



Healing & Wholeness #3

Physical and Inner Healing

w/c 19 September 2025

"So many of us carry a kind of unspoken assumption that something is very, very wrong with us, that we're damaged, guilty and unlovable ... acknowledging and accepting our fundamental nobility is the ultimate paradigm shift." (Richard Rohr)

When we became a Christian, we still bring with us all that makes us us. We may in one sense be a new creation, but in another, the old self is still there, warts and all. Salvation it has been said is simply the first step on the road to restoration. It's not some Harry Potteresque magic spell that instantly makes everything sweetness and light. It is time spent with our Saviour – through the indwelling Spirit – that helps us sort out those interior issues. Pause for a moment and reflect on the promises inherent in 2 Corinthians 3:17–18.

I was struck to notice on the shelves of a local bookshop just how many titles tell of the wider awareness of the problems we carry around within us – ones like *The anxious generation*, *Courage to be happy*, or *Maybe you should talk to someone*. What can we – in actual practical terms – offer to those seeking succour from books such as these?

It is a sad indictment of the church that for some, becoming a Christian simply gives them all sorts of new things to feel guilty about. How might we help those trapped in such feelings? Nowhere does the Bible suggest that our primary identification should be as a sinner. We must remember that Jesus' greatest anger was reserved for religious leaders who weighed people down with guilt and shame (Lk 11:46).

Using the four Discovery question again – and with this week's theme in mind – read both of our passages for today (**Luke 8:42b–48 and James 5:13–18**), and then share your thoughts together:

What does this story tell me about God?

What does it tell me about human life?

If this really is God's word, what will I do as a response to it?

Who am I going to tell about what I have learned from this?

Salvation is not simply a one-off transactional event, but rather a new way of living in harmony with God. This was called *olem haba* by the rabbis of Jesus time (literally meaning "life in the world to come"). Eternal life is not for the future; it is for now. How do we help new believers to work their way through that already and not yet tension of Christian living?

Look back through your life and reflect on which relationships gave you the greatest experience or understanding of what it means to be whole? If you are able, share a few thoughts with the rest of the group.

"When a deep injury is done to us, we never heal until we forgive."
(Nelson Mandela)