

# **Wholeness, Health and Healing**

## **1) Let Christ Fill Your Heart**

- ✓ **Healing is a big subject. No 'one size fits all'**
- ✓ ***Sozo* = wholeness**
- ✓ **God usually works from the inside out**
- ✓ **Both sickness and health often take place from the inside**
- ✓ **We are a psychosomatic whole. The word 'psychosomatic' is a combination of two Greek words: *psuche* = soul; *soma* = body**
- ✓ **People who experience sustained negative emotions may experience physical problems**
- ✓ **Prolonged periods of emotional tension can lead to hormonal hypersecretion, and if persisted in result in sickness**

***'Keep your heart with all diligence, for out of it  
spring the issues of life'***

**(Prov.4:23)**

**The Hebrew word for 'heart' is *leb*, which means  
the inner, centre or middle of a thing**

**Whatever is in our inner being can impact us in  
different ways, including our health**

**That's why we are urged to keep it, or guard it,  
with all diligence**

***'My son, give attention to my words; incline your ear to  
my sayings. Do not let them depart from your eyes;  
keep them in the midst of your heart; for they are life  
to those who find them, and health to all their flesh'***

**(Prov.4:20-22)**

- ✓ **The human brain has the capacity to produce between 3000 and 3500 chemicals, hormones and endorphins**
- ✓ **Some of these produce healing for the body whereas others cause the body to deteriorate**
- ✓ **The way you think can determine what chemicals and hormones the mind produce**
- ✓ **Love and joy build up the immune system**
- ✓ **But through toxic thinking and negative emotions the immune system automatically plummets, leaving the body vulnerable to attack**

- ✓ **Some confuse the words 'heart' (*kardia*) and 'soul' (*psuche*). The soul consists of the mind, through which we think, the emotions, through which we feel and the will through which we choose**
- ✓ **Whilst we encounter life through these three primary faculties of the *soul*, yet the *heart* is the place where we store the most significant experiences of life, i.e. that which causes most pleasure and that which causes most pain**
- ✓ **This storehouse influences and determines the way we live our lives today. Jesus said, 'A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil' (Lk.6:45)**

**Every day our heart is being programmed by what is happening in our lives. This often takes place in these two areas:**

**1) Negative thoughts and emotions**

***'Anxiety in the heart of man causes depression'***  
**(Prov.12:25)**

**2) Relational conflict**

***'A sound heart is life to the body, but envy is rottenness to the bones'***  
**(Prov.14:30)**

## How relationship conflict can affect the heart



- ✓ **The NT Greek uses different words to distinguish different kinds of anger. The word *orgizo* means to provoke to anger, including justifiable anger**
- ✓ **But it can easily degenerate into another form of anger, *parorgismos*, which is a settled, continuous state of anger. This is resentment. Both are used in Eph.4:26: 'Be angry (*orgizo*), and do not sin; do not let the sun go down on your wrath (*parorgismos*)'**
- ✓ **The word 'resentment' is from the Latin *satire*, meaning to feel. Resentment means to feel again and again. It is to nurse a grudge. 'Herodias held it against John' (Mk.6:19). The word Mark uses is *enecho*; it means to have it in for someone**



**Whilst resentment is anger which is cherished or nursed, bitterness is anger which has reached a level that it overflows and infects others:**

***'...whose mouth is full of cursing and bitterness'***  
**(Rom.3:14)**

***'...look diligently lest any root of bitterness springing up cause trouble, and by this many become defiled'***  
**(Heb.12:15)**

***'You shall not go about as a talebearer among your people; nor shall you take a stand against the life of your neighbour: I am the LORD. You shall not hate your brother in your heart. You shall surely rebuke your neighbour and not bear sin because of him. You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbour as yourself: I am the LORD'***

**(Lev.19:16-18)**

**Jesus came to change our hearts and fill them  
with His life and love**

**Salvation affects the heart. One of the great  
blessings of the New Covenant is that we receive  
a new heart**

***'I will give you a new heart and put a new spirit  
within you; I will take the heart of stone out of  
your flesh and give you a heart of flesh'***  
**(Ezek.36:26)**

**This means that the heart of every Christian is  
now a sphere of divine influence**

**God works in our hearts through the two agents  
of His living Word and the Holy Spirit**

## **There is a difference between Christ dwelling in our spirit and dwelling in our heart**

***'...that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height — to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. Now to Him who is able to do exceedingly abundantly above all that we ask or think according to the power that works within us'***  
**(Eph.3:17-20)**

**By focusing on Christ's love for us, He dwells in our hearts and fills them**

**This enables us to deal with...**

## **1) Negative thoughts and emotions**

***'Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?'***

**(Matt.6:25-26)**

***Said the robin to the sparrow,  
"I would really like to know  
Why these anxious human beings  
rush around and worry so."***

***Said the sparrow to the robin,  
"Friend, I think that it must be  
That they have no heavenly Father,  
such as cares for you and me"***

***'So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?'***

**(Matt.6:28-30)**

**Note:**

**There is a difference between having *no* faith and possessing *little* faith**

***'Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things'***

**(Matt.6:31-32)**

**The root of the word 'worry' is from the Greek verb *merizo*, meaning to draw in opposite directions**

**To be anxious is to be constantly torn between trusting in God and placing confidence in other resources**

**The indwelling of the Holy Spirit teaches us to place our trust in Christ**



## **Paul exhorts us...**

***'Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through***

***Christ Jesus'***

**(Phil.4:6-7)**

**As we focus on God's love for us, Christ fills our hearts to overflowing, replacing anxiety with joy**

***'A merry heart does good, like a medicine, but  
a broken spirit dries the bones'***  
**(Prov.17:22)**

## **2) Relationship Conflict**

**Forgiveness is the antidote to bitterness**

***'Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you'***

**(Eph.4:31-32)**