



Do you feel like you are experiencing a peaceful life?

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Do you believe that the world is a broken place?

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Do you feel that people are broken and need to be "set free?"

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LISTEN TO THE HOW PEOPLE ARE HEALED VIDEO HERE.  
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**"I, the Lord your God am your healer."**

- Exodus 15:26

## FINDING PEACE

There are many reasons people seek comfort. Relief of physical suffering. The strain of emotions stretched beyond our capacity. Our inability to move beyond bad habits. Ill-treatment at the hands of people who should have loved us or predators who have exploited us. **Emptiness** from unfulfilled hopes and dreams. This pain is very real, and humans have a propensity to insulate or hide from it.

According to God the world is a broken place with broken people who need to be fixed or "bound up." Healing the heart can only happen to people who recognize and embrace the spiritual dimension of our lives. We may then go to our Creator and invite Him to reveal Himself to us. This is the first and most important step to being healed and set free. In our Creator and His Plan we find power to meet our deepest needs.

If you do not have this kind a relationship with the Living God this is where your journey for peace must begin. **Ask Him to reveal Himself to you.** From your heart (even if you are skeptical) ask Him to show His life to you. The four gospels, Matthew, Mark, Luke, and John are good places to start your journey.

The person who wants to be healed must be motivated to ask and wait for healing. Jesus Christ is no mere ideology or dogma, He is Living, eternal, and waiting to respond to your request. it takes courage before healing can be found. Without this spiritual dimension you and I are unreachable to be healed. Do you have the courage to stand before your Creator and say "Please, reveal yourself to me" and "Please help me?"

To be at peace with God and ourselves we must place our faith in Christ. I am not referring to religion, because religion can keep us from God every bit as much as bring us to God. This is not self-reformation because self reformation does not last. It is **encounter and invitation.** I submit my will, my life, and the destiny of my soul into the hands of the One who created me. This is how I become and grow as a Christ-Follower. Be careful! Awareness of Jesus Christ's existence, family traditions, and the fact that you go to church are not certain indicators that you have this kind of relationship with God.

*Courage friend! God wants you to be filled with peace.*

**"Wash me and I will be whiter than snow!"**

- Psalm 51:7

Do you believe that the world is a dark place?

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Which of these four areas is most pertinent to you?

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Do you believe there is such a person as Satan?

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## THIS DARK WORLD

The brokenness of heart that we have been talking about plagues every woman and man. On some significant level one or more of the following four areas impact our ability to respond to a loving Father. Brokenness occurs when we are:



Jesus came to bind up the broken-hearted. He also came to set captives free and proclaim His Father's Kingdom. He is not only capable to do this but He is committed to the process of fixing our human and personal brokenness.

Jesus has complete authority over the works of the Devil. Even though Lucifer is immensely powerful and has woven his web into every human soul, God is in the process of "buying back" our broken hearts. To invite God into this tangled mess in our souls is to release a power greater than anything we can assemble by mere courage or good works.

Inviting Jesus into the dark parts of our past hurts and current brokenness is absolutely personal and completely supernatural. We must face the fact that we have never been outside of God's presence. This can be hard if we have experienced abandonment or abuse. *But remember, there is nothing that has been done apart from God seeing and allowing it, and there is nothing that He does not want to take upon His shoulders and bear.*



Read the three passages listed to the right.

Who is winning the struggle for control of your mind?

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Do you believe that what happens to your body is secondary to what happens in your soul?

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Do you believe that there is part of you that will live forever?

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Is eternity an important issue to you?

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*It would be wonderful if we were all loved and cared for fully, but the world is filled with incomplete parenting and cruel, self-serving predators. We can invest a huge amount of energy uncovering and confronting such sad neglect and cruelty, or we can identify with the lostness and ignorance of this dark world and learn to forgive even the unforgiveable. To invite God into the process of forgiveness and to give Him the right to vengeance is incredibly powerful and liberating.*

The choices I have made in my own life are very powerful as well. Relationships gone wrong, sins and vices unrepented, and unfulfilled longings are all a part of this brokenness we have been speaking about. Some of these things I have done because I didn't know any better and some because I have just been selfish.

The shame of personal failure and anger over disappointment are very powerful forces to keep us captive. To invite Jesus into this very personal place and to give Him permission to work here is incredibly hard, but provides great opportunity for us to be healed.

## **CHRIST-FOLLOWERS & HEALING**

Once I have encountered the Living God, I am ready to begin to be set free. Grace, peace, love, and hope are not abstract to God and He doesn't want them to be abstract to us.

When all you know is a broken world it is hard to imagine a loving Supreme Father who can be trusted with the most dear parts of your heart. The Scriptures explain healing on three different but intensely related areas.

In **MY MIND**, which is where struggle for control takes place...1 Corinthians 2:14-16

**MY BODY**, which is where death and life are being worked out before God...2 Corinthians 5:1-10

**MY SOUL**, which is eternally the Father's and what He will deliver into eternity...Luke 22:31

My Heart-emotions exist in all three areas: my Mind, my Body and my Soul.

*Do you acknowledge  
a supernatural dimension  
and intervention  
in your life?*

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*Are you on a path of  
personal healing  
or continued  
brokenness?*

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**HEALING OF MY MIND** involves:

- understanding my personal need for repentance
- rejecting sin's hold over me
- renewing of my mind by the Holy Spirit

**HEALING OF MY BODY** involves:

- boldly asking God to heal or not heal me (His choice)
- being grateful when God answers (though doctors or supernatural intervention)
- embracing affliction as it gets my attention and an acceptance that suffering causes my soul to be molded by God

**HEALING OF MY SOUL** involves:

- understanding practical acceptance of my worth to God
- my personal joy over being delivered from eternal death
- my confidence that there have been no God-mistakes in my life,
- and peace that I can rest easy in the arms of my Shepherd.

## **THE CHRIST-FOLLOWER'S LIFE**

*Christ-Followers must understand the **connection** between knowing God, suffering, learning, and healing.*

### **SUFFERING**

Read 1 Peter 2:18-25; 4:12-19

Suffering is the path that Christ walked and the path He prepared for us to follow. Our suffering is focused in submitting our will to the Father's will. If we reject suffering as a means to know God then we choose a path that is less likely to please God and to bless us.

Do I believe that embracing suffering is my chosen path for Christ-Following? Do I avoid or do I walk toward suffering?

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### **EXPERIENCING**

Read Hebrews 5:7-10; 12:3-29

Christ-followers are taught and disciplined by our Father. Culturally we associate discipline with negative things, but God equates discipline with sharing in His holiness (purity) and undiscipline with "illegitimacy."

Do I submit myself to the hand of God for the bitter and the sweet fruits of being pressed by His Spirit to submit? Do I avoid or not acknowledge the discipline of God?

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