

# HEALING AND WHOLENESS IN JESUS

*“Surely He has borne our griefs and carried our sorrows...  
the chastisement for our peace was upon Him,  
and by His stripes we are healed” Isaiah 53:4-5.*

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Read carefully and study the explanation papers. Then take time to pray through the prayers that match. These prayers are not formulas, but examples of how you can express your heart to the God who is Creator, Savior, and Healer. Scriptures are taken from the New King James Bible.

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## Receiving God's Salvation

The Bible clearly shows how God feels about you. He gave His Son to die so that He could spend eternity with you. "For God so loved the world that He gave His only begotten Son, that whoever believes in Him, should not perish but have everlasting life" (John 3:16).

Have you taken hold of that love? Put your name in the promise and claim it as your own! "For God so loved \_\_\_\_\_ (your name) that He gave His only begotten Son, that whoever (you!) believes in Him, should not perish but have everlasting life" (John 3:16).

Maybe you don't feel that close connection and assurance of salvation. How can you be sure? Have you confessed your specific sins to God? He promises, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9). Ask for forgiveness for specific sins instead of only in general. It may again help you to put your name in this promise to claim it as your own.

Sometimes we don't feel deeply sorry for our sins and question if our repentance is sincere. The Bible promises, "God has exalted Him (Jesus) to His right hand to be Prince and Savior, to give repentance to Israel and forgiveness of sins" (Acts 5:31). Thank God for His gift of repentance and choose to turn from sin based on His power.

Paul told the jailer, "Believe on the Lord Jesus Christ, and you will be saved" (Acts 16:31). Sometimes we still feel guilty for our sins because we don't really believe God will forgive us for what we have done. Choose to believe that the mighty Creator God, who became the Savior of all people has power to forgive you and create you anew. He promises, "If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new" (2 Corinthians 5:17).

If we put these texts together it's this simple:

**Salvation is God's grace through Jesus' death and resurrection applied to us through repentance, confession and faith, leading to forgiveness and a new heart**

One major block to receiving God's forgiveness is a lack of forgiving others or forgiving ourselves. A lack of victory over any sin can also bring discouragement and doubt regarding our salvation. Problems can also come through the sins of our parents and grandparents or things we have done that connected us to evil spirits. Sometimes we struggle to believe God loves us or that we have salvation because of the suffering and heartache we have experienced. The rest of the worksheets in this booklet will help you experience more fully God's salvation by dealing with these areas.

You may be encouraged in your prayers by praying through Psalm 32, Psalm 51 and Isaiah 61.

## Explanation

## Receiving God's Salvation

1. Dear loving and merciful God, Please forgive me for my specific sin of \_\_\_\_\_
2. By Your gift of repentance, I turn from this sin and choose to have You break its power on my life and those I've influenced, through Jesus' redemption on the cross.
3. I thank You for forgiving me and I receive Your forgiveness!
4. Because You have graciously forgiven me, I choose to forgive those who have hurt me or have helped lead me into this sin, in specific I forgive \_\_\_\_\_ (name the person).
5. Because through Jesus, my Savior, You forgave me, I choose to forgive myself for this sin and the pain it has caused myself and others.
6. In place of my sin, I ask for the good characteristic which is opposite of this sin I have just confessed: \_\_\_\_\_ (say the good characteristic).

I thank You, in Jesus' loving and mighty name, Amen.

**Prayer**

## **Breaking Free From the Sins of Our Ancestors**

People are affected by the sins of their parents, grandparents, and other ancestors. A father who goes to a prostitute may bring AIDS to his wife and his next child. An angry alcoholic father creates fear, insecurity, and other problems in his children.

Many times the children will grow up to act similar to their parents. The children of a father or mother who was a fortuneteller, dealing with evil spirits, will often have the spirits bothering them later, trying to use them to do the same practices.

Scientifically it is true that parents pass qualities on to their children through their genes, through influence in the womb, and through their example. The Bible points to this in Jeremiah 5:7 and Hebrews 7:9-10. This is shown through the similar mistakes of the four generations of Abraham, Isaac, Jacob, and his 12 sons.

God's word declares that the effect of sins is passed on to the children when they break God's commandments and it affects the children (Exodus 20:4-6). It is especially so when the children sin by following their parents' bad example (Jeremiah 16:10-12).

The good news is that children are not lost because of their parent's sin. They can repent and escape (Deuteronomy 24:16; Ezekiel 18:19-20).

God has taught us in scripture to pray for our parents if they are alive and to confess their sins so that we might be free from those sins in our lives (Daniel 9:3-19, Ezra 9:5-15 and Nehemiah 1:4-11; 9:1-3). Through this we can break much of the effect of our parent's sins in our lives. Here are some steps:

- 1) Remind yourself that Jesus took on a human body like yours in order to help you be free from the sins that are passed on to you. (Hebrews 2:14-18; Matthew 1:1-16).
- 2) Reflect on the lives of your parents and grandparents, to see what mistakes they have made. This is not to blame them, but to better understand their struggles and how they have affected you. Compare their mistakes with your own to see what sins may be continuing through you.
- 3) Specifically confess your sins and your parents' sins (Leviticus 26:39-45).
- 4) Ask for forgiveness, trusting in Jesus' blood to pardon you for participating in your parents' sins (1 Peter 1:18).
- 5) Forgive your parents for what they passed on to you, recognizing that they also had to receive mistakes and sins from their parents.
- 6) Say, "I renounce any curses that have been placed on me and I break all of their power on my life and the lives of my descendants through the redemptive work of Christ on the cross" (Galatians 3:13).
- 7) Then joyfully thank God for freedom from those sins.
- 8) Continue this process as you come across struggles and sins in your life.

## **Explanation**

## **Breaking Free From the Sins of Our Ancestors**

Perfect and Righteous Father,

You who keep Your promises from generation to generation,  
Please help me to follow in the paths of my ancestors in whatever ways  
they were righteous.

Help me learn the lessons from my ancestors' mistakes, turning towards  
Your perfect ways.

Help me now to be free from their sins and the effects of their sins.

In particular I confess this specific sin or mistake of my  
father/mother/grandparent/caregiver:

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I choose to forgive him/her for how that sin has affected my life.  
Please forgive me for how I have participated in that sin.  
Thank you for Your gracious mercy and for forgiving me for this.  
Through Jesus' death, I now renounce the power of that sin over me.  
I ask Jesus to break its effect on my children, grandchildren and other  
descendants. Please give me complete victory.

Thank You for the blessings I have received from the good qualities of  
my ancestors.

Let my life be full of the good qualities that are opposite of this sin like:

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May my children receive the benefits from my good choices.  
May they follow Your ways.

I thank You  
In the mighty name of Jesus,  
who took my flesh upon Him and lived without sin,  
Amen.

**Prayer**

## **Finding Our Identity in Christ**

Who are you? Are you the sum of your thoughts and feelings, your experiences and what others think about you? We often feel confused by the various emotions and thoughts that run through us. Sometimes we have great feelings of love for others and commitment to God while at other times we feel hateful and act selfishly. We wonder, "Am I a terrible sinner or a child of God?"

We also build a lot of our identity based on other people's opinions about us. Do they think we are handsome, beautiful, smart, talented, rich, or cool? We are greatly affected by what others think about us or have said about us.

We also base our identity on what we have accomplished or failed at. We may be deeply affected by the current state of our relationship with people that matter to us like our spouse, children, parents, or friends.

All of these sources of identity are unstable and changing. We need something more solid. The Biblical picture of who we are is two-fold. We are certain things apart from Christ. We are other things in Christ. Even after conversion we still have two parts of our being the Bible calls the flesh and the spirit. This is especially spoken of in Romans 6, 7, and 8. What we are in our flesh is selfish and disobedient. What we are in the spirit, when God is dwelling in our hearts, is Christlike, loving, and able to obey. We must turn from an identity based on our sin and our flesh as well as worldly opinions. We must turn to the truth of what God says we are through His grace.

To experience more fully your true identity, make a page of what you are and what you have through Jesus as you find it in Romans 6-8, as well as the books of Ephesians and Colossians.

Focus on who you are according to God's promises. Daily choose to accept these precious truths by faith. Remember that your feelings and experiences of failure will tell you one thing. Confess these to God and move quickly back to focusing your mind on who you are according to God's promises.

## **Explanation**

## Finding Our Identity in Christ

God and Father of my Lord Jesus Christ,  
You who are rich in mercy and full of love,  
Thank You for saving me through Your grace.

Apart from Jesus I am dead in trespasses and sins.  
Apart from Jesus I follow the ways of the world, and listen to the voice of Satan.

Apart from Jesus, I go after the desires of the flesh and the mind.  
I am by nature a child of wrath, doomed for a death without hope.

But thank You, gracious God,  
That through Jesus I am a new creature in Christ.  
The old has passed away and the new has come.  
My old ways died with Jesus at the cross.  
I am alive to the things of God through His resurrection.  
I am now seated with Jesus in the heavenly places.  
The powers and principalities of evil are underneath my feet.  
As I remain in You, I am victorious!

Thank You that I am accepted in the Beloved.  
I am redeemed and forgiven through His blood.  
I am chosen by You, adopted as Your own child.  
I have become holy and blameless through Jesus,  
And have an eternal inheritance.  
In fact, I lack nothing, for I have every spiritual blessing in Jesus.

Help me to believe these truths,  
and not listen to the doubts and lies of Satan.  
I now choose to believe what You have said about me  
instead of what I have felt or others have said.  
Thank You that these promises are a reality for me  
because Your word never lies,  
it has creative power to make just what You say.  
I am Your workmanship,  
created in Christ Jesus for good works.

I thank You and I trust You  
In Jesus' name,  
Amen

**Prayers**

## Forgiving Others Brings Great Blessings

Life has many disappointments and heartaches. Many of us struggle daily, feeling hurt by people who should have been safe and nurturing. Many of us even carry deep woundedness from abuse, neglect, and rejection sometimes even from family members or church leaders. An additional burden that we often carry is the feelings of anger, hatred, and bitterness towards those who have hurt us. It feels just and right to be upset at the wrongs, yet we also know that these emotions can destroy us. Negative thoughts and feelings have made many people physically sick or mentally ill. Bitterness and unforgiveness towards one individual often also negatively impact our other relationships. Hatred can even lead to revenge and murder. The choices we make to not forgive someone are like weeds in a beautiful garden. If ignored, they can get bigger and choke out everything beautiful. If we hide our feelings and do not deal with the issues, it is as if we have cut off the top of the weeds and left the roots in the ground. The feelings and thoughts will likely grow stronger until they spring up in some way to spoil the garden of our lives (Hebrews 12:15).

How do we get rid of such weeds? Learning to forgive others is a challenging but doable process. Many have found comfort and answers in the principles in the Bible. Our problems are of different types and severity. Some offenses based on misunderstandings can be solved in a short time. Other deep-seated wounds take much longer to heal. Let's determine to grow in our understanding and experience of God's healing ways.

1. Express our hurt and anger in healthy ways. There are many prayers in the Psalms that make it clear God wants us to talk to Him about our feelings, even when we are angry. One example is Psalm 56. God is a safe person to share with because He knows everything about us, yet still loves us. He also has the power to help us deal with our thoughts, feelings, and situations. It is not healthy or helpful to stuff our feelings (Psalm 32:3). However, we can also cause real problems by speaking angrily (Proverbs 25:28) or gossiping to others (Proverbs 26:20-27). Many people have been significantly helped by talking to a trained counselor or a caring mentor. Others find it very helpful to write out their thoughts and feelings, and then find comfort through God's word.
2. Focus on God's love and forgiveness. When we are hurting and broken by what others have done to us, we need Jesus' healing love. "Surely He has borne our griefs and carried our sorrows...The chastisement for our peace was upon Him, and by His stripes we are healed" (Isaiah 53:4-5). Jesus experienced horrific physical abuse, terrible betrayal by His closest friends, shame and embarrassment on the cross, and the desperate feelings of abandonment. He understands our pain. He can heal our hurt as we focus on His love and ask for healing. Besides this, "God demonstrates His own love toward us, in that while we were still sinners, Christ died for us" (Romans 5:8). As we repent of our sins and ask for forgiveness, He freely forgives us and we find peace (Romans 8:1). When we know we are loved and forgiven, it makes it easier to forgive others (Ephesians 4:24). When we recognize that our sins killed God's Son, it humbles our hearts to realize we are all sinners and we should forgive each other (See the parable in Matthew 18:21-35). Focusing on Jesus' love helps us move towards forgiving others.

A strong and supportive group of friends can provide the non-judgmental, loving atmosphere in which a hurting or angry person can feel the forgiveness and love of God. We should seek out such people and be that kind of people to help each other experience God's love and be able to extend it towards others.

3. Understand the Difference Between a Forgiving Heart and Reconciliation. Jesus expressed mercy, saying, "Father, forgive them," while the soldiers were still driving the nails in Jesus hands. However, God was not reconciled to any of them until they turned from their sins and repented. This is similar to our relationships. We can choose a heart of mercy and forgiveness towards those who have hurt us, but it would be safe to try to reconcile with them because they continue to do what is wrong. Jesus said, "If your brother sins against you, rebuke him; and if he repents, forgive him" (Luke 17:3). We should humbly seek to work out our problems with each other whenever possible (Galatians 6:1-5). However, Jesus also recognized there are times we cannot reconcile without the help of others. He taught His church a process in which to hold people accountable who are doing wrong to others (Matthew 18:15-20). Some completely refuse to stop their sin and abuse and so separation, not reconciliation, is the only option.
4. Extend love to our enemies. Even when hurtful people continue in their sin, Jesus still calls us to, "Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you" (Matthew 5:43). Such kindness is impossible without God's transformation of our hearts. We need to confess our bitterness and unforgiveness to God, ask Him for a heart of love and forgiveness, then step out in faith to do good towards our enemies Jesus, with His huge heart of mercy, can live in our hearts, empowering us to forgive and extend kindness to those who have hurt us (Colossians 3:3, 8-14). Even if the person does not respond and refuses to be reconciled, we can be free from bitterness and unforgiveness, living a life of love.

Once again we want to emphasize that forgiving others and inward healing is a process. It can be like an onion with many layers. Various events can often bring up memories that remind us of hurtful experiences, triggering negative thoughts and feelings. Each time we can use these various principles from God's word to help us, releasing more of the pain and bitterness and receiving more of God's mercy and peace. It is also important to recognize that in our multi-cultural world we will see forgiveness and reconciliation happening in different forms. Some cultures use a mediator, some make use of stories, and some solve differences through actions rather than words. Regardless, the Biblical principles are the same, leading those who follow them to greater peace and release from bitterness.



## **Forgiving Others Brings Great Blessings**

Merciful God, Full of Forgiveness and Kindness, my heart hurts. I have been deeply wounded by someone I trusted. It was so wrong, so hurtful, so unnecessary. *(Tell God your pain. Speak out your disappointment).*

Thank You for sending Jesus to show me Your love and to experience my pain. He was beaten, mocked, and shamed. Still He said, "Father forgive them" and He forgave me too. Please heal me with Your love. I too have hurt You in many ways. It was my sins that killed Jesus. Please forgive me.

I know I should forgive those who have hurt me, but it feels so hard. I cannot do it on my own. Forgive me for my bitterness and anger towards them *(be specific about the persons and what they have done)*. Please give me a new heart, fill me with Your forgiveness towards them. I want justice. I want them to pay for what they have done. You love them and hope to redeem them. Please find a way to do that. If they do not respond, and continue to do what is wrong, I know that one day, when Jesus returns You will give them what they deserve and I do not need to take revenge. I surrender them into Your hands.

Now give me Your power so that I might not block You from reaching out to them with Your forgiveness. Love through me and help me to often pray for them. Thank You for Your gracious, forgiving heart and for answering my prayer. In Jesus' precious name, amen.

**Prayers**

## Freedom from the Enemy

There are many reasons that people become possessed by evil spirits or are harassed by evil spirits. The following is a list of some potential reasons. We can pray for people who are having problems, in the name of Jesus, and God will do great things. However, many times God wants to free them from the reason that evil spirits are bothering them. Lead people through a prayer of confession and renouncing of their sins, claiming the truth that Jesus has overcome every evil spirit. This will bring much greater freedom. Consider and turn from sins that can connect a person to evil spirits such as:

### INHERITED CURSES

- Some parents or grandparents dedicate their children to a spirit.
- An evil spirit involved in an ancestor's life will often try to work with the children when the ancestor dies.
- Sins of parents can be weaknesses that evil spirits pressure the children to commit.

### SINS OF THE FLESH

Each of these sins has the potential to open the way for evil spirits to harass a person and have some control in his or her life.

- |                                      |   |
|--------------------------------------|---|
| Anger—Ephesians 4:26-27              | Greed—1 Timothy 6:9-10                          |
| Envy—Proverbs 14:30                  | Rebellion—1 Samuel 15:22-23                     |
| Pride—1 Timothy 3:6                  | Appetite and Lust                               |
| Gossip & Criticism—1 Timothy 5:13-15 | Strife—James 3:16                               |
| Bitterness—Hebrews 12:15             | Unforgiveness—Matthew 18:21-35                  |
| Use of addictive drugs               | Certain forms of music open the way for spirits |

### OCCULT INVOLVEMENT AND IDOLATRY

- Protection through amulets, strings, and tattoos, etc.
- Idols and items connected to idolatry
- Spirit houses and shrines
- Worship of ancestors
- Fortune-telling
- Channeling and listening to mediums
- Games involving spirits
- Books and movies that are focused on spirits and witchcraft
- Meditation that empties the mind or focuses on spirits
- Hypnosis
- Certain supposed healing methods
- Bible lists: Deuteronomy 4:19; 18:10-12; Leviticus 20:6, 27; Revelation 21:8

We can have great confidence in Jesus' power over evil spirit since we see that He was able to cast out any evil spirit He met and that He took away their power at the cross (see Colossians 2:15 and Revelation 12:11) "Christ was nailed to the cross, but He gained the victory. The whole force of evil gathered itself together in an effort to destroy Him who was the light of the world" (Ellen White in *The Bible Commentary*, Vol. 7, p. 924. Confess any doors you have opened to evil spirits and break all connections with them by turning from and renouncing all these things through the power of Jesus' name and His victory at the cross.

Remember how important it is to fill the heart with the presence of the Holy Spirit in places of these things, or the enemy can return with even greater force (Luke 11:24-26).

## Explanation

## Freedom from the Enemy

Mighty God of the Universe Who is My Warrior,

I confess my sin of connection to the powers of evil \_\_\_\_\_  
(*be specific, using the list*). I repent for giving place to the evil spirits.

I choose to forgive all who may have influenced me to sin and opened the way for me to be harassed by evil spirits.

I forgive myself for the pain and limitations I have allowed them to inflict upon me.

In the name of Jesus, I renounce and break all agreements with the evil spirits.

Because of the finished work of Christ on the Cross and His authority in heavenly places, I ask You to command the evil spirits who have been connected to me to go to wherever You choose to send them and to not allow them to come back or send any replacements.

I ask You to be my Lord and protector and to fill my heart and mind with the Holy Spirit and with the Word of God.

Give me Your power and renew my determination and strength of choice to daily reject the temptations and attacks of evil spirits. I give myself to You.

I ask all this in the mighty name of Jesus who overcame on the cross every evil spirit that exists.

Amen

**Prayers**

## Jesus Carried Our Suffering

The lady was crying uncontrollably. Her fiancé had been shot as he tried to stop thieves who were stealing his motorcycle. The pastor's wife came to her and held her close. She sat beside her for a long time. Her words were gentle and tender, filled with encouragement and hope. Why was this pastor's wife so able to sympathize and help the young lady? She also had suffered great tragedy. Her mother had died of stomach cancer while she was young. When we are going through something difficult we need someone who understands and cares.

Read Hebrews 4:14-16. It tells us that Jesus met every temptation that we face. He is able to sympathize with us and provide us with just the help we need. You may want to write this text on a paper so that you can carry it and memorize it.

Sometimes it's hard to believe that Jesus really understands all we struggle with. He is God and He lived such a perfect life. Read Isaiah 53:4-6. What did Jesus carry that we feel?

Let's take a careful look at the cross to see just how much Jesus did experience of our pain.

1. Read Matthew 26:67; 27:26-30. What did Jesus experience?
2. Read Luke 22:47-48; 54-62. What did Jesus experience?
3. Read Colossians 2:15. Ellen White wrote, "Christ was nailed to the cross, but He gained the victory. The whole force of evil gathered itself together in an effort to destroy Him who was the light of the world" (*The Bible Commentary*, Vol. 7, p. 924). What did Jesus experience?
4. Read Mark 15:27-30; Hebrews 12:2. What did Jesus experience?
5. Read Luke 23:16-25. What did Jesus experience?
6. Read Mark 15:33-34. When our sins separated Jesus from His Father how did He feel?
7. Read 1 Peter 2:24. What is Jesus offering in the place of our suffering and griefs?

Talk to God about your own difficult experiences. Ask Him to show you where Jesus went through the same things you have. He will speak to you through the Holy Spirit's conviction that Jesus understands you and can help you. Ask Him to heal your hurt.

## Explanation

## Jesus Carried our Suffering

Dear Jesus,  
You left heaven to be born in my world.  
You experienced poverty, even fleeing for Your life as a refugee.

Many people rejected You,  
even Your closest friends denied and betrayed You.

You were wrongly accused, mocked and beaten.  
They shamed You in front of everyone.

You were all alone with no one to comfort You.  
All the evil spirits attacked You.

It even seemed like Your Father had forsaken You.

I also have experienced heartache and pain.  
I want to tell You about the things that have hurt me  
\_\_\_\_\_ (tell Jesus what you have felt and thought).

Thank You for bearing my pain, sorrows, griefs, and temptations  
so that You could bring me healing and set me free.  
Amen.

**Prayers**