state. The mind and body are integrally connected*

[Philippians 4:6-8](#) (JB Phillips)

6-7 Don't worry over anything whatever; tell God every detail of your needs in earnest and thankful prayer, and the peace of God which transcends human understanding, will keep constant guard over your hearts and minds as they rest in Christ Jesus.

8-9 Here is a last piece of advice. If you believe in goodness and if you value the approval of God, fix your minds on the things which are holy and right and pure and beautiful and good. Model your conduct on what you have learned from me, on what I have told you and shown you, and you will find the God of peace will be with you.

[Luke 4:18 \(NKJV\)](#)

The Spirit of the Lord is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed;

You may need to deal with worry, to forgive a person who hurt you, release an abuser, let someone go who you think owes you because they took advantage of you; you may be dealing with the aftereffects of divorce...

#### **Action Points:**

1. Have you taken time to examine yourself to see if you may have a roadblock that keeps healing from manifesting in your life?
2. Is there an emotional issue that you have buried in order to escape its pain?
3. Are you willing to forgive every single person who has hurt or offended you?