

Healing

God desires for all of us to be healthy, happy and holy. And God provides opportunities for healing in our lives every day that brings us to wholeness. Many people do not truly believe that healing is possible for them. Here are some things to think about as you contemplate your desire for healing:

- Healing occurs in body, mind and spirit. We may think that we need healing because our neck hurts all the time, but the real healing that needs to occur is how we deal with stress. Be open to all the areas in you that require healing, and not just the obvious ones.
- We need an open heart to be healed. The Holy Spirit can't come in if we have closed the door. We need to be willing to cooperate in God's willingness to heal us by believing that it can happen and asking for it to happen.
- We need to be open to the healing that is offered to us. We may want one thing, but God, who knows us, offers us what we really need. We need to trust God to be healed.
- We might not always truly want to change in ways that healing requires. Healing requires honesty. How can God lower our blood pressure if we aren't willing to exercise? Are you truly open to the work you have to do to be healed?

