

Spiritual and Emotional Healing

Matthew 4:23,24; Mark 9:16-29; 2 Corinthians 4:8,9

Healing doesn't always pertain to the physical body. In fact, sometimes what hurts on the inside is more debilitating than a physical ailment. We might joke that someone's sickness is "all in their head," and not be far from the truth. Emotional or spiritual issues often can manifest themselves through physical ailments.

Spiritual and emotional issues cannot be isolated; often they are tightly interwoven. In some cases, however, they can be distinguished. Jesus regularly encountered people who were demon possessed. They had little or no control over their behavior due to the powerful influence of an evil spirit. Jesus would command the evil spirit to leave, after which they would be spiritually, emotionally, and sometimes physically healed. In Mark 9:17-29, we see a powerful example of both exorcism and healing. In Matthew 4:23,24, we learn that He delivered people from a full range of spiritual and physical issues: "all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed." Verse 24 simply reads, "and he healed them."

In 2 Corinthians 4:8,9, Paul reminded us that even when outward circumstances become overwhelming, God is able to give us victory. Triumphantly, he wrote:

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

That assurance is for you today. You might think there is no way out of the crushing weight of despair you feel. Just know that Christ's power to deliver is still available to you right now. Trust Him.

How has God helped you in times of emotional or spiritual distress?

What are some things you could do to increase your reliance on God for help in times of emotional or spiritual trouble?