



# Session 8: Healing Wounds

## *Part One*

### **Introduction**

Because we grow up in a world where there was not always the love and light required to affirm us as a person, hurts can interrupt the developmental process and cause us to remain stuck in some aspect of our development.

We can recognize these hurts through our behavior patterns – our feelings, attitudes, and emotions. We carry not just past memories but the pain associated with some of those memories.

You can notice times when you have an excessive reaction to a present situation, then ask the Lord to reveal its underlying roots, hidden in painful experiences or deprivations, that may go way back to our childhood. The patterns of our family and parents do affect the way we relate to others and especially to God.

We all have some baggage from our past. It is just part of growing up on a sin-stained fallen planet. But some people are carrying around more hurts, hits, wounds, and dings than others. Not everyone is hurt equally or in the same way.

Sadly, sometime these hurts are protected behind a fortress of defense mechanism that keep us from accessing them. The fortress is not a healing refuge. The walls must come down, and we must let Jesus into our painful places, for He alone is the Healer.

Unless your wounds are healed, they can negatively influence your emotional reactions, decisions, behaviors, and relationships, and they will limit your choices in life. You may have had a difficult and painful past, you may feel like it is impossible to get healthy and whole, but there is hope: Jesus.

I am giving you a biblical frame of reference for healing the wounds in your soul.

- Understand intellectually that God desires to heal your wounds.
- Recognize that the work of Jesus Christ on the cross makes healing possible.
- Be able to articulate God's desire for healing your wounds and broken heart.
- Identify the premises that underlie the healing of our wounds.



## God Desires to Heal Your Wounds

### *Healing is part of the gospel message*

The good news is that Jesus died on the cross, not only to take up our sins but also to heal our wounds. He wants to make us whole.

- The Spirit of the Lord God is upon me Because the Lord has anointed me to bring good news to the afflicted; He has sent me to bind up the broken hearted, to proclaim liberty to the captives and freedom to prisoners; to proclaim the favorable year of the Lord and the day of vengeance of our God; to comfort all who mourn, to grant those who mourn in Zion, giving them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a spirit of fainting (Isaiah 61:1-3)

One of the famous Old Testament prophecies about Jesus is found in Isaiah 53.

- However, it was our sicknesses that He Himself bore, and our pains that He carried; Yet we ourselves assumed that He had been afflicted, Struck down by God, and humiliated. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes *we are healed* (Isaiah 53:4, 5).
- But the Lord was pleased to crush Him, to make Him sick (Isaiah 53:10)

### **He took up our pain on the cross**

The Hebrew word for “pain” is used throughout the Psalms, and it refers at varying times to physical pain, emotional pain, and spiritual pain. Jesus took up our sins and all the painful effects of sin on the cross. He bore our suffering – yes, He died in our place and suffered on our behalf because of our sin, so that we could be justified before God. But He also bore the suffering that sin causes. He took up your pain on the cross.

The punishment that Jesus suffered on the cross on our behalf brought us peace – and that certainly includes peace with God because we are forgiven. But the Hebrew word for peace is *shalom*, which also includes a sense of wholeness or well-being. Jesus’ death gave us access to healing and wholeness, a deep internal peace of the soul. It is because of His wounding that we are healed.

### *Jesus understands our pain*

He suffered in the ways that we have been hurt.

### **He suffered emotional & mental pain**

Jesus suffered emotional pain from His people, the religious leaders, and His friends. He was ...

1. Despised and rejected – *He was despised & rejected by men* (Isaiah 53). *He came to His own, & His own did not receive Him* (John 1:11).
2. Mocked – by the crowds



3. Falsely accused
4. Suffered unjustly –
5. Spit upon –
6. Betrayed – *His betrayer had given them a sign, saying, 'Whoever I kiss, He is the One, seize Him.'* Then immediately he went up to Jesus & said, 'Greetings, Rabbi!' & kissed Him (Matt. 26:48-49).

## **Jesus suffered physical & religious abuse**

Jesus suffered physical pain, abuse, and grief which is almost beyond our comprehension.

- Grief and sorrow—A man of sorrows & acquainted with grief (Isaiah 53).
- He drank the cup of sufferings & said, 'It is finished'.
- He bore our sins in His body on the cross...by whose stripes you were healed (1 Peter 2:24).

He suffered religious abuse

- The Pharisees went out & took counsel against Him, how they might destroy Him (Matt. 12:14).

## ***What works did Jesus do?***

While here on earth, Jesus did three things: 1) healed the sick and oppressed; 2) cast out demons, setting people free from evil spirits; 3) announced that the Kingdom of God is available to us, in the here-and-now.

- Jesus was going about in all Galilee ...proclaiming the good news of the kingdom, and healing every kind of disease and every kind of sickness among the people (Matt 4:23).
- And when evening had come, they brought to Him many who were demon-possessed; and He cast out the spirits with a word, and healed all who were ill in order that what was spoken through Isaiah the prophet might be fulfilled, saying, "HE HIMSELF TOOK OUR INFIRMITIES, AND CARRIED AWAY OUR DISEASES." (Matthew 8:16-17)

## **Jesus "healed" the sick and oppressed – healing actions of Jesus**

- Jesus said to him, "I will go and heal him" (Matthew 8:7).
- Healed every disease and sickness (Matthew 9:35).
- Large crowds followed him, and He healed them there (Matthew 19:2).
- The people all tried to touch him, because power was coming from Him and healing them all (Luke 6:19).
- Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others, and laid them at His feet; and He healed them (Matthew 15:30).
- He has sent me to proclaim release to the captives and recovery of sight to the blind, to set free those who are downtrodden (bruised), to proclaim the favorable year of the Lord (Luke 4:18).



- Jesus healed people with fevers, leprosy, paralysis, torments, and He cast out spirits and healed all who were ill. This was to fulfill what was spoken through the prophet Isaiah: He Himself took our “infirmities” (*Astheneia—a feebleness; lacking strength; weakness, infirmity, indicating inability to produce results*) and carried away our diseases (Matthew 8:16,17).

In this scripture, the word “infirmities” translated from the Greek word *Astheneia* enriches our understanding of the types of problems Jesus came to heal.

*Astheneia* carries the following meaning: feebleness; lacking strength; weakness, infirmity, indicating inability to produce results. In other words, the work of Jesus on the cross enables us to be healed from weakness and that which makes us unable to produce results in our lives.

People suffering from all kinds of fear, anxieties, phobias, obsessions, addictions, depression, bitterness, etc. say that they feel helpless, powerless, and weak, unable to accomplish things they would like to do. Jesus came to heal them.

## Jesus cast out demons

- Behold a dumb man, demon possessed, was brought to Him. After the demon was cast out, the dumb man spoke (Matt 10:32-33).
- God anointed Jesus of Nazareth with the Holy Spirit and power, and He went around doing good and healing all who were under the power of the devil (Acts 10:38).
- Through death He might render powerless him who had the power of death, that is, the devil: and might deliver those who through fear of death were subject to slavery all their lives (Heb 2:14-15)
- That evening at sundown, they brought to Him all who were sick or possessed with demons...and He healed many who were sick with various diseases, and cast out many demons; and He would not permit the demons to speak because they knew Him (Mark 1:32,34).
- Jesus healed every kind of disease and every kind of sickness. He healed those suffering with various diseases and pains, demoniacs, epileptics, paralytics (Matthew 4:23-24). (possessed with devils; lunatics (*moonstruck*); palsy (*feeble, paralyzed*); divers (*various in character*) diseases (*maladies*) and torments (*through the notion of going to the bottom—fear has torment*); *healed those oppressed by the devil* (Matt. 4:23-24)

I am intrigued that He healed those who had hit bottom because they were tormented. Fear causes great torment in the lives of many Christian people.

### *Jesus demonstrated relationship of sickness to kingdom of Satan*

From the work of Jesus here on earth, it is clear that physical healing, inner healing, and deliverance go hand in hand. He did three things: healed the sick and oppressed; announced that the Kingdom of God is here; and treated sickness as an enemy. He dealt with demonic activity, setting people free from evil spirits.

- If I cast out demons by the finger of God, then the kingdom of God has come upon you (Luke 11:20).

The finger of God means an expression of God’s power (Exodus 8:19; 31:18). In Matthew 12:28, Jesus makes the same statement but replaces the finger of God with The Spirit of



God. The Spirit of God is the means by which God's power is expressed and actualized on earth." (Brad Long, 1999).

It is vital that we make the connection between sickness and the kingdom of darkness, the kingdom of Satan. The scriptures tell us that Jesus went about healing all who were under the power of the devil, thus linking sickness to the realm of darkness. "Physical or mental illness was regarded by Jesus as an alienation from God, an evil condition to be overcome." (Excerpts from John Sanford, *The Kingdom Within*)

### ***Hebrews 2:14-15 – Fears and the fear of death.***

According to these scriptures, the work of Jesus on the cross enables us to be freed from fear and the fear of death. These verses tell us that fear makes us slaves and holds us in bondage:

- For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, Abba Father (Romans 8:15).

Who are you afraid of? What are you afraid of? There are over 4000 kinds of fears! The message of biblical Christianity is that we can be free from fear!

## **Jesus taught that the kingdom of God was now available**

Jesus came to establish the Kingdom of God on earth. He proclaimed the kingdom of God was present and within us.

- ...proclaiming and preaching the kingdom of God (Luke 8:1).
- And Jesus was going about all the cities and the villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every kind of disease and every kind of sickness (Matt 9:35)

In Matt 6:33, He tells us to seek first for His Kingdom and His righteousness. Jesus taught us to pray, "Thy kingdom come."

### ***Wholeness is the essence of the kingdom***

"Wholeness is of the essence of the kingdom; and where the kingdom is manifested in a man, wholeness is established and sickness banished." "When we find and realize the kingdom of God in ourselves, we experience a growing wholeness...The kingdom brings to the individual his or her own wholeness...so that the rewards of the kingdom are felt in this life" (Excerpts from John Sanford, *The Kingdom Within*).



## *What kinds of problems did Jesus heal?*

1. Every kind of disease and sickness.
2. Divers (*various in character*) diseases (*maladies*) and torments (*through the notion of going to the bottom—fear has torment*)
3. Infirmities – a feebleness; lacking strength; weakness, infirmity, indicating inability to produce results
4. Lack of power, helplessness, powerlessness
5. Lame, crippled, blind, dumb
6. Lunatics: moonstruck
7. Palsy: feeble, paralyzed
8. Various torments: through the notion of going to the bottom
9. Severe pain
10. Seizures, epilepsy
11. Brokenhearted
12. Wounded spirit
13. Unhealed sores, bruises
14. Inner darkness
15. Possessed by devils; demonic oppression
16. Downtrodden, oppression, depression
17. Anxiety; fears, fear of death
18. Shame, Guilt, Jealousy, Despair, Rejection, Abuse, Depression
19. Addictions
20. Fighting and quarreling
21. Poor Self-image, No Identity, Unloved
22. Lack of purpose and direction
23. Laziness, lethargy
24. Abandonment
25. Confusion

### **Jesus healed out of compassion**

When Jesus was eating with the tax collectors and sinners, the Pharisees asked the disciples of Jesus, “Why?” Jesus explained that “It is not those who are healthy who need a physician, but those who are sick...” (Matt. 9:12,13).

- When Jesus...saw a large crowd, He had compassion on them and healed their sick (Matthew 14:14).
- Because of the tender mercies of our God, to shine upon those who sit in darkness and the shadow of death (Luke 1:77-80).

*Jesus healed because He was God, not to prove that He was God. He healed out of compassion. This was His strongest motivation for His actions.*



## *Work of Jesus on cross provides healing for our wounds*

God has given us everything need to live and walk in freedom from the curse. He gave us Jesus Christ and His work on the cross, His death and resurrection. The work of Jesus Christ on the cross removed every barrier between us and God, and made healing and wholeness for the whole person possible.

### **Jesus removed the barrier of sin**

Took our sins on His body on the cross

- And when you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having cancelled out the certificate of debt consisting of decrees against us and which was hostile to us; and He has taken it out of the way, having nailed it to the cross. When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him (Col. 2:13-15).
- All we like sheep have gone astray; we have turned, everyone, to his own way; and the Lord has laid on Him the iniquity of us all (Isaiah 53:6).

Every sin demands resolution. There is no cheap grace. Forgiveness does not mean God looked the other way or changed His laws. Jesus said, do not think that I came to abolish the Law or the Prophets. I did not come to abolish, but to fulfill (Matt. 5:17).

The full legal demand of the law "of sin and death" was fulfilled in pain upon the body of Jesus in anguish in the heart and soul and spirit of our Lord upon the cross. Nevertheless, the cross is not automatic. If we do not repent and confess, we reap in full despite the fullness of mercy available at a moment's utterance (Sandford's).

### **Jesus made healing for our wounds possible**

*He was wounded and pierced so we might be healed*

- He was despised & forsaken of men, a man of sorrows (*pain*), acquainted with grief (*sickness*), and like one from whom men hide their face; He was despised, and we did not esteem Him. Surely our griefs (*sickness*) He Himself bore, and our sorrows (*pains*). He carried; yet we ourselves esteemed Him stricken, smitten of God and afflicted (Isaiah 53:3-5).
- He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed (or *the punishment that brought us peace was upon Him, and by His wounds we are healed*) (Isaiah 53:5).
- The Lord was pleased to crush Him putting Him to "grief" (*He made Him sick*); if He



would render Himself as a guilt offering (see Isaiah 53:10).

- Christ suffered for you...who committed no sin, nor was any deceit found in His mouth; and while being reviled, He did not revile in return; while suffering, He uttered no threats but kept entrusting Himself to Him who judges righteously; and He Himself bore our sins in His body on the cross, that we might die to sin and live to righteousness; for by His wounds you were healed (I Peter 2:24-25).
- This was to fulfill what was spoken through the prophet Isaiah: "He Himself took our "infirmities" (*Astheneia—a feebleness; lacking strength; weakness, infirmity, indicating inability to produce results*) and carried away our diseases (Matthew 8:17)

### **Jesus took away the power of Satan**

- Through death He might render powerless him who had the power of death, that is, the devil: and might deliver those who through fear of death were subject to slavery all their lives (Hebrews 2:14-15)
- When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him (Col. 2:13-15).
- I have the keys of death and of Hades (Rev. 1:18).
- The Son of God appeared for this purpose, that He might destroy the works of the devil (I John 3:8).

#### ***Names of Satan***

Accuser (Rev. 12:10)

Father of lies (John 8:44)

Adversary (I Peter 5:8)

Condemner (Rom 8:1)

Angel of light (2 Cor 11:14)

### **Jesus redeemed us from the curse of the law**

The curse of the law included sickness and disease

#### ***Jesus fulfilled the law for us***

Knowing that we can never keep all of the laws, Jesus Christ came to fulfill the law for us. In His work on the cross, His death and resurrection, He liberated us from the curse of the law and made it possible for us to walk in the Kingdom of God, His righteousness, peace, joy, and power.

- For as many as are of the works of the Law are under a curse; for it is written, Cursed is everyone who does not abide by all things written in the book of the Law, to perform them. Now that no one is justified by the Law before God is evident; for the righteous man shall live by faith (Gal. 3:10).
- Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: "Cursed is everyone who is hung on a tree" (Gal. 3:13).





- In order that He might redeem those who were under the Law, that we might receive the adoption as sons (Gal. 4:6).

When we walk in the Kingdom of God, drawing close to Jesus, we are protected from the evil powers belonging to the kingdom of darkness.

## God promises to heal the broken heart, to give us a new heart

- The Lord is near to the broken hearted (Psalm 34:1).
- He heals the broken hearted and binds up their wounds (Psalm 147:3).
- He has sent me to bind up the brokenhearted...(Isaiah. 61:2).
- A new heart will I give you, I will take away the stony heart, I will give you a heart of flesh (Ezekiel 36:26).

*Healing is an integral and essential part of the basic Gospel message.*

## What does it mean that God is Jehovah-Rapha?

Jehovah-Rapha is one of the names for God in the Old Testament: "I will put none of the diseases on you ... for I the Lord am your healer" (Exodus 15:26).

*Jehovah* means Lord or the Existing One, and *Rapha* to mend, as in stitching up or mending a torn cloth; to cure or cause to be cured; to heal; to repair; to make whole. So when we say, "Jehovah Rapha," we are saying, "God, the Mender; the One who makes us whole."

### God is not the source of evil

But know this, God did not ordain the evil things that happened in your life. God is not evil, and He has no evil to give. He doesn't cause people or ordain people to suffer evil like rape, molestation, or physical abuse. But God is so good that He can redeem even these horrible things.

It is important for us to believe that God can redeem the pain in our life. Not that God sent it, but that God can redeem it. We do not blame God for evil. God does not bring abuse into our life, but He can redeem it.

It is equally important not to associate God with the evil things that are done to us. We don't want to blame God for evil; God is good.

I have heard people say, "God brought this abuse into my life for a reason." God didn't bring abuse into their life; some person perpetrated an evil act against them. But God can redeem it.

Pater Anselm Grün says "To be a wounded healer is a charisma." It is our wounds that allow the life and love of God to flow to others through them.



Remember Isaac and the wound in his thigh, after he wrestled with an angel from God all night: he wanted to know the meaning of all his experiences. Good question! Benjamin Franklin says, "Never walk very far with someone who doesn't have a limp."

## ***Jesus is a healer; He has come to heal us spirit, soul, & body***

Jesus did not just come to die for your sins. He died and rose from the dead to heal your spirit, soul, and body and set you free! You may have had a difficult and painful past, you may feel like it is impossible to get healthy and whole, but there is hope. Jesus is the Healer. There are things in your life that only He can heal. Listen to what He said:

- "The Spirit of the LORD is upon Me, Because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, To set at liberty those who are oppressed; To proclaim the acceptable year of the LORD." (Luke 4:18-19)
- The Spirit of the Lord GOD is upon me, Because the LORD has anointed me To bring good news to the afflicted; He has sent me to bind up the brokenhearted, To proclaim liberty to captives And freedom to prisoners; To proclaim the favorable year of the LORD And the day of vengeance of our God; To comfort all who mourn (Is 61:1-2),

Today is the day of salvation! Simply humble yourself and go to Jesus, asking Him to heal the sore spots in your soul. His healing presence can free you from painful memories and the destructive effects of your wounds.

### **Key scriptures about God's desire to heal our wounds**

- 'For I will restore you to health, and I will heal you of your wounds,' declares the Lord, 'because they have called you an outcast,' saying: 'It is Zion; no one cares for her' (Jeremiah 30:17).
- 'I have seen his ways, but I will heal him; I will lead him and restore comfort to him...Peace, peace to him who is far and to him who is near,' Says the Lord, and 'I will heal him' (Isaiah 57:18-19).
- Bless the Lord, O my soul, and forget none of His benefits; Who pardons all your iniquities; who heals all your diseases; who redeems your life from the pit...who satisfies your years with good things (Ps 103:2-5).
- He heals the broken hearted and binds up their wounds (Ps 147:3).
- I have called you...to open blind eyes, to bring out prisoners from the dungeon, and those who dwell in darkness from the prison (Isaiah 42:6-7).
- Saying to those who are bound, "Go forth," and to those who are in darkness, "Show yourselves." (Isaiah 49:9).
- Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord, and the prayer offered in faith will restore the one who is sick and the Lord will raise Him up (James 5:14-15).



**Key Truth:** God desires your healing, to heal the sore spots in your soul, to heal your broken heart!

## My Story

As I look back on my life, I can say I have learned more from failure than success; I've grown more in pain than in prosperity. There are few things that mature us as much as a trusting response to a redeeming God in a time of suffering. God can take everything, even the most tragic and painful things in life, to make us more like Jesus.

In Romans 8:28,29 Paul writes:

- And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brothers and sisters.
- Affirmation—"Healing my wounds is in harmony with the purpose and nature of God!"