

There was a woman who had been suffering from hemorrhages for twelve years; and though she had spent all she had on physicians, no one could cure her. She came up behind Jesus and touched the fringe of his clothes, and immediately her hemorrhage stopped... then Jesus said to her, "Daughter, your faith has made you well; go in peace." Luke 8:43-48

- I. Medical Science: The Body-Mind-Spirit Connection
 - A. The aim of medical science
 - B. What medical science is saying about the "faith factor"
- II. Suffering, Sickness and God's Will in the Christian Life
 - A. How Christians view suffering
 - *We rejoice in our sufferings, because we know that suffering produces perseverance; ⁴perseverance, character; and character, hope. Romans 5:3-4*
 - B. The aim of the Christian life - sanctification
 - C. God's providence: God's work and will for our lives
 - *"I come that you might have life and have it abundantly" John 10:10*
- III. The Power of Faith: What Religion Brings to Wholeness
 - A. The importance of trust –
 - *"Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be known to God." Philippians 4:6,7*
 - B. The power of hope & The Impact of Prayer
 - C. The significance of community
- IV. Practicing Holistic Medicine, Living Holistic Lives
 - A. A word to health care providers
 - B. A challenge to each of us about health and wholeness – I Corinthians 6:19-20
 - *Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price, so glorify God in your body." 1 Corinthians 6:19,20*

Conclusion: *"Your Faith Has Made You Well..." – Luke 8:48*

Monday – A number of passages in the Law of the Old Testament seemed to focus on ensuring the health of the people – scan *Leviticus 13-15* to see this. What we do with our bodies – using them for God's glory versus doing profane things with them, is clearly of interest within the scriptures. Some of these verses may guide us to consider how we should take care of our bodies in order to honor God. Read *Romans 12:1*. What are all of the implications for you of presenting your body as a living sacrifice to God? Read *I Corinthians 6:19-20*. In its context, these verses refer to abstaining from sexual immorality. But the idea has a broader application. If your body is the temple in which God's spirit lives, and if you are not your own, but you belong to God, what are the implications of this for how well you take care of your body? If you are in poor physical health how is this likely to affect your spiritual life? Are you currently exercising and taking care of yourself? If not, is God calling you to do so?

Tuesday – Read *Mark 5:21-43*. Let's focus on the woman who had been hemorrhaging first. What do we learn about her in this story? How must she have felt? Do you think there are times today when medicine has done all it can do, and the only hope for healing is through Christ? When Jesus says, "Your faith has healed you" what do you think he means? Why was it her faith that Jesus mentions, rather than the power of God? What do the two stories – the woman and the little girl, tell us about Jesus? About the power of God? About the kind of healing that awaits us in heaven? If you are a healthcare professional, you are continuing the work of Jesus – how can you integrate your faith in your care for people's physical well being? How do you see the connection between spiritual health and physical health?

Wednesday – Today we will look at some of the scriptures that help us understand the role of faith and trust in the release of anxiety and stress, and putting ourselves in a position to best receive healing. Read *Philippians 4:4-7*. Now, read it again aloud. A large amount of contemporary medical research has shown a connection between our ability to let go of fear, and our ability to heal. Read *I Peter 5:7* – how do we cast our anxiety upon God? Read *Matthew 6:28-34*. Use this passage as the basis for a conversation with God – inviting God to help you to follow the words of Jesus.

Thursday – Read *Proverbs 3:4-8*. What does this passage teach us about where and when healing comes? Let's look at another healing story from the ministry of Jesus. Read *Luke 5:17-26*. Jesus is clear, elsewhere in the gospels, that sickness is not necessarily the result of sin. But in this particular passage sin is the issue. How do you think this man's sins – his internal spiritual life and his guilt – were keeping him paralyzed? Does sin in our lives ever lead to sickness or disease? In what ways is forgiveness a form of healing? Invite God to forgive you.

Friday – The practice of anointing with oil and praying for the sick is grounded in the New Testament. Read *James 5:13-16*. What is healing and wholeness? Is it more than physical? Does our faith exempt us from becoming ill? What spiritual lessons have you learned through illness? When does our ultimate healing come? Be bold in praying for your needs, and be aware of the many ways God hears and answers our prayers. Read *II Corinthians 4-5:9* where Paul gives us his perspective on our earthly bodies.