

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 (through 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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