BBUMC

Blog for September 24, 2021

We are near the end of my sermon series: “Spirit Song, Becoming Agents of Healing and Wholeness.” We began by considering the connection between spiritual holiness and physical health. I noted how often Jesus would connect the forgiveness of sins with the healing of a physical ailment. This link is quite striking as we think more deeply about how complex we humans really are.

God created us in God’s image. We are incredible! Capable of adapting to a wide variety of climates and environments. Capable of amazing creativity, invention, and insight. Our bodies, our minds, our emotions, and our souls are all intricately connected. What affects our spiritual condition also impacts our physical state. When we are saddened by the loss of a loved one, we are more likely to have a serious illness. When we are in physical pain, we can become anxious and depressed.

What is going on around us also affects us. When we are stressed, we become vulnerable to a wide variety of disorders. Sometimes stress can be a good thing like getting married or having a baby. Sometimes it’s a neutral like moving to a new town. Of course, stress can be quite negative like losing a job, getting divorced, or having an accident. Whatever the source of stress in our lives, it can take a toll upon us.

When we think about the healing power of God, we often just think about the healing of physical ailments. But the grace of God is much broader than our imagination. God’s will for us is to be healthy in all aspects or our lives. So God’s healing power can help us respond to stress with calmness and positivity. God’s healing power can help us to recover from emotional and mental disorders. God’s gracious Holy Spirit may bring healing to troubled relationships.

We can pray to God for healing in all circumstances and trust in God’s gracious blessing. We may not know how God will answer our prayers, but we can be confident that God hears our prayers, that God cares about us, and the God will be at work in our lives, in our hearts, in our bodies, in every part of our lives, to bless us with love, joy and peace!