

The God Who Heals

Healing, Week One

We all experience brokenness and we all have hurts, habits, and hangups the result from our brokenness. While we can wish this weren't the case and try our best to cover it all up, all we really need to do is come to the God who heals our brokenness by faith.

My name is Brandon. I'm a Christian who struggles with anxiety and depression.

My brokenness doesn't define me - The God who created and redeemed me does that - but as I've learned to face my own hurts, habits, and hangups head on, I've found the healing that Jesus came to offer.

We are, unapologetically, a church for the broken. People who believe they have it all together sometimes struggle to fit in and get comfortable here. And that's okay. We have yet to run out of hurting people who need the love and grace of God, experienced through a community of people who are being restored and set free.

This is going to be a nine-part sermon series for us. Today, I just want to share a little of my story with you along with what the Bible has to say about your healing. Then next week, we're jumping into the **eight crucial choices that bring healing** in your life.

Today, I just want to share three foundational truths with you that form the core of what we believe about people, about God, and about his purposes for your life.

Core Truth #1: Everybody is broken.

It's who I am.

I started into adulthood like most people, trying to do the best I could. I got married, started serving as a pastor, and trying to behave well and keep myself and everybody around me as happy as possible.

A decade into adulthood, I had become a worn out workaholic with strained relationships. I couldn't handle pressure anymore and shame was a trigger for emotional meltdowns. I'd become a stuffer!

Today, a LOT of things are different. I've experienced a ton of healing, thanks in HUGE part to Jesus, to my wife, and to my church family.

But I'm convinced I'm not alone. There are silent strugglers wandering around as though everything is okay, when not everything is okay.

Everybody is broken. That does *not* mean that everybody has been rendered of no worth or value or use to the world. It simply means that all of us have some messy stuff to deal with whether we know it, admit it, like it, or not.

Isaiah 53:4-6 NLT

[4] It was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins! [5] 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. [6] All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the LORD laid on him the sins of us all.

Every single one of us deals with the after effects of sin's entrance into the human race. We experience broken relationships and broken spirits.

All of our sin and brokenness results in hurts, habits, and hangups.

So all those times you've asked, ***why do I do this? Why do I feel this? Why does my life look the way it does?*** It's because of our universal brokenness.

Why do we do unhealthy things? Why do we get into unhealthy relationships, one after another? Why do we do all the things we wish we didn't do?

Our brokenness is on display and we spend far too much time and energy trying to cover it up, which only makes things worse.

If only we could realize...

Core Truth #2: God is a Healer.

It's who he is. His very nature is to be a healer.

Right after the Israelites crossed the Red Sea, during what was supposed to be a victorious moment, the people complained because there wasn't good water to drink.

It was their habit and their tendency to complain when they didn't feel taken care of. It was a result of both the rebelliousness of their hearts and the trauma of slavery.

God chose to have mercy on them and taught them something about himself...

Exodus 15:26 NLT

He said, "If you will listen carefully to the voice of the LORD your God and do what is right in his sight, obeying his commands and keeping all his decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; **for I am the LORD who heals you.**"

And the rest of the Bible unfolds the story of God's willingness and passionate desire to heal all of us.

Jesus embodied the very nature of God during his earthly ministry and healed people who didn't deserve it, who couldn't help themselves, who were demonstrating sometimes very destructive patterns in their lives.

But God loves people and God is a healer!

Core Truth #3: God freely offers his healing, out of his infinite love and grace, to any broken person willing to receive it by faith.

It's what he does.

To repeat...

Isaiah 53:4-6 NLT

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The New Testament repeatedly says that anyone who is willing may simply come to God by faith, repent of their sins and be saved and healed and made whole again.

God wants you to be his.

God wants you to be healthy.

God wants you to be holy.

Closing Questions...

Are you HIS? You can be, right now.

Are you HEALTHY? He wants to start a healing work in your life.

Are you HOLY? There is healing when we open up, own our brokenness, and trust him.