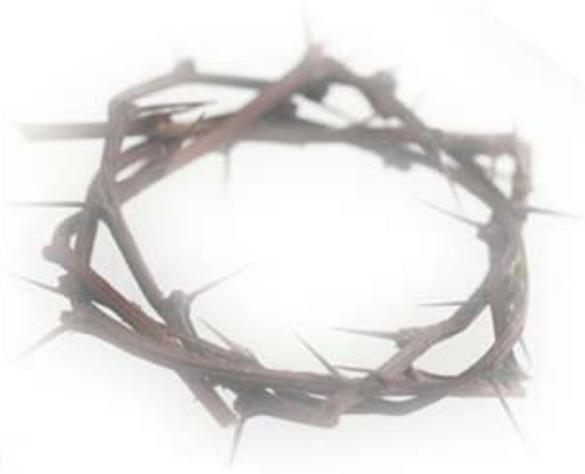




Healing

“But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.”

– Isaiah 53:5

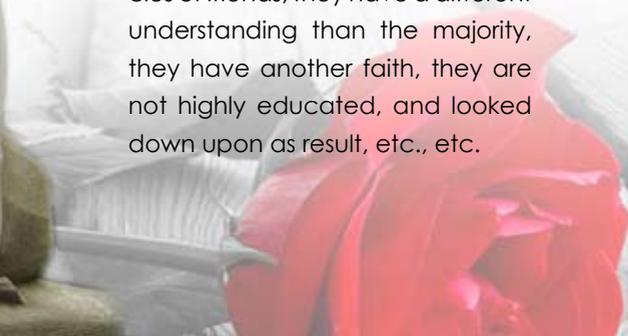


Healing



Today there are very many people who suffer. Some have cancer, others have heart disease, arthritis, neck and back pain, headache, kidney problems, asthma, allergies, lung disease, etc. The list goes on and on.

People also suffer in other ways like shortage of money and food, some are harassed, and others have low self-esteem. There are those who are rejected within circles of friends, they have a different understanding than the majority, they have another faith, they are not highly educated, and looked down upon as result, etc., etc.





People can be oppressed by family, friends, and authorities or at their workplace. They are not accepted just as they are. They desire to be free and glad, but circumstances bring them down.

Some have been thieves or con artists and suffer a bad conscience.

What does society do with these sufferings?

Physicians give numbing, poisonous pills, medicate and inject to soothe pain, depression and other diseases. Psychiatrists also dope their subjects with even worse addictive tablets; many others are shut in behind closed doors.

If people cannot subordinate themselves at their workplace or under authorities, they are then perhaps looked upon as incapable people and soon find themselves in the psychiatric ward or go on disability before time.

The thief and the con artist are sentenced and put in jail. But do pills, medications, injections, disability, jail sentences solve the problem? Do people get well by this kind of "therapy"?

Simple natural remedies

We live in an artificial society, with stress, tension, overcrowding, and many realize that we must come out of this artificial society and in to the nature. We can regain our health there with the aid of nature's simple remedies like fresh air, sunshine, temperance, rest, exercise, healthy diet, water, trust in divine power. These are life's true healing remedies.

The burden of sin

Nonetheless, there is one ailment that nature's remedies cannot cure, and that is sin. The Creator has set up 10 simple rules for us to follow so that we may have a good relationship to God and fellow man. We sin when we break these commandments. The Bible says that **sin is transgression of the law** and that **the wages of sin is death** (1 John 4:3; Rom. 6:23).



The Bible says that **“whosoever committeth sin is the servant of sin.”** – John 8:34.

We are under the curse of the law when we sin and **“all have sinned, and come short of the glory of God.”** – Romans 3:23.

Jesus came to save us from the curse of the law. He has done everything so that we can be happy, free and glad. He who is God, humbled Himself and clothed His divinity with humanity and came here as a human being to free us from the curse of sin. **“Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same.”** – Heb. 2:14. He must gain the victory where Adam and Eve had fallen. Jesus did this. The Bible says **“Wherefore in all things it behoved him to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people. For in that he himself hath suffered being tempted, he is able to succour them that are tempted.”** – Heb. 2:17, 18.

“but [Jesus] was in all points tempted like as we are, yet without sin.” – Heb. 4:15.

Jesus is our Saviour and Redeemer because He was tempted in all points like as we are, yet without sin and ended up giving His life for us. **“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.”** – Heb. 4:16.

We have already seen that Jesus is the answer. It is through Him that we can be healed from sin. The prophet Isaiah describes this healing in this way:

“Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.” – Isaiah 53:4, 5.

Here we have the recipe for healing. With His stripes we are healed. The question now is: Will we accept this healing? It is a free gift, but are we willing to accept it?

Promises full of hope

Do not doubt God's healing and saving power. Be strengthened by the following quotations from God's Word:

“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.” – John 3:16.

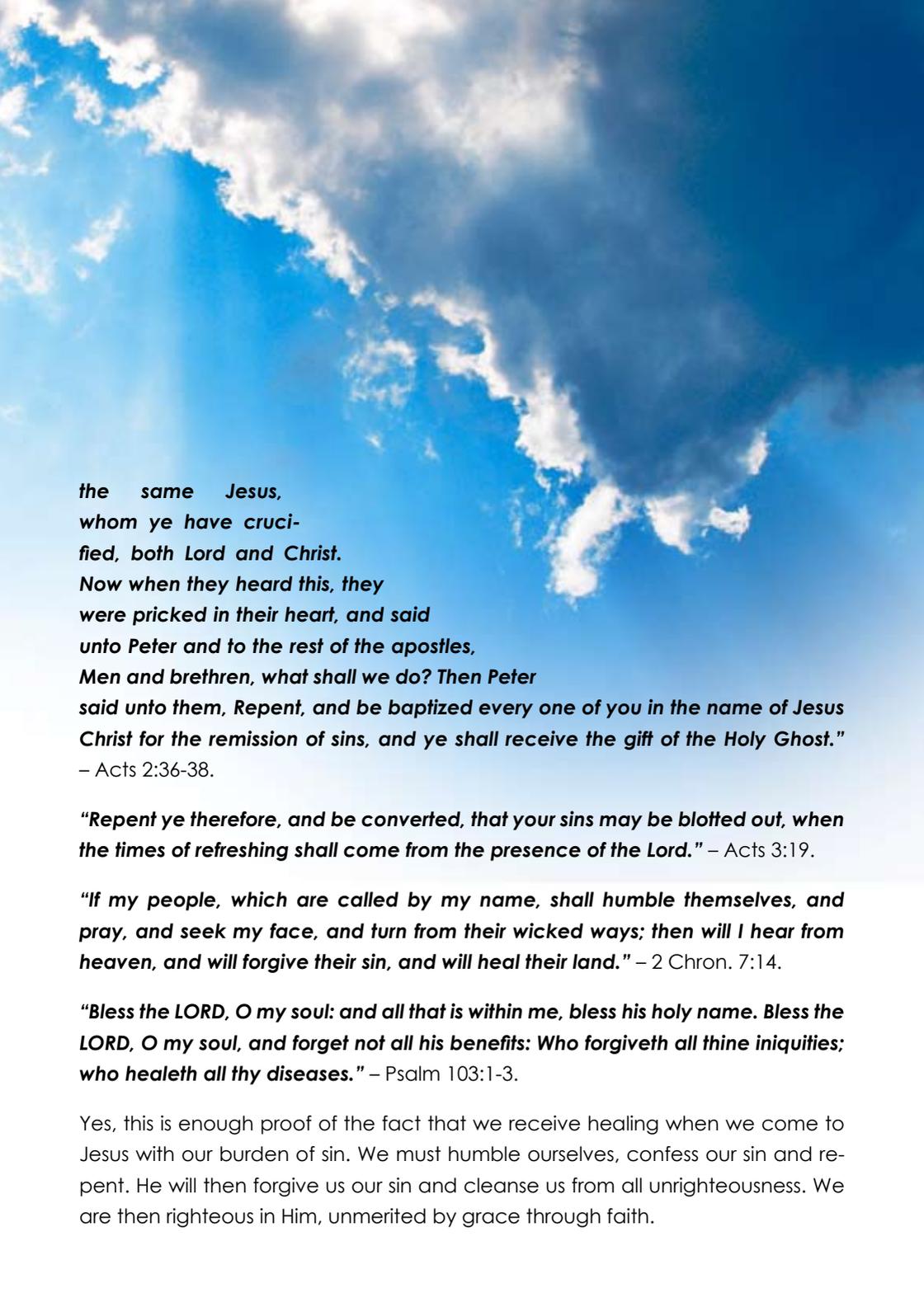
“Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.” – 1 John 4:10.

“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.

“When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee? She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more.” – John 8:10, 11.

“He that hath the Son hath life; and he that hath not the Son of God hath not life.” – 1 John 5:12.

Peter and John said to them: ***“Therefore let all the house of Israel know assuredly, that God hath made***



*the same Jesus,
whom ye have cruci-
fied, both Lord and Christ.
Now when they heard this, they
were pricked in their heart, and said
unto Peter and to the rest of the apostles,
Men and brethren, what shall we do? Then Peter
said unto them, Repent, and be baptized every one of you in the name of Jesus
Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.”*
– Acts 2:36-38.

*“Repent ye therefore, and be converted, that your sins may be blotted out, when
the times of refreshing shall come from the presence of the Lord.”* – Acts 3:19.

*“If my people, which are called by my name, shall humble themselves, and
pray, and seek my face, and turn from their wicked ways; then will I hear from
heaven, and will forgive their sin, and will heal their land.”* – 2 Chron. 7:14.

*“Bless the LORD, O my soul: and all that is within me, bless his holy name. Bless the
LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities;
who healeth all thy diseases.”* – Psalm 103:1-3.

Yes, this is enough proof of the fact that we receive healing when we come to Jesus with our burden of sin. We must humble ourselves, confess our sin and repent. He will then forgive us our sin and cleanse us from all unrighteousness. We are then righteous in Him, unmerited by grace through faith.



Healing and our acceptance with God

"From the simple Bible account of how Jesus healed the sick, we may learn something about how to believe in Him for the forgiveness of sins. Let us turn to the story of the paralytic at Bethesda. The poor sufferer was helpless; he had not used his limbs for thirty-eight years. Yet Jesus bade him, "Rise, take up thy bed, and walk." The sick man might have said, "Lord, if Thou wilt make me whole, I will obey Thy word." But, no, he believed Christ's word, believed that he was made whole, and he made the effort at once; he willed to walk, and he did walk. He acted on the word of Christ, and God gave the power. He was made whole.

In like manner you are a sinner. You cannot atone for your past sins; you cannot change your heart and make yourself holy. But God promises to do all this for you through Christ. You believe that promise. You confess your sins and give yourself to God. You will to serve Him. Just as surely as you do this, God will fulfill His word to you. If you believe the promise,—believe that you are forgiven and cleansed,—God supplies the fact; you are made whole, just as Christ gave the paralytic power to walk when the man believed that he was healed. It is so if you believe it. Do not wait to feel that you are made whole, but say, "I believe it; it is so, not because I feel it, but because God has promised."

Jesus says, **"What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them."** Mark 11:24. There is a condition to this promise--that we pray according to the will of God. But it is the will of God to cleanse us from sin, to make us His children, and to enable us to live a holy life. So we may ask for

these blessings, and believe that we receive them, and thank God that we have received them. It is our privilege to go to Jesus and be cleansed, and to stand before the law without shame or remorse. ***“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”*** Romans 8:1. Henceforth you are not your own; you are bought with a price. ***“Ye were not redeemed with corruptible things, as silver and gold;... but with the precious blood of Christ, as of a lamb without blemish and without spot.”*** 1 Peter 1:18, 19. Through this simple act of believing God, the Holy Spirit has begotten a new life in your heart. You are as a child born into the family of God, and He loves you as He loves His Son.

Now that you have given yourself to Jesus, do not draw back, do not take yourself away from Him, but day by day say, “I am Christ’s; I have given myself to Him;” and ask Him to give you His Spirit and keep you by His grace. As it is by giving yourself to God, and believing Him, that you become His child, so you are to live in Him. The apostle says, ***“As ye have therefore received Christ Jesus the Lord, so walk ye in Him.”*** Colossians 2:6.

Some seem to feel that they must be on probation, and must prove to the Lord that they are reformed, before they can claim His blessing. But they may claim the blessing of God even now. They must have His grace, the Spirit of Christ, to help their infirmities, or they cannot resist evil. Jesus loves to have us come to Him just as we are, sinful, helpless, dependent. We may come with all our weakness, our folly, our sinfulness, and fall at



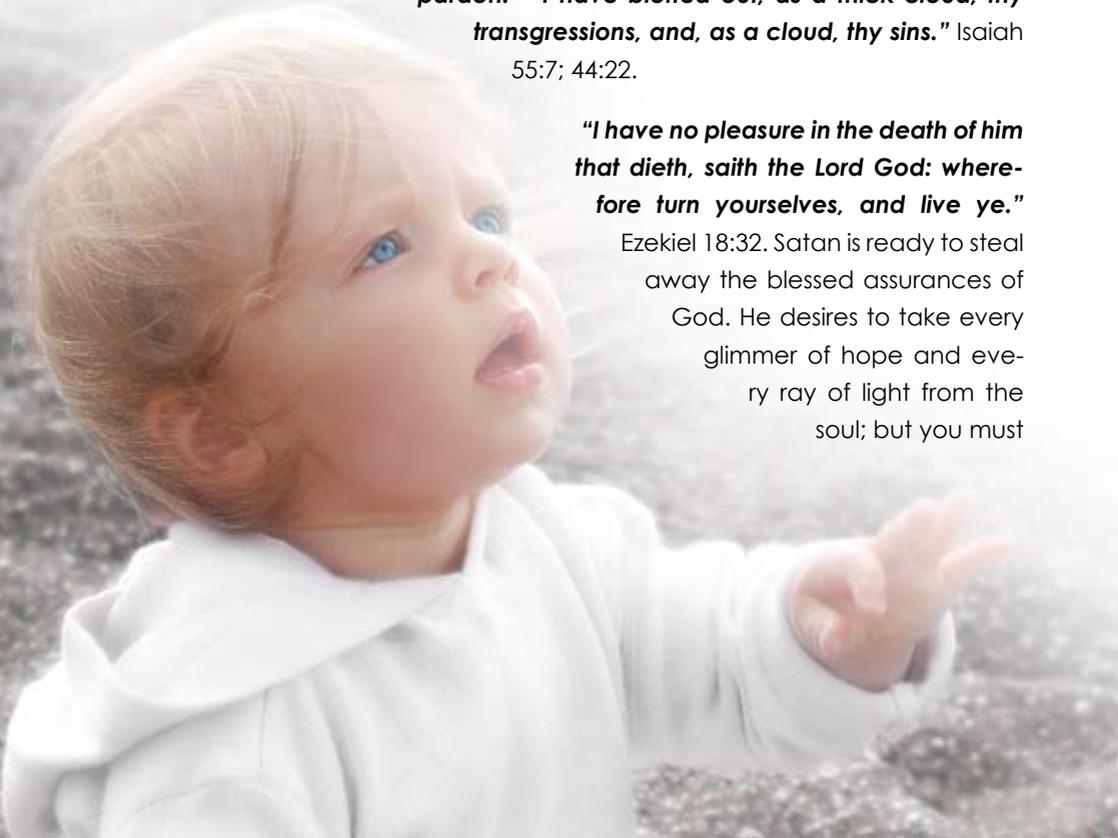
His feet in penitence. It is His glory to encircle us in the arms of His love and to bind up our wounds, to cleanse us from all impurity.

Here is where thousands fail; they do not believe that Jesus pardons them personally, individually. They do not take God at His word. It is the privilege of all who comply with the conditions to know for themselves that pardon is freely extended for every sin. Put away the suspicion that God's promises are not meant for you. They are for every repentant transgressor. Strength and grace have been provided through Christ to be brought by ministering angels to every believing soul. None are so sinful that they cannot find strength, purity, and righteousness in Jesus, who died for them. He is waiting to strip them of their garments stained and polluted with sin, and to put upon them the white robes of righteousness; He bids them live and not die.

God does not deal with us as finite men deal with one another. His thoughts are thoughts of mercy, love, and tenderest compassion. He says, ***“Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and He will have mercy upon him; and to our God, for He will abundantly pardon.”*** ***“I have blotted out, as a thick cloud, thy transgressions, and, as a cloud, thy sins.”*** Isaiah 55:7; 44:22.

“I have no pleasure in the death of him that dieth, saith the Lord God: wherefore turn yourselves, and live ye.”

Ezekiel 18:32. Satan is ready to steal away the blessed assurances of God. He desires to take every glimmer of hope and every ray of light from the soul; but you must



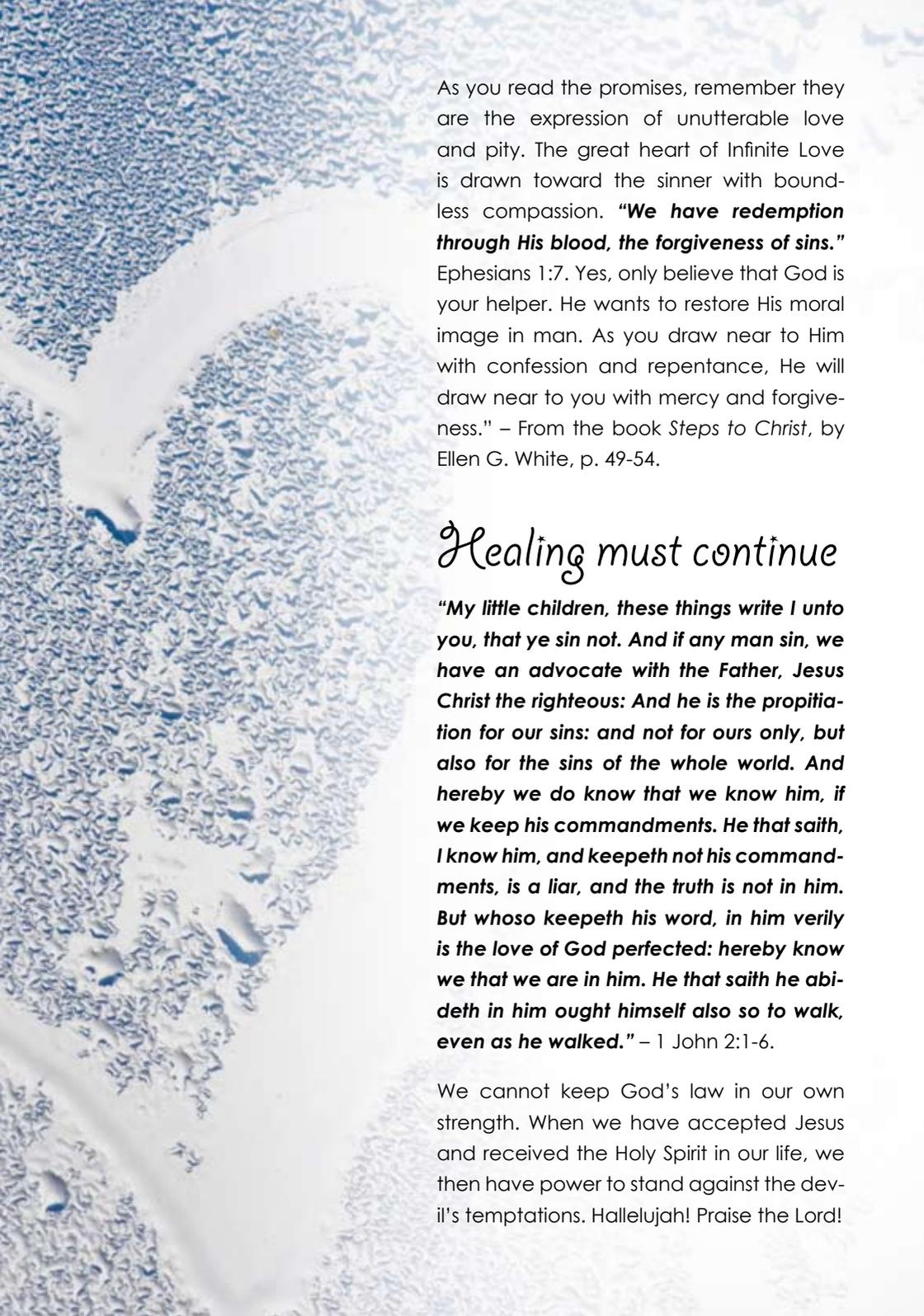
not permit him to do this. Do not give ear to the tempter, but say, "Jesus has died that I might live. He loves me, and will not that I should perish. I have a compassionate heavenly Father; and although I have abused His love, though the blessings He has given me have been squandered, I will arise, and go to my Father, and say, 'I have sinned against heaven, and before Thee, and am no more worthy to be called Thy son: make me as one of Thy hired servants.'" The parable tells you how the wanderer will be received: **"When he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him."** Luke 15:18-20.



But even this parable, tender and touching as it is, comes short of expressing the infinite compassion of the heavenly Father. The Lord declares by His prophet, **"I have loved thee with an everlasting love: therefore with loving-kindness have I drawn thee."** Jeremiah 31:3. While the sinner is yet far from the Father's house, wasting his substance in a strange country, the Father's heart is yearning over him; and every longing awakened in the soul to return to God is but the tender pleading of His Spirit, wooing, entreating, drawing the wanderer to his Father's heart of love.

With the rich promises of the Bible before you, can you give place to doubt? Can you believe that when the poor sinner longs to return, longs to forsake his sins, the Lord sternly withholds him from coming to His feet in repentance? Away with such thoughts! Nothing can hurt your own soul more than to entertain such a conception of our heavenly Father. He hates sin, but He loves the sinner, and He gave Himself in the person of Christ, that all who would might be saved and have eternal blessedness in the kingdom of glory. What stronger or more tender language could have been employed than He has chosen in which to express His love toward us? He declares, **"Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee."** Isaiah 49:15.

Look up, you that are doubting and trembling; for Jesus lives to make intercession for us. Thank God for the gift of His dear Son and pray that He may not have died for you in vain. The Spirit invites you today. Come with your whole heart to Jesus, and you may claim His blessing.



As you read the promises, remember they are the expression of unutterable love and pity. The great heart of Infinite Love is drawn toward the sinner with boundless compassion. **“We have redemption through His blood, the forgiveness of sins.”** Ephesians 1:7. Yes, only believe that God is your helper. He wants to restore His moral image in man. As you draw near to Him with confession and repentance, He will draw near to you with mercy and forgiveness.” – From the book *Steps to Christ*, by Ellen G. White, p. 49-54.

Healing must continue

“My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous: And he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world. And hereby we do know that we know him, if we keep his commandments. He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him. But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him. He that saith he abideth in him ought himself also so to walk, even as he walked.” – 1 John 2:1-6.

We cannot keep God's law in our own strength. When we have accepted Jesus and received the Holy Spirit in our life, we then have power to stand against the devil's temptations. Hallelujah! Praise the Lord!

"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it." – 1 Cor. 10:13.

"And now, little children, abide in him; that, when he shall appear, we may have confidence, and not be ashamed before him at his coming. If ye know that he is righteous, ye know that every one that doeth righteousness is born of him." – 1 John 2:28, 29.

"Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous." – 1 John 3:7.

"Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God." – 1 John 3:9.

We receive power to do righteousness when the Holy Spirit comes into our life. We have, in other words, first received His righteousness, unmerited by grace through faith, and thereafter power to do righteousness. In this way, we can be His witnesses and reveal the fruit of the Spirit in our life.

"Nevertheless we, according to his promise, look for new heavens and a new earth, wherein dwelleth righteousness. Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot, and blameless." – 2 Peter 3:13, 14.

Bible Principles of Cure

"For those who would regain or preserve health there is a lesson in the words of Scripture, **"Be not drunk with wine, wherein is excess; but be filled with the Spirit."** Ephesians 5:18.

Not through the excitement or oblivion produced by unnatural or unhealthful stimulants; not through indulgence of the lower appetites or passions, is to be found true healing or refreshment for the body or the soul. Among the sick are many who are without God and without hope. They suffer from ungrati-





fied desires, disordered passions, and the condemnation of their own consciences; they are losing their hold upon this life, and they have no prospect for the life to come. Let not the attendants upon the sick hope to benefit these patients by granting them frivolous, exciting indulgences. These have been the curse of their lives. The hungry, thirsting soul will continue to hunger and thirst so long as it seeks to find satisfaction here. Those who drink at the fountain of selfish pleasure are deceived. They mistake hilarity for strength, and when the excitement ceases, their inspiration ends, and they are left to discontent and despondency.

Abiding peace, true rest of spirit, has but one Source. It was of this that Christ spoke when He said, **“Come unto Me, all ye that labor and are heavy-laden, and I will give you rest.”** Matthew 11:28. **“Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you.”** John 14:27. This peace is not something that He gives apart from Himself. It is in Christ, and we can receive it only by receiving Him.

Christ is the wellspring of life. That which many need is to have a clearer knowledge of Him; they need to be patiently and kindly, yet earnestly, taught how the whole being may be thrown open to the healing agencies of heaven. When the sunlight of God’s love illuminates the darkened chambers of the soul, restless weariness and dissatisfaction will cease, and satisfying joys will give vigor to the mind and health and energy to the body.

We are in a world of suffering. Difficulty, trial, and sorrow await us all along the way to the heavenly home. But there are many who make life’s burdens doubly heavy by continually anticipating trouble. If

they meet with adversity or disappointment they think that everything is going to ruin, that theirs is the hardest lot of all, that they are surely coming to want. Thus they bring wretchedness upon themselves and cast a shadow upon all around them. Life itself becomes a burden to them. But it need not be thus. It will cost a determined effort to change the current of their thought. But the change can be made. Their happiness, both for this life and for the life to come, depends upon their fixing their minds upon cheerful things. Let them look away from the dark picture, which is imaginary, to the benefits which God has strewn in their pathway, and beyond these to the unseen and eternal.

For every trial, God has provided help. When Israel in the desert came to the bitter waters of Marah, Moses cried unto the Lord. The Lord did not provide some new remedy; He called attention to that which was at hand. A shrub which He had created was to be cast into the fountain to make the water pure and sweet. When this was done, the people drank of the water and were refreshed. In every trial, if we seek Him, Christ will give us help. Our eyes will be opened to discern the healing promises recorded in His word. The Holy Spirit will teach us how to appropriate every blessing that will be an antidote to grief. For every bitter draught that is placed to our lips, we shall find a branch of healing.

We are not to let the future, with its hard problems, its unsatisfying prospects, make our hearts faint, our knees tremble, our hands hang down. **“Let him take hold of My strength,”** says the Mighty One, **“that he may make peace with Me; and he shall make peace with Me.”** Isaiah 27:5. Those who surrender their lives to His guidance and to His service will never be placed in a position for which He has not made provision. Whatever our situation, if we are doers of His word, we have a Guide to direct our way; whatever our perplexity, we have a sure Counselor; whatever our sorrow, bereavement, or loneliness, we have a sympathizing Friend.

If in our ignorance we make missteps, the Saviour does not forsake us. We need never feel that we are alone. Angels are our companions. The Comforter that Christ promised to send in His name abides with us. In the way that leads to the City of God there are no difficulties which those who trust in Him may not overcome. There are no dangers which they may not escape. There is not a sorrow, not a grievance, not a human weakness, for which He has not provided a remedy.

None need abandon themselves to discouragement and despair. Satan may come to you with the cruel suggestion, “Yours is a hopeless case. You are irredeemable.” But there is hope for you in Christ. God does not bid us overcome in our own strength. He asks us to come close to His side. Whatever difficulties we labor under, which weigh down soul and body, He waits to make us free.

He who took humanity upon Himself knows how to sympathize with the sufferings of

humanity. Not only does Christ know every soul, and the peculiar needs and trials of that soul, but He knows all the circumstances that chafe and perplex the spirit. His hand is outstretched in pitying tenderness to every suffering child. Those who suffer most have most of His sympathy and pity. He is touched with the feeling of our infirmities, and He desires us to lay our perplexities and troubles at His feet and leave them there.

It is not wise to look to ourselves and study our emotions. If we do this, the enemy will present difficulties and temptations that weaken faith and destroy courage. Closely to study our emotions and give way to our feelings is to entertain doubt and entangle ourselves in perplexity. We are to look away from self to Jesus.

When temptations assail you, when care, perplexity, and darkness seem to surround your soul, look to the place where you last saw the light. Rest in Christ's love and under His protecting care. When sin struggles for the mastery in the heart, when guilt oppresses the soul and burdens the conscience, when unbelief clouds the mind, remember that Christ's grace is sufficient to subdue sin and banish the darkness. Entering into communion with the Saviour, we enter the region of peace.

The Healing Promises

"The Lord redeemeth the soul of His servants: And none of them that trust in Him shall be desolate." Psalm 34:22.

"In the fear of the Lord is strong confidence: And His children shall have a place of refuge." Proverbs 14:26.

"Zion said, Jehovah hath forsaken me, and the Lord hath forgotten me. Can a woman forget her sucking child, that she should not have compassion on the son of her womb? Yea, these may forget, yet will not I forget thee. Behold, I have graven thee upon the palms of My hands." Isaiah 49:14-16, A.R.V.

"Fear thou not; for I am with thee: Be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; Yea, I will uphold thee with the right hand of My righteousness." Isaiah 41:10.

"Ye that have been borne by Me from your birth, that have been carried by Me from your earliest breath, even to your old age I am the same; even to hoar hairs I will carry you; I have done it, and I will still bear you; I will carry, and I will deliver you." Isaiah 46:3, 4

Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings--as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father's house?

Those professed Christians who are constantly complaining, and who seem to think cheerfulness and happiness a sin, have not genuine religion. Those who take a mournful pleasure in all that is melancholy in the natural world, who choose to look upon dead leaves rather than to gather the beautiful living flowers, who see no beauty in grand mountain heights and in valleys clothed with living green, who close their senses to the joyful voice which speaks to them in nature, and which is sweet and musical to the listening ear--these are not in Christ. They are gathering to themselves gloom and darkness, when they might have brightness, even the Sun of Righteousness arising in their hearts with healing in His beams.

Often your mind may be clouded because of pain. Then do not try to think. You know that Jesus loves you. He understands your weakness. You may do His will by simply resting in His arms.

It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance.

While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have,--the great mercy and love of God,--we should have more faith and greater joy. No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God. Even on earth we may have joy as a wellspring, never failing, because fed by the streams that flow from the throne of God.



Blessed Assurance

*Blessed assurance, Jesus is mine!
Oh, what a foretaste of glory divine!
Heir of salvation, purchase of God,
Born of His Spirit, washed in His blood.*

Chorus:

*This is my story, this is my song,
Praising my Saviour all the day long;
This is my story, this is my song,
Praising my Saviour all the day long.*

*Perfect submission, perfect delight,
Visions of rapture now burst on my sight;
Angels descending bring from above
Echoes of mercy, whispers of love.*

*Perfect submission, all is at rest,
I in my Saviour am happy and blest,
Watching and waiting, looking above,
Filled with His goodness, lost in His love.*

--Fanny J. Crosby

Then let us educate our hearts and lips to speak the praise of God for His matchless love. Let us educate our souls to be hopeful and to abide in the light shining from the cross of Calvary. Never should we forget that we are children of the heavenly King, sons and daughters of the Lord of hosts. It is our privilege to maintain a calm repose in God.

"Let the peace of God rule in your hearts; . . . and be ye thankful." Colossians 3:15. Forgetting our own difficulties and troubles, let us praise God for an opportunity to live for the glory of His name. Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care. When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven.

When someone asks how you are feeling, do not try to think of something mournful to tell in order to gain sympathy. Do not talk of your lack of faith and your sorrows and sufferings. The tempter delights to hear

such words. When talking on gloomy subjects, you are glorifying him. We are not to dwell on the great power of Satan to overcome us. Often we give ourselves into his hands by talking of his power. Let us talk instead of the great power of God to bind up all our interests with His own. Tell of the matchless power of Christ, and speak of His glory. All heaven is interested in our salvation. The angels of God, thousands upon thousands, and ten thousand times ten thousand, are commissioned to minister to those who shall be heirs of salvation. They guard us against evil and press back the powers of darkness that are seeking our destruction. Have we not reason to be thankful every moment, thankful even when there are apparent difficulties in our pathway?

Sing praises

Let praise and thanksgiving be expressed in song. When tempted, instead of giving utterance to our feelings, let us by faith lift up a song of thanksgiving to God. Song is a weapon that we can always use against discouragement. As we thus open the heart to the sunlight of the Saviour's presence, we shall have health and His blessing.

“Give thanks unto the Lord, for He is good: For His mercy endureth forever. Let the redeemed of the Lord say so, whom He hath redeemed from the hand of the enemy.”

“Sing unto Him, sing psalms unto Him: Talk ye of all His wondrous works. Glory ye in His holy name: Let the heart of them rejoice that seek the Lord.”

“For He satisfieth the longing soul, and filleth the hungry soul with goodness. Such as sit in darkness and in the shadow of death, being bound in affliction and iron; . . . They cried unto the Lord in their trouble, and He saved them out of their distresses. He brought them out of darkness and the shadow of death, and brake their bands in sunder. Oh that men would praise the Lord for His goodness, and for His wonderful works to the children of men!”

“Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: For I shall yet praise Him, who is the health of my countenance, and my God.” Psalms 107:1,2; 105:2,3; 107:9-15; 42:11.

“In everything give thanks: for this is the will of God in Christ Jesus concerning you.” I Thessalonians 5:18.



This command is an assurance that even the things which appear to be against us will work for our good. God would not bid us be thankful for that which would do us harm.

“The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; Of whom shall I be afraid?”

“In the day of trouble He shall keep me secretly in His pavilion: In the covert of His tabernacle shall He hide me: . . . And I will offer in His tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the Lord.”

“I waited patiently for the Lord; And He inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. And He hath put a new song in my mouth, even praise unto our God.”

“The Lord is my strength and my shield; My heart trusted in Him, and I am helped: Therefore my heart greatly rejoiceth; And with my song will I praise Him.” Psalms 27:1; 27:5, 6, R.V.; 40:1-3; 28:7.

One of the surest hindrances to the recovery of the sick is the centering of attention upon themselves. Many invalids feel that everyone should give them sympathy and help, when what they need is to have their attention turned away from themselves, to think of and care for others.

Often prayer is solicited for the afflicted, the sorrowful, the discouraged; and this is right. We should pray that God will shed light into the darkened mind and comfort the sorrowful heart. But God answers prayer for those who place themselves in the channel of His blessings. While we offer prayer for these sorrowful ones, we should encourage them to try to help those more needy than themselves. The darkness will be dispelled from their own hearts as they try to help others. As we

seek to comfort others with the comfort wherewith we are comforted, the blessing comes back to us.

The fifty-eight chapter of Isaiah is a prescription for maladies of the body and of the soul. If we desire health and the true joy of life we must put into practice the rules given in this scripture. Of the service acceptable to Him, and its blessings, the Lord says:

“Is it not to deal thy bread to the hungry, And that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; And that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, And thine health shall spring forth speedily: And thy righteousness shall go before thee; The glory of the Lord shall be thy rearward. Then shalt thou call, and the Lord shall answer; Thou shalt cry, and He shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; Then shall thy light rise in obscurity, and thy darkness be as the noonday: And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.” Isaiah 58:7-11.

Good deeds are twice a blessing, benefiting both the giver and the receiver of the kindness. The consciousness of right-doing is one of the best medicines for diseased bodies and minds. When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to others, the cheering, uplifting influence brings new life to the whole being.

Let the invalid, instead of constantly requiring sympathy, seek to impart it. Let the burden of your own weakness and sorrow and pain be cast upon the



A pink lotus flower is in full bloom in the lower-left corner, its petals layered and vibrant. The background is a soft-focus pond with green lily pads and a hazy, sunlit atmosphere. The text is overlaid on the right side of the image.

compassionate Saviour. Open your heart to His love, and let it flow out to others. Remember that all have trials hard to bear, temptations hard to resist, and you may do something to lighten these burdens. Express gratitude for the blessings you have; show appreciation of the attentions you receive. Keep the heart full of the precious promises of God, that you may bring forth from this treasure, words that will be a comfort and strength to others. This will surround you with an atmosphere that will be helpful and uplifting. Let it be your aim to bless those around you, and you will find ways of being helpful, both to the members of your own family and to others. If those who are suffering from ill-health would forget self in their interest for others; if they would fulfill the Lord's command to minister to those more needy than themselves, they would realize the truthfulness of the prophetic promise, **"Then shall thy light break forth as the morning, and thine health shall spring forth speedily."** -From the book Ministry of Healing by Ellen G. White p. 247-258

We all need healing from the Lord! It is only Jesus that can give us this true freedom and healing. It was His mission to free us from all things that bind us. He says: **"The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised."** – Luke 4:18.

There are many of God's children who today are attacked by the devil. His attacks are hard and subtle. The attacks can come directly from the devil, but also from family, friends, political and religious authorities. It can be bad language, physical or psychological ways of force. Alcohol, drugs, and numbing pills may also be used, so that a normal mind is disrupted and can really be damaged. Dis-

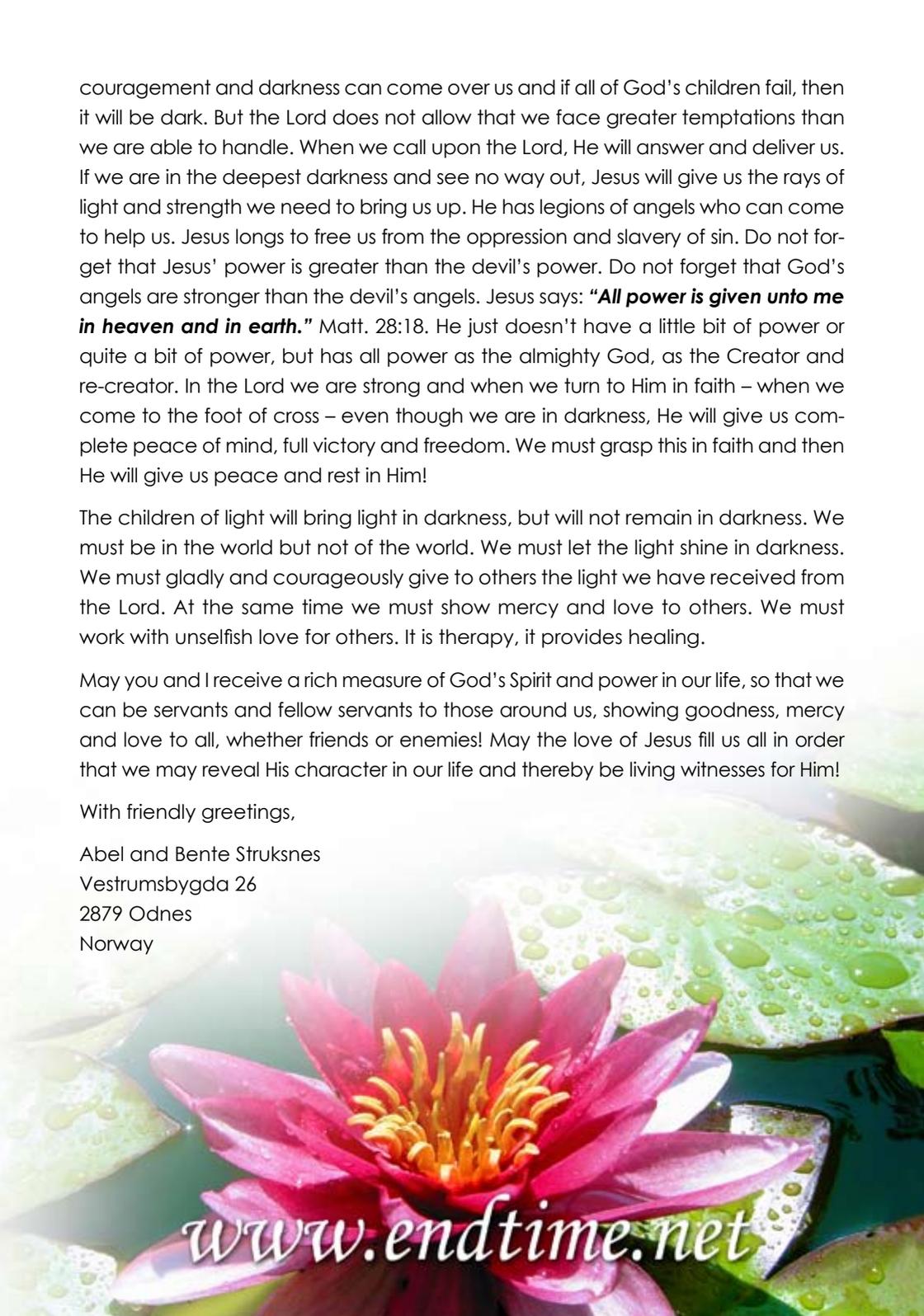
couragement and darkness can come over us and if all of God's children fail, then it will be dark. But the Lord does not allow that we face greater temptations than we are able to handle. When we call upon the Lord, He will answer and deliver us. If we are in the deepest darkness and see no way out, Jesus will give us the rays of light and strength we need to bring us up. He has legions of angels who can come to help us. Jesus longs to free us from the oppression and slavery of sin. Do not forget that Jesus' power is greater than the devil's power. Do not forget that God's angels are stronger than the devil's angels. Jesus says: **"All power is given unto me in heaven and in earth."** Matt. 28:18. He just doesn't have a little bit of power or quite a bit of power, but has all power as the almighty God, as the Creator and re-creator. In the Lord we are strong and when we turn to Him in faith – when we come to the foot of cross – even though we are in darkness, He will give us complete peace of mind, full victory and freedom. We must grasp this in faith and then He will give us peace and rest in Him!

The children of light will bring light in darkness, but will not remain in darkness. We must be in the world but not of the world. We must let the light shine in darkness. We must gladly and courageously give to others the light we have received from the Lord. At the same time we must show mercy and love to others. We must work with unselfish love for others. It is therapy, it provides healing.

May you and I receive a rich measure of God's Spirit and power in our life, so that we can be servants and fellow servants to those around us, showing goodness, mercy and love to all, whether friends or enemies! May the love of Jesus fill us all in order that we may reveal His character in our life and thereby be living witnesses for Him!

With friendly greetings,

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