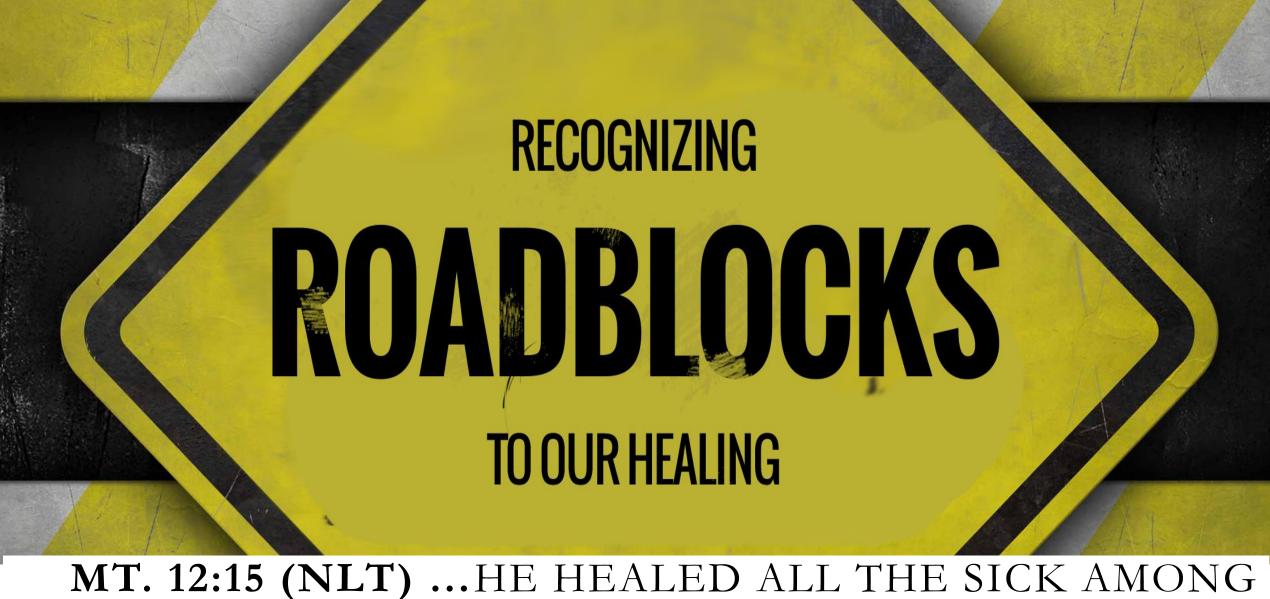
# National Day



THEM.

# TRUTHS ABOUT HEALING

### 1. GOD DESIRES THAT WE BE HEALED

- a. Psalm 103:3 (NLT) He forgives all my sins and heals all my diseases.
- **b. Isaiah 53:5 (NLT)** —But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.
- c. 1 Peter 2:24 (NLT) He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.
- d. Exodus 15:26 (NLT)—for I am the Lord who heals you (Jehovah Rapha)
- e. Psalm 107:20 (NLT)—He sent out His Word and healed them
- f. Matthew 15:30 (NLT)-- They laid them before Jesus, and he healed them all.

# TRUTHS ABOUT HEALING

# GOD CREATED OUR BODIES ACCORDING TO HIS NATURAL AND SPIRITUAL LAWS

- a. Genesis 2:7 (NLT) Then the LORD God <u>formed</u> the man from the dust of the ground. He <u>breathed</u> the breath of life into the man's nostrils, and the man became a living person.
  - **i. Formed:** to fashion; The word also occurs in the sense of God's framing or devising something in his mind. It is used of his preordained purposes (II Kgs 19:25; Isa 37:26; 46:11; Ps 139:16) as well as his current plans (Jer 18:11).
  - ii. Spiritual Truth: Broken laws carry consequences

# TRUTHS ABOUT HEALING

# 3. GOD CREATED US SPIRIT, SOUL AND BODY

- i. Genesis 2:7 (KJV) And the LORD God formed man (body) of the dust of the ground and breathed into his nostrils the breath of life (spirit); and man became a living (soul).
- ii. Soul: mind, will, emotions, personality, desire, appetite, person...
  - 1. Hebrew root nepes  $\rightarrow$  breath

Man was created by God and God breathed into man and he became a living (spiritual) human being with emotions, personality, desire, will, thoughts, appetites, individuality.

## **SPIRIT-SOUL-BODY**

- 1. Due to "Adam's" sin, we are all born spiritually "dead" to God. Jesus came to restore life to us. (Rom. 5:14-18) Our spirit is how we communicate with God. (1 Cor. 2:11-12)
- 2. What and How we feed the soul will determine the condition of our life
  - i. 3 John 2: We prosper and remain in health as our soul prospers
  - ii. Soul contains the "programming" for our life. Our personality!
  - iii. Soul is the culmination of the activities of the heart and mind.
- 3. Matthew 22:37 (NLT) Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.'

## MIND-HEART-SOUL

- 1. Mind: Where we receive information objectively: Data Input
  - a. The mind does not form an opinion on information received. Data in!
- 2. <u>Heart:</u> Where we subjectively look at information received.
  - a. The "heart" forms an opinion and establishes a value on what the mind receives.
    - i. Our heart is the seat of our value system; The foundational base of our core values. Where we assign value and truth to information.
    - ii. The heart is where we "choose" to cast down every imagination that is inconsistent with the Word of God and take the victory
- 3. <u>Soul:</u> Character or personality shaped by my choices of acting on what is in my heart. Shaped by who or what rules our heart and how we act on our beliefs.

## **SPIRIT-SOUL-BODY**

Prov. 4:23 Above all we guard, we are to guard our heart, for it determines the course of our life.

- i. Heart (internal feature) n. the locus of a person's thoughts (mind), volition, emotions, and knowledge of right from wrong (conscience) understood as the heart.
- ii. *Course of life*: Louw-Nida i.e., to have a prosperous, bountiful, blessed favorable circumstance in life, contrasted with a cursed unfavorable life

We must consciously and intentionally decide what we will allow into our mind and heart (our inner man). We must ask ourselves, what value or effect will this have on my life character (soul-health)

# SOUL SICKNESS JOURNAL OF AMERICAN OSTEOPATHIC ASSOC.

"'Soul sickness," or demoralization, is characterized by feelings of hopelessness and helplessness and a perceived sense of incompetence. This condition typically involves vague, unexplained physical symptoms....Patients with this condition require a restoration of their morale and hope. Soul sickness" is a diagnosis that one will not find described in medical textbooks. Nevertheless, I encounter this condition many times a day among patients in the family practice where I work. In my experience, patients with what I refer to as soul sickness typically have vague, unexplained symptoms, such as body pains, dizziness, fatigue, headaches, and insomnia. They may have been diagnosed as having such conditions as chronic fatigue syndrome, chronic Lyme disease, chronic pain syndrome, fibromyalgia, migraine headache, multiple chemical sensitivity syndrome, or any of a host of emerging new diagnoses." Dr. Charles R. Perakis

# FEAR...THE MOST DAMAGING NEGATIVE EMOTION

- Fear is an emotion that God has programmed into our brain for protection.
- •Unhealthy Fear: "Living under constant threat has serious health consequences. Fear weakens our immune system and can cause cardiovascular damage, gastrointestinal problems such as ulcers and irritable bowel syndrome, and decreased fertility. It can lead to accelerated ageing and even premature death."
- Fear causes stress and anxiety is a natural reaction to stress.

WHAT ARE THE CONSEQUENCES OF CHRONIC FEAR?

### THE POTENTIAL EFFECTS OF CHRONIC FEAR ON PHYSICAL HEALTH

- Immune system dysfunction
- Endocrine system dysfunction
- Autonomic nervous system alterations
- Sleep/wake cycle disruption
- Eating disorders
- Alterations in hypothalamus-pituitary-adrenal axis
- •The potential effects of chronic fear on physical health include headaches turning into migraines, muscle aches turning into fibromyalgia, body aches turning into chronic pain, and difficulty breathing turning into asthma, said Dr. Mary Moller.

### THE POTENTIAL EFFECTS OF CHRONIC FEAR ON EMOTIONAL HEALTH

- Dissociation from self
- •Unable to have loving feelings
- Learned helplessness
- Phobic anxiety
- Mood swings
- Obsessive-compulsive thoughts
- Continued living in fear-generating situations due to uncertainty of moving out and unknown associated dangers
- Not able to find safe housing
- •Afraid to leave home because of paranoia

### THE POTENTIAL EFFECTS OF CHRONIC FEAR ON SPIRITUAL HEALTH

- Bitterness/fear toward God or others
- Confusion/disgust with God or religion
- Loss of trust in God and/or clergy
- Waiting for God to fix it
- Despair related to perceived loss of spirituality

## **OVERCOMING FEAR**

**2 Timothy 1:7 (AMP)** — For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control.

John 14:27 (AMP) — Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]