

What Do I Do With All my Hurts, Addictions, Dysfunctions, and Loss?

I. INTRODUCTION

- A. There is no doubt about whether the fall in the Garden of Eden has taken a toll
 - 1. Not only is there death
 - 2. But suffering
 - 3. Pain
 - 4. Loss
 - 5. Disease
 - 6. Addictions
 - 7. Dysfunctions
 - 8. And so much more — see the nightly news

- B. Our politicians, psychologists, and social engineers are constantly telling us how they'll solve all these problems
 - 1. While some may do better than others
 - 2. The truth is that politicians, psychologists, and social engineers won't / can't solve these problems
 - 3. What we really need is the Great Physician

- C. Healing was a hallmark of the coming of the Kingdom
 - 1. Isaiah prophesied: Isaiah 35:5-8 "Then the eyes of the blind will be opened And the ears of the deaf will be unstopped. Then the lame will leap like a deer, And the tongue of the mute will shout for joy."
 - 2. Crowds followed Jesus largely at first **because** He healed
 - 3. Matthew 11:2-6 "Now when John, while imprisoned, heard of the works of Christ, he sent word by his disciples and said to Him, "Are You the Expected One, or shall we look for someone else?"
 - a) Jesus answered and said to them, "Go and report to John what you hear and see:
 - b) the BLIND RECEIVE SIGHT and the lame walk, the lepers are cleansed and the deaf hear, the dead are raised up, and the POOR HAVE THE GOSPEL PREACHED TO THEM. "And blessed is he who does not take offense at Me.""
 - 4. OK, so, what can the Great Physician do for your hurts, pain, addictions, and dysfunction?

II. **THE GREAT PHYSICIAN IS THERE FOR YOU**

- A. **He will hear us, He cares**
 - 1. Understands suffering first hand

2. Hebrews 4:15 “For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin.”
 3. Sympathy & Compassion
 4. 1 Peter 5:7 “casting all your anxiety on Him, because He cares for you.”
- B. **Intercession of the Spirit** — Romans 8:26 “In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words;”
- C. (Gal. 6:2) He has given to us people, the church, to help and support and love us
- D. **But who here goes to a doctor, tells their symptoms to the doctor, waits for a sympathetic look, and then leaves without a remedy?**
1. We expect more than sympathy from the doctor
 2. More than a pat on the hand from the nurses and staff
 3. More than a support group — as useful as those things are
 4. You go to a doctor to get something fixed!
 - a) Medicine
 - b) Therapy
 - c) New diet
 - d) A cast
 - e) Stitches
 - f) Bandages
 - g) Braces
 - h) Surgery
 - i) *Something* to fix the problem, right?
- E. **So, also, when you come to Jesus**, the Great Physician, you expect Him to fix things
1. The problem is that we don’t always like the medicine or therapy
 2. But if we’ll cooperate with the Great Physician, He will heal...

III. OUR RELATIONSHIPS

- A. Lots of “Quacks” give us a lot of snake-oil for relationship fixing
1. Sadly many want to listen
 2. The multiplication of broken relationships tells us how effective they AREN’T
- B. But Jesus gives us the real remedy...
1. **Apply the Sermon on the Mount**
 - a) Mt. 5:25 — make friends quickly, if you have offended, apologize
 - b) Mt. 18:15ff — if you have been offended, make peace and forgive
 - c) Mt. 5:38 — turn the other cheek
 - d) Mt. 5:44 — love your enemies
 - e) Become a peacemaker – Mt. 5:9
 - f) Mt. 7:1ff — avoid idle or vicious criticism of others

2. **Apply Gal. 5:22,23** — “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law.”
3. **Apply 1 Cor. 13:4-6**

C. You might be shocked by the way that relationships improve and heal — if we let Jesus heal us.

IV. HE CAN HEAL OUR **EMOTIONS**

A. Guilt and sin are the primary causes of our emotional wounds

1. I’m not talking about psychosis, of course; they are physical, medical problems, just like the flu or the chicken pox
2. Most all other emotional wounds are the result of sins:
 - a) **Our own** — which inflict us with guilt and inflict emotional and relationship wounds on others!
 - b) **The sins of others** — which inflict emotional wounds on us!
3. Unfortunately, most modern psychology —
 - a) “*Rid ourselves* of the concept of sin and guilt” — Everything’s OK
 - b) Result: NOW we have **more...**
 - (1) emotional distress
 - (2) stress
 - (3) pain
 - (4) dysfunctionality

4. STOP TAKING THE SNAKE-OIL!

B. We must let the Great Physician, Jesus, heal us!

1. First, by **a truthful diagnosis** — the problem **IS**
 - a) SIN — yes there are rights to do and wrongs to avoid
 - b) GUILT — the spirit’s lifesaving alarm system that something is seriously wrong
 - c) But the solution is not to ignore them!
2. **THE SOLUTION** IS to the right thing about them! OBEY THE LORD!!
 - a) Examples...
 - (1) Genesis 4: 5-7 God told Cain to OBEY THE LORD!!
 - (2) King Saul and his depression described in 1 Samuel 16, 18, 19
 - (a) He thought soothing music was the solution
 - (b) He thought that killing David might be the solution
 - (c) The solution was the same as for Cain, OBEY THE LORD!!
 - (3) Peter had a reason to be down and ashamed after his denial
 - (a) Jesus gave him the chance to re-state his love and loyalty
 - (b) Then he gave him a job “He said to him the third time, “Simon, son of John, do you love me?” Peter was grieved because he said to him the third time, “Do you love me?” And he said to him, “Lord, you know everything; you know that I love you.” Jesus said to him, “Feed my sheep.” John 21:17, RSV.

3. Our own emotional wounds — **when we are the victim of another's sin** — can be mended the same way — by obeying the Lord
 - a) By submitting to
 - (1) the healing surgery of **repentance**
 - (2) the healing relief of **forgiveness** toward others
 - (3) the healing balm of **God's forgiveness**
 - (a) It is God who forgives, who will nullify what He has said?
 - (b) "Heal me, O LORD, and I shall be healed; save me, and I shall be saved; for thou art my praise." Jeremiah 17:14, RSV.
 - b) **Opening** ourselves to...
 - (1) The relief of prayer
 - (2) The counsel, the answers, and wisdom of God's word
 - (3) The intercession of a High Priest like Jesus who was grieved and tempted in every way like us
 - (4) The intercession of the Holy Spirit, when our grief and groanings are too deep for words
- C. You might be filled with wonder by the way that your emotional wounds improve and heal — if we let Jesus heal us.

V. HE CAN HEAL OUR **ETERNITY**

- A. Sins have not only brought us personal emotional pain, most importantly it has separated you from God!
1. We NEED spiritual healing
 - a) **Sin is terminal** — "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord." Romans 6:23
 - b) Moreover, we are **enslaved, addicted** to sin
 - (1) "Jesus answered them, 'Truly, truly, I say to you, every one who commits sin is a slave to sin.'" John 8:34, RSV.
 - (2) If you doubt it, just try stopping!!
 - c) Sin disfigures, weakens, and kills us
 2. Many are in denial
 - a) Some see no disease, no wound, no separation.
 - b) Then there are the "Spiritual Quacks"
 - (1) Let's heal you spiritually with...
 - (a) ...with good deeds
 - (b) ...lighting candles
 - (c) ...telling you everything's going to be fine
 - (d) ...with an emotional experience!!
 - (e) ...with meditation
 - (2) Very much like false prophets of Jeremiah's day: Jeremiah 6:14 "'They have healed the brokenness of My people superficially, Saying, 'Peace, peace,' But there is no peace."
- B. **But Jesus heals** our spiritual sickness, heals our eternity, by...

1. Dying in our place (Isa. 53:5)
 2. Taking away our guilt (2 Cor. 5:21)
 3. Giving us a new way of life! (Rom. 6:1-6)
 4. Resurrection of life (John 5:25,26)
- C. **The medicine we need** ... the only medicine that works ... is the blood of Jesus' cross (nothing else will do!)
- D. **In the cross of Jesus** is the true healing of our souls

VI. **CONCLUSION**

- A. John 5:6-9 "When Jesus saw him lying there, and knew that he had already been a long time in that condition, He *said to him, "Do you wish to get well?"
1. The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up, but while I am coming, another steps down before me."
 2. Jesus *said to him, "Get up, pick up your pallet and walk." Immediately the man became well, and picked up his pallet and began to walk..."
- B. The Lord calls to you — "Do you wish to get well?"
1. Maybe you've tried a number of dead ends
 2. Now the Great Physician is asking
 3. The answer is up to you
 - a) Broken relationships
 - b) Broken hearts
 - c) Spiritual death
- C. Come