

“Being Made Whole”
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Each one of us lives in fragmentation of our whole personhood. Our gracious God wants to take our fragmentation, our problems, our messes, and pick up the pieces and put our personhood together. Our integration is part of the full redemption and healing offered in the person and work of Jesus Christ.

Those in the medical profession who work toward the healing of the whole person often recognize the relationship between the body and mind. The body affects the mind, the mind affects the body. Chemically there's communication going on between the mind and the body all the time. For example, we blush when we may have a sense of shame. The mind causes the body to cause the capillaries to expand more blood in the capillaries and blushing results.

The Christian Scriptures reveal to us a loving God who seeks to bring healing and wholeness that affects us not only physically and psychologically, but also spiritually. Thus, there are three areas of healing needed. St. Paul reminds us in 1 Thessalonians 5:23-24, "Now may the God of peace himself sanctify you completely, and may *your integrated spirit and soul and body* be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it" (translation and emphasis mine).

In other words, God wants you to be whole in soul, mind, and body. Our “spirit” is otherwise known as our soul, and the mind (or psyche) is sometimes called the soul (confusing, I know!) in the Bible. The term “body” is self-explanatory. The “spirit” part is the arena in which grace operates and in which the mind relates to God in prayer. The areas in which God relates to us are 1) the body, the physical, 2) the emotional or psychological, and 3) the spirit (see 1 Cor 14:14 in which the human spirit relates to the Holy Spirit). As God relates to our “spirits,” the connection continues in our bodies and minds. For wholeness, integration has to occur in all three areas. Our Christian wholism provides a framework for our healing and redemption. Each area of ourself can be fractured and in need of healing.

If we have an issue in the body, such as diabetes or arthritis, we need physical healing. If we have an issue in the mind such as depression or anxiety, then we need emotional healing. If we have a spiritual problem, such as guilt and not dealing with a sin, having habits of sin, or discouragement in our spiritual growth, then we need spiritual healing. Looking at the spiritual, there are two ways that we can have a shortcoming in our spirit. One way is intrinsic damage to the spirit and that's called sin. The other is extrinsic damage from forces outside of us—spiritual forces attacking our spirit, demonic forces attacking us. This of course is the whole area of spiritual warfare. We are in need of intrinsic and extrinsic spiritual healing. Both types are mentioned in the prayer that Jesus

taught us to pray, "Our Father" (Matt 6:9-13): "forgive us our trespasses" and "deliver us from the evil one." Repentance and receiving forgiveness take away sin or spiritual separation from God, whereas deliverance is needed for when we are attacked by forces of evil.

Everyone is in need of healing in some area of his or her personhood. Perhaps you are not confessing your sins and thus not receiving the forgiveness offered through Jesus' sacrificial death. Maybe you have committed a sin that is still haunting you, making you feel as though you are unworthy of God's love even though you have asked for forgiveness. Perhaps you have had something horrible done to you, making you feel shame or guilt. Could it be that you have lost a loved one to death, are experiencing marital difficulties or been through a divorce, are estranged from one of your children, have an addiction that plagues you, had an abortion, have some physical malady? Chances are that you are dealing with some physical, emotional, mental, or spiritual infirmity in need of healing.

If you are not a Christian or a Christian without a church home, we would love to welcome you at Christ Anglican Church as we grow as disciples of Jesus through the healing work of Christ. We are sinners saved by God's grace through faith seeking to live a holy life. We offer healing prayer during the Eucharist on Sunday morning and a healing Eucharist service on Thursdays; it would be my great joy to pray for your healing offered through the restoring blood of Jesus Christ.