

*In what aspects do you
feel like you are
experiencing a
peaceful life?*

*Do you believe that the
world is a broken place?*

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

LISTEN TO THE [HOW PEOPLE ARE HEALED VIDEO HERE.](#)

"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. These pains are 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. Then we may come before 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 experience 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 begin 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. True courage is needed 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 our inner selves) 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 am set free as a Christ-Follower. Take care! Awareness of Jesus Christ's existence, our family traditions, and the fact that we 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?

Which of these four areas is most pertinent to you?

Do you believe there is such a person as Satan?

THIS DARK WORLD

The brokenness of heart 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, He is committed to the process of fixing (healing) our human and personal brokenness.

Jesus has complete authority over the works of the Devil. Even though Satan 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 the tangled mess within our soul 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 very difficult 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 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?

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

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

Is eternity an important issue to you?



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 very real to us.

When all you know is a broken world, it is difficult 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 eternally belongs to 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 possible supernatural
dimension and
intervention
in your life?*

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



HEALING OF MY MIND involves:

- understanding my personal need for repentance
- rejecting and choosing to move beyond 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 accepting 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 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 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 you believe that embracing suffering is your chosen path for Christ-Following? Do you avoid or walk toward suffering?

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 lack of discipline 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 to His will? Do I not acknowledge or even avoid God's hand of discipline on my life?

To what extent do you believe God is in charge of your life?

HEALING

Read 2 Corinthians 5:16-21

Healing is something God wants to do in all of our hearts. He wants us to be free. If we are to be set free by our Father we must embrace His path of suffering and receive His discipline as a way of life. Our life in the Spirit involves active communication with the Father by embracing His purifying path of suffering along with His kind, firm hand of discipline.

Do you believe that God has deep interest in healing your soul? Do you believe He uses physical limitations and adverse conditions to produce good things in the lives of His children? Do you believe God wants you to be free in soul, mind, and body?

GOD'S PRIORITY IS HEALING MY SOUL EVEN AT THE EXPENSE OF MY MIND AND MY BODY. HE USES HIS TEACHING FROM THE WORD, SELF-DISCLOSURE BY THE SPIRIT, TRIALS AND SUFFERING, AS WELL AS DISCIPLINE TO HEAL US.

Remember, when you repented and came to Christ you were given a new heart. This new heart is guided by the voice of the Holy Spirit, and stands in stark contrast to your human, lost heart.

"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and to be careful to keep my laws."

- Ezekiel 36:26-27

Read Jeremiah 31:31-33 and 2 Corinthians 5:17

How do you feel about the idea of personal healing and God's apparent approach with this?



My New Heart is a Connected Heart!

“The Spirit is moving in my New Heart”

LISTEN TO THE MY NEW HEART VIDEO HERE.

The Spirit is disclosing God’s voice to me. Here is some of what He is doing...

JOHN 14 & 16

14:1-15 Oneness of the closest kind (how close does God hold us?)

14:16-31 Disclosure of His greatness (how much of a privilege is it to know Him?)

15:26-16:15 Disclosure of what is His (how sweeping is this?)

ROMANS 8

This is what God’s voice sounds like:

8:1-2 **The Spirit is always offering deliverance from condemnation**

(freedom from guilt, accusation, and the power of my old heart = freedom!)

What is this worth to me?

8:5 **The Spirit is inviting me into a new way for my mind: life and peace**

(a place of hope where I can learn to live in true freedom)

What is the advantage of learning to live this way?

8:11 **The Spirit offers power so my mortal self can be used for immortal purposes**

(the gift of the everyday power to live an indestructible life)

How could this revolutionize how I live my life?

8:14-17 **The Spirit compassionately leads me in conquering my fears**

(within a relationship of personal understanding)

What is fear-free living worth to you?

8:26 **The Spirit is praying for me according to my deepest needs**

(a caring advocate to cover my back)

What are the personal benefits of this kind of intercession?

8:37 **The Spirit leads me in a meaningful, unshakable, and victorious life**

(the peace of mind and heart to make my life count for the right things)

How does this work for you?

Here are free Spirit-gifts for your new heart. Because God is interested in our transformation (Romans 12:1,2), spiritual life by its nature must be supernatural.

How would you describe the role of the Spirit within your new heart?

Listening to my New Heart!

What do you learn about your new heart from each of these passages?

2 Corinthians 3:2,3

The Fight: Romans 7:14-25

The Flesh: Galatians 5:19-21

The Spirit Fruits: Galatians 5:22-23

The personal death of my will: Galatians 5:24



I must learn to answer
my *old heart* with messages
that crucify my old nature.

SELF-ABSORBED
INSECURE
IMPURE
FEARFUL
LONELY
GUILTY
LAZY
SEDUCTIVE BONDAGE
FAMILIARITY

*These are voices of
great familiarity.*

I must learn to call on
my *new heart* with messages
that set me free.

HONORING
CONFIDENT
FIGHTING FOR PURITY
PEACEFUL
HOPEFUL
FORGIVEN
PRINCIPLED
FREE TO CHANGE
ADVENTUROUS

*This is a Voice that must
become familiar to me.*

Forgiveness & Roots of Bitterness from Luke

LISTEN TO THE FORGIVENESS VIDEO HERE.

Forgiveness is huge in the life of any human being. The Gospel of Luke is helpful.

What benefits does forgiveness bring? (Luke 1:77-79)

What did John the Baptist teach in relationship to forgiveness? (3:3)

What message was given to the disciples and what did it have to do with forgiveness? (24:47)

Why was forgiving sins so significant? (5:17-26)

What do we learn about forgiveness from the Pharisee & the woman? (7:36-50)

Why was forgiveness a part of this Kingdom prayer? (11:4)

What is blasphemy against the Holy Spirit and what does it have to do with forgiveness? (12:1-12)

What is to be the extent of our forgiveness? (17:3,4)

What did Jesus know firsthand about forgiveness? (23:34)

Read Hebrews 12:14-17 about “roots of bitterness.” What does this have to do with forgiveness?
