



## Heal Yourself

Luke 4:23

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*Luke 4:23 (ESV)*

*23 And he said to them, "Doubtless you will quote to me this proverb, 'Physician, heal yourself.' What we have heard you did at Capernaum, do here in your hometown as well.' "*

**Spiritual Healing:** According to the Oxford Bible Dic. States: "The expression, occasionally used as a synonym of psychotherapy, is properly confined to the attempt to heal the whole personality by prayer and sacramental means, sometimes combined with religious suggestion. Among the methods in general use are \*Unction and the laying on of hands. Most of those who practice such methods believe that the patient should at the same time make full use of medical skill..."

-F. L. Cross and Elizabeth A. Livingstone, eds., *The Oxford Dictionary of the Christian Church* (Oxford; New York: Oxford University Press, 2005), 1542.

*Luke 4:23 (ESV)*

*"...Physician, heal yourself."*

### Three Words of Healing

-**Spirit** (spiritual healing)

-**Soul** (mental healing)

-**Body** (physical healing)

### Three Cycles of Healing

-You have been healed. (1Peter 2:24)

-You need to be healed. (James 5:14)

-You are being healed. (Hebrews 11:1)

### Why Healing is Required

Healing isn't confined to simply physical healing. This is important because we all have a **birth-wound**.

*Psalm 51:5 (GW)*

*5 Indeed, I was born guilty. I was a sinner when my mother conceived me.*

# Heal Yourself

## 1. \_\_\_\_\_ Time Travel

*Philippians 3:13 (NLT)*

*13 No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead,*

*Matthew 6:34 (NASB)*

*34 "Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*

**You forget when you accept!**

## 2. \_\_\_\_\_ The Accuser's Voice

*John 10:4–5 (NET)*

*4 When he has brought all his own sheep out, he goes ahead of them, and the sheep follow him because they recognize his voice. 5 They will never follow a stranger, but will run away from him, because they do not recognize the stranger's voice."*

## 3. \_\_\_\_\_ For Praise

*Hebrews 13:15 (ESV)*

*15 Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.*

**"Be grateful for what you do have, and you will find that it increases."**

**Joyfulness and gratitude are closely linked.**

*James 5:14–16 (NKJV)*

*14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. 16 Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.*

**ANSWERS:**

1. STOP
2. SILENCE
3. PAUSE