

LOVE & FORGIVENESS - HEALING

- 1) Here is a story you haven't heard before, Start with **Luke 3: 21 - 22**; then **4:1 - 2**; and **14 - 23**.

*Notice the Holy Spirit in each of these 3 sections. It is one story, but we only hear it in 3 parts. Who was going to do these things? **Luke 7: 18 - 23**. The Christ = the Messiah = the Anointed One (by the SPIRIT)*

The important phrase in Luke **14-23** is *'to set free those who are oppressed'* which applies to both

healing and casting out evil. Using the Holy Spirit, Jesus went round "doing good" and the Gospels are full of preaching the Good News, healing the sick and casting out evil,

1 John 3: 8 The reason Jesus came was to destroy the works of the devil.

- 2) Our concern today is mainly about **Inner Healing** often called **Healing of the Memories**.

Inner Healing is God's love flowing through us; as it flows it heals; what stops his love from flowing through us is our lack of forgiveness. LOVE is the most important word.

John 3: 16 For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life

Cardinal Hume gave a talk on prayer in Notre Dame Cathedral in Paris - his first sentence was "The beginning of prayer is the awareness that we are loved by God."

The **Important word is LOVE**. **Healing** is simply God's love flowing through us

- 3) **Do I love myself?** Ephs 1: 15 - 19 *having the eyes of your heart enlightened*

Ephs 3: 14 - 21 to know the love of Christ which is beyond knowledge cf John 4: 41

The following questions may help you assess your situation. .

1. Do you find yourself needing approval from others to feel good about yourself?

Yes _____ No _____

2. Do you agree to do more for others than you can comfortably accomplish? Yes ___.. No ___...

3. Are you a perfectionist? Yes _____ No _____

4. Or do you tend to avoid or ignore responsibilities? Yes _____ No _____

5. Do you find it difficult to identify what you're feeling? Yes _____ No _____

6. Do you find it difficult to express feelings? Yes _____ No _____

7. Do you tend to think in all-or-nothing terms? Yes _____ No _____

8. Do you often feel lonely even in the presence of others? Yes _____ No _____

9. Is it difficult for you to ask for what you need from others? Yes _____ No _____

10. Is it difficult for you to maintain intimate relationships? Yes _____ No _____

11. Do you find it difficult to trust others? Yes _____ No _____

12. Do you tend to hang on to hurtful or destructive relationships? Yes _____ No _____

13. Are you more aware of others' needs and feelings than your own? Yes _____ No _____
14. Do you find it particularly difficult to deal with anger or criticism? Yes _____ No _____
15. Is it hard for you to relax and enjoy yourself? Yes _____ No _____
16. Do you find yourself feeling like a "fake" in your academic or professional life? Yes.....
No _____
17. Do you find yourself waiting for disaster to strike even when things are going well in your life? Yes _____ No _____
18. Do you find yourself having difficulty with authority figures? Yes ___ No ___

Most people could probably identify with some of them. If you find yourself answering "Yes" to over half, you may need some healing. *Suggestion: How to learn to love oneself:*

Lord Jesus, I need your gift of love deep down within myself, in my innermost being, so that I know that you love me, so that I can love you, love everybody and love myself.

- 4) Love is not a feeling **but an act of the will. A decision.** If we find it impossible to love, we **need to forgive.**

But very often we don't know who we have to forgive because the mind tends to forget. So our prayer to God is to ask him to help us find out who we have to forgive. Pray by yourself or get people to pray with you (laying on of hands - ancient gesture *Mark 5: 22 Jairus, came forward. Seeing Jesus, he fell at his feet, "My daughter is at the point of death. Please, come lay your hands on her that she may get well and live."*)

This prayer is sometimes called **Prayer for Inner Healing**, or **Emotional**, or **Psychological Healing**, but probably best of all is called the **HEALING OF THE MEMORIES**. Fr. Nicholas' definition of 'healing' is - God's love flowing through me. As it flows, it heals, and what stops his love from flowing is my lack of forgiveness. So what do I have to do?find out who I have to forgive. Pray, as we said above. We always blame others! I'm always right! Often we take things the wrong way and so we feel hurt by someone whom we blame, Whereas they are **sign posts from God** telling us we need healing - the hurt is already in us from somewhere else and needs to be healed. I used to say most of our hurts were not intended to hurt us. Then 70% (upgraded to 80% in October 2003) - to 90% in January 2006: (? 95% Jan.2007) (? 2009) **FN recommends a PROCESS for Healing of Memories i.e. get the person to feel the hurt - then ask "how old do you feel?" - to pinpoint the situation needing healing (p66 'Our God Heals' a) Lady in parish, b) Jim, American brother-in-law**

- 5) FN's Classic Pig story, **non intended hurts** (p64 Our God Heals) Kay, Brown dress, Communion, Novices - stones.
- 6) Many doctors - all saying the same thing: that 80% of Back ache, Skin rash, Arthritis, Migraine, **was due to resentment.**
- 7) **OUR FATHER.** *Matthew 6*, as soon as Jesus finishes the words of the Our Father, he

immediately continues with, " if you do not forgive, neither will your heavenly Father forgive you."

IT IS NOT CONDITIONAL.
11: 25

Colossians 3: 12-14

cf *Mark*

"Being unable to forgive is the greatest obstacle to holiness!"

- 8) *Matthew 18: 21* Peter ? seven times? " *Matthew 18: 35* the unjust steward. "And so will your heavenly Father do to you, if you do not forgive your brother from your **HEART**.
- 9) So how do we forgive? Don't try and feel it. **Do it**. But since Love and forgiveness are **divine gifts we have to get 3them from God. To err is human. To forgive is divine.** (*Alexander Pope*) **Very Important**
- 10) Little boy was asked " What is God for ? " Answer - **GOD IS FORGIVING !**
At one and the same time - Forgiving is the hardest thing in the world and the easiest. Hardest because we don't want to; easiest when we let Jesus do it !
- 11) **Christine freezing fog. (p96)** So let's give God the chance to do something in our lives.
- 12) If you remember a particular hurt, ask Jesus **to go back with you to that moment.**

Suggested prayer:

Lord Jesus, I need your gift of forgiveness to forgive X, with your forgiveness.
Lord Jesus, I need your gift of love to love X, with your love.

You may also use your imagination. Imagine Jesus present - at **that time**.

Since many hurts happen in the family, see 4th commandment *Exodus 20: 12, Deut. 5: 16*

- 13) **This is the beginning of the healing, not the end**, so we have to continue forgiving and loving
- 14) Does God say " I **have** forgiven you " or rather " I **am** forgiving you "
- 15) ***Forgiving*** is made up of two words. How do you spell the first word ?
The word *giving*, means, *giving away* something that we have been hanging on to for a long time. So get rid of it.
- 16) *Luke 6: 27-38* but in particular 37-38
- 17) " Father forgive them for they know not what they do" *Luke 23: 34*

Best website for HEALING : Christian Healing Ministries; Best BOOK: "OUR GOD HEALS" to set free those who are oppressed by Fr Nicholas: Good News Books, Luton Tel 01582 571011