

## **SESSION I. FOUNDATIONS: What is Healing and Wholeness?**



Reading: Mark 2.13-17

### **I.1 What is Healing?**

### **I.2 The Source of Healing and Wholeness**

- Exodus 15.26                      I am the LORD who heals you
- Psalm 103.3                      Who heals all your diseases
- Psalm 147.3                      He heals the brokenhearted, and binds up their wounds
- Isaiah 53:5                      By his bruises we are healed
- Human beings have a propensity to heal: spiritually, physically, and emotionally

- Healing is inherent in God's creation

### 1.3 Healing as Truth and Freedom

Healing can be understood as the freedom that comes from accepting the truth. We need both a diagnosis (the truth about ourselves and the world) and confidence in the healer (the truth about God, his character and purpose).

- Psalm 146.5-10                      God's concern for freedom for his people
- Isaiah 61.1-3                        The Spirit of the Lord ... to proclaim liberty
- John 14.6                              Jesus is the way, truth and life
- John 14.16f                            The Holy Spirit is the Spirit of truth in us
- John 8.32                                Knowing the truth makes us free
- 2 Corinthians 3.17                 Where the Spirit of the Lord is, there is freedom
- Galatians 5.1                          For freedom Christ has set us free

### 1.4 Healing as the Discovery of Identity and Vocation

#### Human Nature:

- Made in the image of God: Genesis 1.26f and 5.1
- Created and known by God: Psalm 139
- Need to look to God to find answers about ourselves.

*"... we are somehow 'like' God in our mundane existence. But we are not yet fully human. For now, we are only promissory notes, hints, intimations. But we are able to become more human because the Human One has placed the divine spirit within us (Ezekiel 37:5, 14; 36:26), which will remove our heart of stone and give us a heart of flesh..."*

*Jesus became like us – people living within the constraints of earthly reality – in order that we might become like him – fully human. ... Jesus incarnated God in his own person in order to show all of us how to incarnate God. And to incarnate God is what it means to be fully human". "The goal of life, then, is not to become something we are not – divine – but to become what we truly are – human".*

Walter Wink *The Human Being*, Fortress, 2002

In the light of God's truth and as we accept his call to freely follow, we find answers to:

- Who am I?
- Whose am I?
- What then shall I do?

## 1.5 Healing as Peace, Welcome and Hospitality

Shalom - the Peace of God:

- |  |   |                              |   |
|--|---|------------------------------|---|
| • The Nature of God                                    | : | Judges 6.24                  | The Lord is Peace   |
| • Purpose of God in creation<br>Jesus and redemption   | : | Romans 5.1                   | Peace with God through  |
| • The Gift of Jesus<br>go in                           | : | Luke 8.48                    | Your faith has healed you,<br>peace   |
|  | : | John 14.27                   | Peace I give you  |
|  | : | John 20.19                   | Peace be with you   |
| • The Fruit of the Spirit                              | : | Romans 8.6                   | The mind controlled by the<br>Spirit is life and peace  |
|  | : | Galatians 5.22               | Fruit of the Spirit is love,<br>joy, peace, patience,<br>kindness, generosity,<br>faithfulness, gentleness and<br>self-control. |
| • Harmony with all -<br>God, Others, Creation and Self | : | Ephesians<br>1.3-10, 2.13-22 | At-one-ment   |

True welcome and hospitality provide a secure foundation without which other healing ministries will lack integrity and are likely to be ineffective. How welcoming are our churches?

## 1.6 The Kingdom of God

The key theological doctrine for the healing ministry

- Central to the ministry of Jesus (Mark 1.15)
- Not a place, but present when God's will is done
- Perfectly present in Jesus (John 5.20)
  - He did what he saw the Father doing
  - He inaugurated the Kingdom
- God's Kingdom embraces the cross (Phil 2.7ff)
- Suffering and death can be reinterpreted in the Kingdom
- Entered through Jesus (John 14.6)
- Fulfilled at Christ's return (Matthew 24.36-51)

*"It will be a Kingdom where, in accordance with Jesus' prayer, God's name is truly hallowed, his will is done on earth, men will have everything in abundance, all sin will be forgiven and all evil overcome.*

*It will be a Kingdom where, in accordance with Jesus' promises, the poor, the hungry, those who weep and those who are down-trodden will finally come into their own; their pain, suffering and death will have an end.*

*"It will be a Kingdom that cannot be described, but only made known in metaphors; as the new covenant, the seed springing up, the ripe harvest, the great banquet, the royal feast.*

*"It will therefore be a Kingdom – wholly as the prophets foretold - of absolute righteousness, of unsurpassable freedom, of dauntless love, of universal reconciliation, of everlasting peace. In this sense therefore it will be the time of salvation, of fulfilment, of consummation of God's presence: the absolute future."*

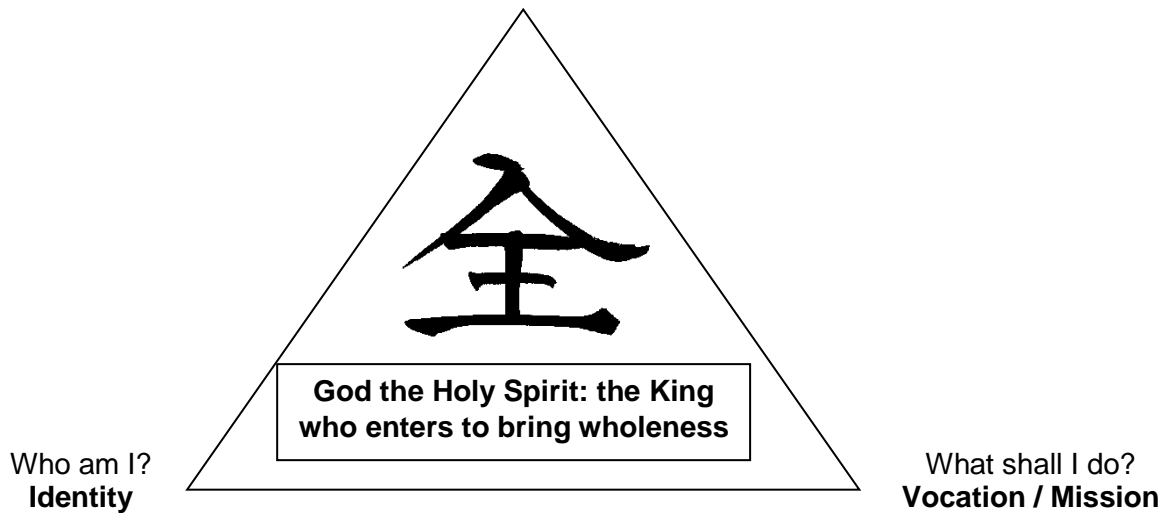
(Hans Küng in *On Becoming a Christian*, page 215)

- Beginning: Continuation: Completion
  - Salvation: I have been, I am, I will be
- "The Presence of the Future" or "The End in the Middle"
- Future focus:
  - Wholeness is to equip for ministry today and tomorrow (vocation, Lord's Prayer "Daily bread")
  - Not a return to an imagined past "golden age"
  - God doing a new thing (Isaiah 43.18f)
- Holds together a theology of suffering and glory
- Embraces chronic sickness, disability and the differently-abled
- Holds the big picture of all creation: physical, social, political and personal
- Our attitude: Confidence and Caution

## **I.7 Dimensions and model of Healing**

- Receiving God's
  - Love and welcome
  - Truth and perspective
  - Peace
  - Freedom
  - Vocation
- Time:
  - Past
  - Present
  - Future
- Scope
  - Self
  - Church
  - Society
  - Creation

Whose am I?  
**Discipleship**



**I.8**



**I.9 Some Definitions**

*Health is “the strength to live, the strength to suffer and the strength to die. Health is not a condition of the body, it is the power of my soul to cope with varying conditions of that body”*

*(Jurgen Moltman *The Power & the Powerless*)*

*Healing ... “brings a state of right-relatedness to God in every area of our being as we are set free to experience the restoring love of Jesus Christ in whatever befalls us on life’s journey”*

*(Dr Gareth Tuckwell)*

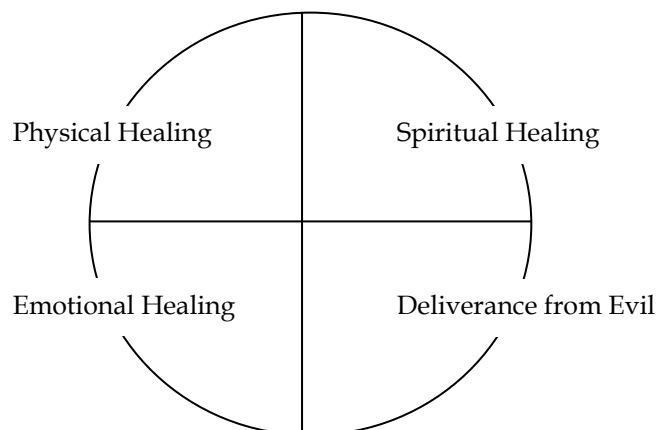
“Christian healing is Jesus Christ meeting you at the point of your need.”

(Bishop Morris Maddocks)

## 1.10 Causes of Dis-ease

## 1.11 Categories of Healing

- Spiritual
  - Cause: Ourselves
  - Remedy: Repentance & Forgiveness
  - Aim: Renewal of our relationship with God in the power of his Holy Spirit (Titus 3.3-7)
- Emotional
  - Cause: Others
  - Remedy: Healing of memories, Prayer, Counselling
  - Aim: Freedom to live today without the negative effects of past hurts and harmful relationships
- Physical
  - Cause: Disease, accidents
  - Remedy: Prayer for healing, medicine, surgery
  - Aim: Restoring physical condition so that we are well enough to fulfil our God-given vocation
- Deliverance from evil
  - Cause: Sin by self or others
  - Remedy: Renunciation & repentance, Prayer for deliverance
  - Aim: Freedom from Satan’s bondage to follow God (James 4.7-8)



Type of Sickness	Cause	Prayer Remedy	Ordinary Human Remedy
<p><b>1. Spiritual</b></p> <p>Often contributing to emotional sickness</p> <p>Sometimes contributing to bodily sickness</p>	Personal sin	Repentance	————
<p><b>2. Emotional</b></p> <p>Often contributing to Spiritual sickness</p> <p>Often contributing to physical sickness</p>	The fallen human condition (ie the person has been hurt by the sins of others)	Prayer for healing of the emotions and memories	Counselling
<p><b>3. Physical</b></p> <p>Often contributing to emotional sickness</p> <p>Sometimes contributing to Spiritual sickness</p>	Disease, accidents, psychological stress leading to psychosomatic illness	Prayer of faith for physical healing	Medical care
<p><b>4. Evil</b></p> <p>Any or all of the above <b>can</b>, upon occasion, be:</p>	Demonic in its cause	Prayer for deliverance	————

(based on Francis MacNutt's *Healing* pg 166)

*Teachers can point us to knowledge  
 Doctors to medicine  
 Theologians to religion  
 Philosophers to viewpoints  
 But only God points us to Jesus  
 Because all that he is  
 And all that we need  
 Are found in the person of His Son!*

### 1.12 Take care of yourself!

**Growing in wholeness is:**

- Spiritually challenging
- Emotionally draining
- Physically tiring



## SESSION I PRACTICAL WORK

### The River of Life

Think about a river that flows from the hills to the sea. In parts it is straight and flows without obstruction, in parts there are many bends and constrictions. Sometimes the river will move slowly and safely, sometimes it will be fast and scary.

Now think about your life-history as if it were a river. Draw your 'River of Life' on a sheet of paper. Record the significant events that have changed the direction of your life. Start with your earliest memories and continue to the present day.

Reflect on the presence/growth or the absence/decline of peace (Shalom) and the Kingdom of God in the various changes in direction and power of your river.

Your "history" is unique and has helped to make you the person you are today. All the events of your life will have been working together for your good according to God's purpose for you, even though we may not yet be able to accept everything (Romans 8.28).

We are called to thank God for everything (1 Thessalonians 5.16-18). Can you begin to thank God for something that has before seemed only negative?

Make a note of areas where more reflection/prayer is needed.

In your small groups share one positive and one negative event on your river as you feel able.

Pray together.

### A Prayer

God of our todays and tomorrows  
as we prepare to marvel, reverence and  
kneel  
at the place where the breath of heaven  
touches our earth in human flesh and blood,  
and brings healing for all;  
harrow our hearts  
till we become the opened ground,  
in which your Spirit's seeds  
take root and grow.

**Amen.**

(St Martin in the Fields, Advent Meditation)

## SESSION I LINKWORK

### Start a Journal

The purpose of a journal is to keep a personal, private account of your relationship with God and how it develops. Start a small notebook and during the course, write down anything that seems especially important to you.

Jot down notes in your journal after each session and have it to hand during your times of prayer and Bible reading.

As you write, you might ask yourself these sorts of questions:

- In what ways have I sensed God?
- What ideas have seemed important or new to me?
- How has God enriched my life?

Also jot down questions you want to ask or things you want to go back and think further about.

Make a note when you feel strongly about part of the course.

Note specific prayer requests and give thanks for answers to prayer.

Remember this is your private journal so be as imaginative in its use as you like.

### Going Deeper

- (i) Reflect further on your "river of life" and ask God for wisdom and insight. Record your thoughts in your journal.
- (ii) Make a list of all the roles you have in life. For example: man/woman, son/daughter, husband/wife, father/mother, Christian, sidesperson, youth group leader, sports team, counsellor, employee, stamp collector, etc. etc. When you have finished the list, add one or two words to describe each role (e.g., happy, reluctant, good, frustrated, etc.). Reflect on your list: what does it tell you about yourself?
- (iii) Take a sheet of paper and without using any words draw a picture with the title "God". *Please do try to do this, artistic skill is not necessary and no one else has to see your drawing!*

What does your picture say about your understanding of God; are you surprised by what you have drawn?

- (iv) Read slowly, meditate and pray through these Bible passages:
  - John 10.1-15,
  - Romans 8
  - Ephesians 1.1-14

What might God be saying to you through these passages?

- (v) Make a note of any questions you want to ask.