

The Healing Journey

Healing is a restoration to life. From the Old English word hal, meaning whole or healthy comes the action verb, haelan: to make whole. For millions, the surrender call to the 12 steps journey breathes and forms healing into a concrete reality of physical, mental, emotional and spiritual re-construction, restoration and recovering of life itself.

Out of the depths of physical dying comes abstinent well being. From the morass of obsessive, twisted, mental distortions, rationales and justifications shines the light of clarity and discernment. With an honest desire to be heart-centered evolves emotional boundaries. "Long have I waited for your coming home to me" is the sounding of the soul within yearning for union with the loving source who gives us life.

EITHER ONE Brian Sternberg could have been an Olympic hero. He set a new world record for the pole vault, but, within a month after that success, he had an accident and was paralyzed from the neck down. While Brian was in the hospital, his uncle came to him and said, "Oh, I wish I could take your place for a week and give you some rest." Brian replied, "You couldn't do it. I know because I couldn't either, if I didn't have to." In an interview for a nationwide magazine, Brian was asked about his faith. What did his faith in God mean to him at this time in his life? He said, "I want to know that my life is being used fully for the glory of God I do not want my faith in God to be just a result of my desire to get well Having faith is a necessary step toward one of two things. Being healed is one of them. Peace of mind if healing doesn't come is the other. Either one will suffice."

From Jesus Makes The Difference by James A. Harnish (Upper Room), page 43.
Harnish is pastor of St. Luke's United Methodist Church of Orlando, FL.

A PRAYER FOR INSIGHT INTO SUFFERING

Jesus - suffering, the mystery of pain is a big part of my life. I have been given the chance to share in the sorrow freely embraced by you so that I may help to deal the sickness that plagues our planet. I thank you for chances to explore with my brothers and sisters the profound puzzle of pain. May I seek only the fullness of life and not reject the element of pain inherent in all growth and essential in each search for wholeness. As your friend I follow in your footsteps, the suffering savior, asking that this pain have special meaning for me and for all the earth. AMEN

the Gift of Healing Is Intended for Everyone