

# Spiritual Healing and Health

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Please note that the dates for the notes in this series are all in one file and do not always correspond closely to the dates of the messages because at times I felt that in the messages I needed to repeat and expand on some topics to assure a better understanding.

## Introduction

### Life is Complex - We don't know what to do

Dealing with ongoing problems

- **Sickness is the same as other problems, same principles to receive apply.**
- **Blaming God vs. taking ownership**
  - **His Part and Your Part**

Knowing what to do

- **ROLE OF WISDOM in the believers' life**
  - **Pro.4:7 = Wisdom the principal thing**
  - **Eph.3:8-10-13 - Manifold wisdom of God known to the church**
- **Addressing issues**
- **Do not loose heart**
- **You will have to do some homework**

### Impact of Different Experiences

New to Christianity or a non-believer

- **How do you feel about your life? Some hope in God?**
- **There are working solutions**
- **God has provided what you need**
  - **Open up to God**
    - **From fear to love - 1Jn.4:18**
    - **2Tim.1:7 - Spirit of power, love and a sound mind (discipline or self-control)**

A believer who has not experienced enough victory

- **What do you know?**
  - **There are things you don't know**
- **How do you feel?**
  - **Be patient & humble, it gets better and faster**
  - **Pro.13:12 - Hope deferred makes the heart sick, but...**
- **Open up your spiritual life**
  - **Learn to walk in the spirit, by faith**
  - **Get wisdom**

An experienced believer

- **Your success shows that you have learned something**
- **How do you feel?**
  - **Don't get complacent**
    - **Keep growing - There is more**
    - **If you stop you regress - Like physical activity and your muscles**
- **Your troubles show what you should work on**
- **You don't know everything**

### The Expected Benefits

- **All will benefit. Start where you are**
- **1<sup>st</sup> Peace, then Healing, Joy, Victory**

### We Will Develop Action Steps

- **General Principles**
- **Specific Steps, Exercises and Strategies**

## ***Dealing with Ongoing Problems***

### **We tend to Justify Our Problems**

- We use Job
  - Most misunderstood book of the Bible
  - Blaming God
    - The Lord gave and the Lord has taken away - **Job.1:21**
    - We don't know God
      - ✦ You condemn God - **Job.34:16-17**
      - ✦ Darken God's counsel - **Job.38:2-3**
    - Then you will not experience God's power
  - At the end Job said: I have heard, but now I know God - **Job.42:3-6**
- If we can help someone but do not do it we are as guilty as he who does wrong
  - God will help us
- One way of blaming is: "God is allowing it to teach me!"
  - Then you should keep the problem

### **To overcome you must take ownership of the problem**

- Recognize: "I am allowing this problem"
  - No need for self-condemnation
    - You are not a bad person or failure
  - The source: Some truth you have not incorporated in your beliefs, it is only information
- Do not protect your ego, look for a solution, accept that you are wrong
- With God's help, you can overcome
- **2Pet.1:3** - God has given us:
  - All things for life and godliness
  - through the knowledge of Him

## **Questions to Consider**

1. Why is taking ownership of your problems essential to healing?
2. What is wisdom and how can we get it?
3. How does our experience affect our results?
4. How can we determine your true expectations?
5. Why is self-justification and blaming others a dead end approach?
6. Please, expand on 2Pet.1:3.