

Part Two

# Healing for Our Soul

# Isaiah 53:4-6

<sup>4</sup> Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. <sup>5</sup> But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. <sup>6</sup> All we like sheep have gone astray; we have turned—every one—to his own way; and the Lord has laid on him the iniquity of us all.

# Jesus – the Suffering Servant

Jesus was Our Substitute on the Cross

- Jesus Takes Our Sin, Our Grievs, Our Sorrows
- Jesus Offers Us Peace (Shalom)
- Jesus Offers Healing (Physical & Emotional)

# He Carried Our Grievs and Sorrows

Surely he has borne our griefs and carried our sorrows (v4)

Grievs – suffering, misery resulting from affliction

Sorrows – grief, something that causes great unhappiness

# Types of “Heart Wounds”

- Deprivations (absence of security, trust, love, intimacy, affirmation)
- Arrows (hurts caused by others)
- Losses (death of a loved one, loss of a marriage, loss of a job...)
- Regrets (self-inflicted pain)

# Choices We Make About Our Pain

- We push God away.
- We “nurse” our pain.
- We hide our pain.
- We try to “numb our pain” or “self-medicate”

Invite Jesus into your pain and choose to trust him...

# The Need to Forgive

Matthew 6:12 and forgive us our debts, as we also have forgiven our debtors.

Colossians 3:13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

“Resentment is like taking poison and waiting for the other person to die.” – Carrie Fisher

# Redemptive Suffering

Romans 8:28–29 <sup>28</sup> And we know that for those who love God **all things work together for good**, for those who are called according to his purpose. <sup>29</sup> For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.



# Redemptive Suffering

Our Good (Character – becoming more like Jesus)

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# Redemptive Suffering

Our Good (Intimacy-Growing Close to Jesus)

Philippians 3:7–11

<sup>7</sup> But whatever gain I had, I counted as loss for the sake of Christ. <sup>8</sup> Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. **For his sake I have suffered** the loss of all things and count them as rubbish, in order that I may gain Christ

# Redemptive Suffering

Our Good (Intimacy-Growing Close to Jesus)

<sup>9</sup> and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith—<sup>10</sup> that I may know him and the power of his resurrection, and **may share his sufferings, becoming like him in his death,** <sup>11</sup> that by any means possible I may attain the resurrection from the dead.

# Healing Our Memories

We often ask, "Where was God in the midst of our suffering?"

Often healing comes in discovering how God was **WITH US**, in the midst of our suffering.

Psalm 23:4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.