

FOUNDATIONS OF HEALING

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DVD Course on A Team Approach to Caring for the Whole Person

- 22 lessons
- Available from:
- globalhealth@king.edu

God, Medicine, and Miracles

- My book on wholeness and healing
- Available here from Pat Zimmer

“Who Is This Man Jesus?”

- A chronological narrative account of the life of Jesus in the setting of the first century Jewish culture
- It puts a human face on Jewish and helps us understand better the meaning of what he said and did
- Available here somewhere
- Many of the healing stories are in it

Project MedSend

- Raises money from people and churches
- Takes over the education-related loans of medical missionaries so they can go directly to their field of service
- More than 400 new medical missionaries on the field as a result
- We need the regular support of churches

Inductive Bible study

- List carefully the facts in the passage
- Note the context – before and after
- Imagine what other details were present but not recorded
- Gather relevant information from elsewhere in Scripture
- Ask the Holy Spirit to reveal the meaning –
I John 2: 27

I John 2: 27

- But as for you, Christ has poured out his Spirit on you.
- As long as his spirit remains in you, you do not need anyone to teach you.
- For his spirit teaches you about everything, and what he teaches is true, not false.
- Obey the Spirit's teaching, then, and remain in union with Christ. GNT

Biblical Foundation of Wholeness

Genesis 2: 7

- What did God make out of mud?
- How long did it take him to accomplish this?
- When did it become alive?
- We are the only beings in the universe that are PHYSICAL and SPIRITUAL

Genesis 1: 26 – 27

The Image of God

- What is the image of God in us?
- It is now distorted by sin and disorder
- Disease distorts it further
- The goal of healing is to **restore the image of God in the sick person**
as much as possible – physical,
psychological, social, and spiritual

Mark 12: 30

Love the Lord your God with all your

- Heart - spirit
- Soul - feelings, emotions, desires
- Mind - intellect, thoughts, reason
- Strength – physical body

We are **all put together** and our love for God can strengthen wholeness

Proverbs 14: 30

- Peace of mind makes the body strong; envy makes the body sick
- So do anger, guilt, shame, bitterness, jealousy, worry.....
- The mind, soul, and spirit strongly influence the body
- How?

The Biology of Feelings and Emotions

- Thoughts, feelings, emotions, and desires affect the functioning of our organ systems
- This is mediated through the endocrine and nervous systems
- Integrated studies of physiology and psychology demonstrate the links between the affect and the body

Physical changes of acute stress

- Blood clotting increases to slow blood loss from wounds
- Blood leaves hands and feet and they become cold and clammy
- Senses sharpen and pupils dilate
- Sweat glands increase perspiration
- Blood sugar increases to give energy
- Urge to urinate or defecate

What produces these changes?

- Adrenalin and cortisol from the adrenal glands
- Neurochemicals from the brain
- These are produced instantly and act immediately
- Strong emotions produce physical changes immediately
- This is to protect us

Positive feelings

- Joy, happiness, peace, laughter, sense of security stimulate production of “happy” NCs
- These make the body feel good:
 - Relaxation, reduced tension, increased strength
 - Ability to do mental and physical effort
- We feel better and have fewer illnesses

Negative feelings

- Fear, anxiety, anger, envy, guilt, shame, and many others stimulate the production of defensive NCs
- These prepare the body to defend itself or to take strong action
- This is normal. It is how God made us
- Prolonged negative feelings are not normal
- They keep the organs in defensive tension
- Over time, this can lead to bodily damage

Negative feelings lead to chronic internal stress

- Fear – of death, disease, disaster, sorcery
- Conflicts with other people
- Too many demands made on us
- Anger, bitterness, hatred
- Uncontrolled desires, passions, addictions
- Guilt, shame, sense of rejection
- Depression

Sickness of the soul (negative feelings) can cause or aggravate illnesses

- Care for soul and spirit should accompany care for the body
- Helping persons resolve negative feelings and diminish stress or learn to handle it better
- **Healing of soul and spirit** can lead to physical improvement and even healing of physical diseases
- Jesus is the real Healer of soul and spirit

Healing of soul and spirit

- Resolution of anxiety, tension, inner conflicts by releasing them to Jesus
- Replacement of these by God's peace
- Increased means to cope with stress
- Improved self identity

STRESS-RELATED ILLNESSES

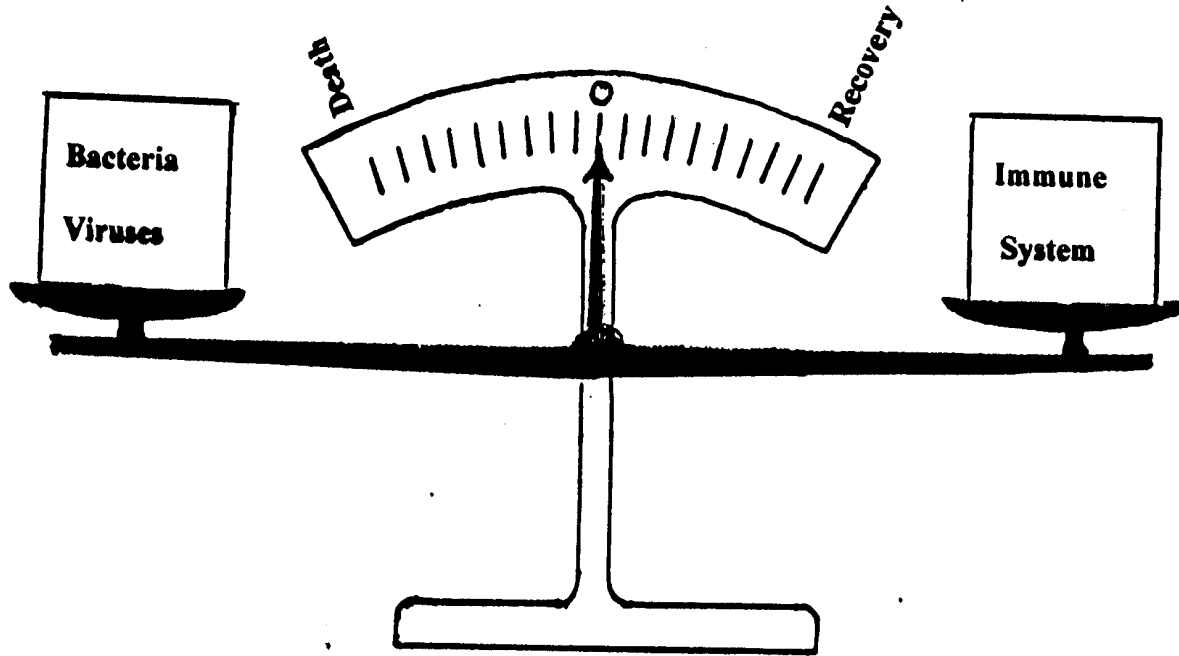
- Hypertension, much cardio-vascular disease
- Chronic headaches
- Some digestive and intestinal disorders
- Chronic fatigue or pain syndromes
- Some malignancies
- Auto-immune diseases, adult diabetes
- ?? – MS, ALS, Crohn's, lupus

THE IMMUNE SYSTEM

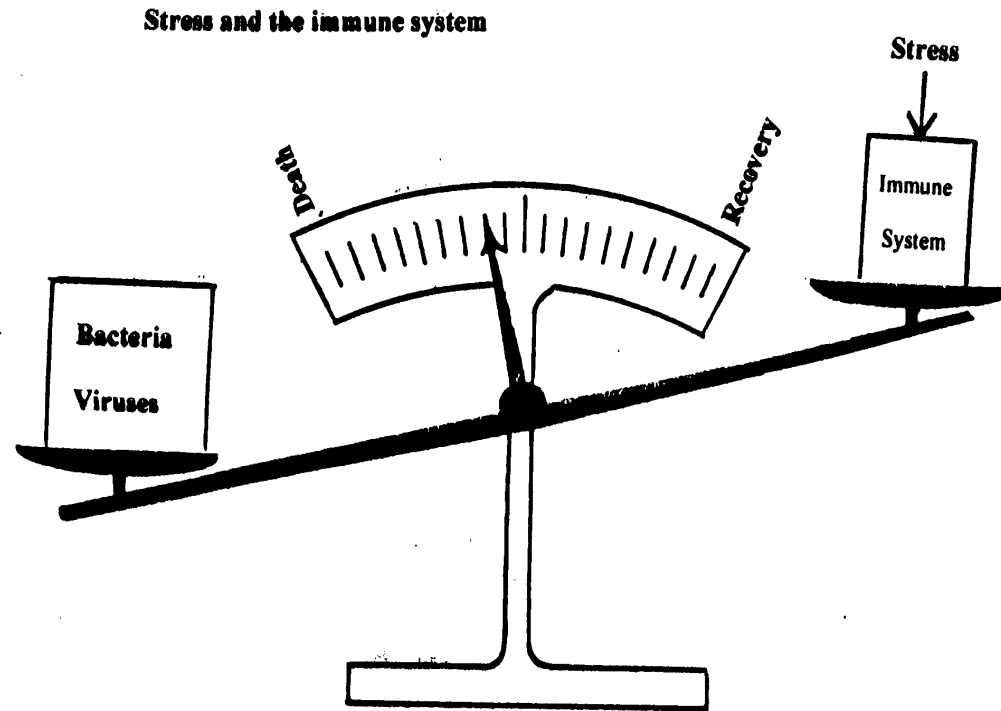
- What God has put into our body to protect us from many diseases
 - Infections
 - Malignancies
- It is very complex, but basically is :
- White blood cells – “soldiers of defense”
- Antibodies – “chemical warfare”

THE IMMUNE SYSTEM/DISEASE BALANCE

The disease/immune system balance

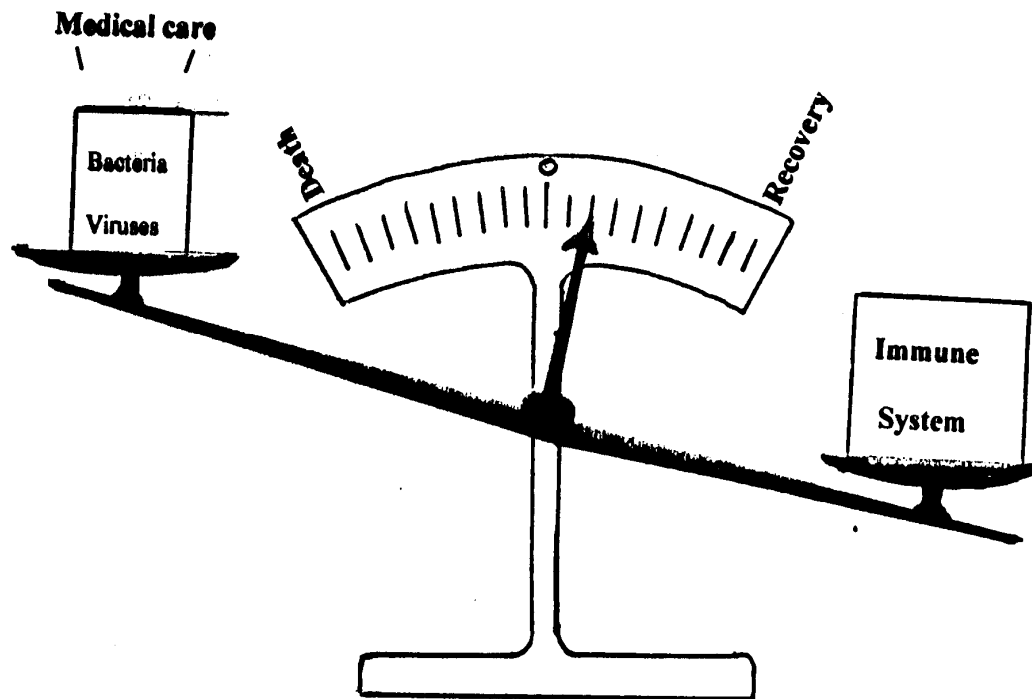


STRESS, FATIGUE, POOR DIET

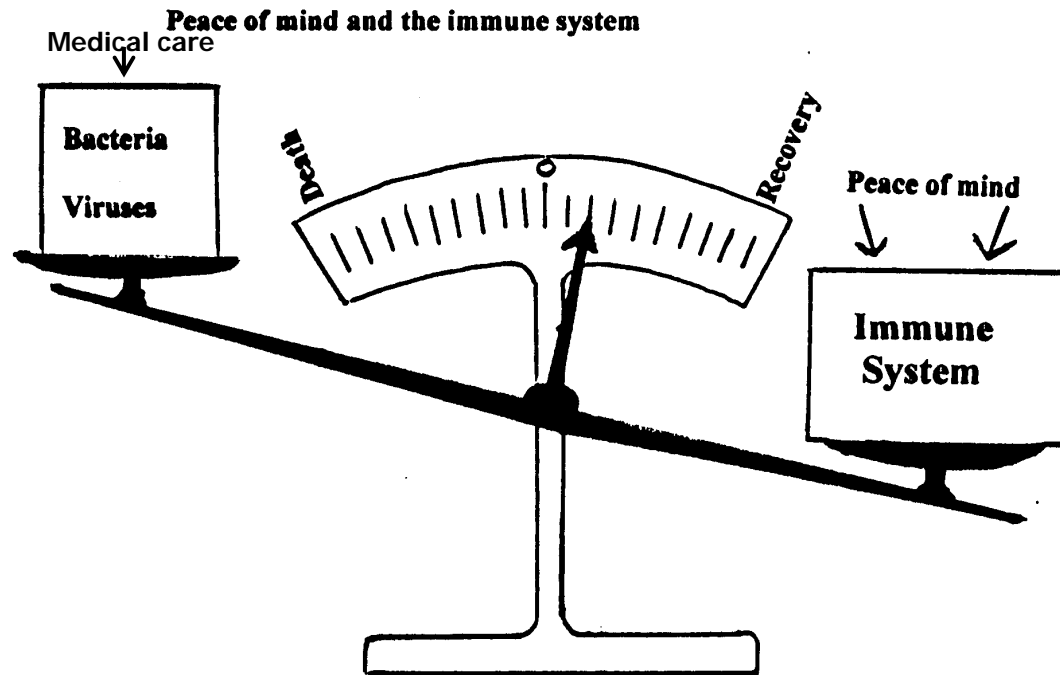


BENEFITS OF MEDICAL CARE

Medical care and the fight against disease



BENEFITS OF INNER HEALING



INTEGRATED MEDICINE

- The Bible and science agree
- We must continue to use the best medical technology to care for the body
- We need to learn how to care for soul and spirit as Jesus did and thus strengthen the immune system of sick persons

AN EXAMPLE

- A woman with fear

JESUS AND FEAR

- Jesus can take away our fear
- Fear can cause physical symptoms - in this case, pain from muscle tension
- I was unaware Karen had physical pain
- She was unaware of the connection between her fear and the pain
- Jesus healed her fear and pain **together**

Lessons learned

- God is in charge of all of life
- God does not frequently alter the ground rules of creation for us
- God does accompany us through difficult days to protect us from evil
- Disease is bad, but not evil unless we respond to it by rebelling against God
- Church and medicine **MUST WORK TOGETHER**

Suggestions

- Organize inductive Bible studies on healing
- Preach messages about healing
- Teach about health: how to maintain it and improve it
- Consider training a team of spiritual caregivers