a recipient of the gifts of the Holy Spirit's enabling power that flows into broken lives and among those who suffer.

We have different gifts, according to the grace given us, let us use them. Rom. 12:6

Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit a message of wisdom to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit. 1 Cor. 12:7-9

# I Listen

I listen for the Holy Spirit to come as wind and flame of heaven to renew the life of your church.

Even on my servants, both men and women, I will pour out my Spirit in those days.. Acts 2:18

*In him you also are being built together into a dwelling place for God by the Spirit. Eph. 2:22* 

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things. Gal. 5:22-23

## I Pray

For ongoing revelation of Jesus as the Messiah, the Son of God, and that he *is* God! I desire to be a friend to all who suffer by bringing them to Jesus. I pray for the Holy Spirit to stir the hearts of all in your church. Bestow upon them spiritual gifts for the ministry of healing, and for witness to your presence among your people. Amen

without stain or wrinkle or without any other blemish, but holy and blameless. I pray for your church.

Now you are Christ's body, and individually members of it. 1 Cor. 12:27

From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. Ephesians 4:16

# I Reflect

How would you respond to Jesus asking, 'Who do you say that I am?' In Jesus' words and actions, the answer to his question is found in the account the healing of a paralysed man in Luke's gospel. (Luke 5:17-26).

When the paralysed man was placed at Jesus' feet, he said, 'Friend, your sins are forgiven.' The Pharisees condemned him, saying, 'Who is this fellow who speaks blasphemy? Who can forgive sins but God alone?' Jesus knew what they were thinking and asked, 'Why are you thinking these things in your hearts? Which is easier: to say, 'Your sins are forgiven,' or to say, 'Get up and walk'? But that you may know that the Son of Man has authority on earth to forgive sins....' He said to the paralysed man, 'I tell you, get up, take your mat and go home.' it was an outward, visible demonstration of his divine authority to forgive sins and heal the body. Jesus cannot be just a social activist, just a healer or a prophet. He has to be God, or he is none of these things. The healing of the paralysed man tells you Jesus was not just a good man – he is God!

*Everyone was amazed and gave praise to God. They were filled with awe and said, 'We have seen remarkable things today.' Luke 5:26* 

*Who do you say that I am? Simon Peter answered, 'You are the Messiah, the Son of the living God.'* 

It was the faith of friends that led to the paralysed man's healing. They carried him on his bed, tried unsuccessfully to make way through the crowd, climbed a roof and lowered him down. It demonstrated their faith in Jesus. It produced a great result.

Who do you say Jesus is? If, to you, Jesus *is* God – surely you would help a fellow Christian, a friend, relative, or neighbour by bringing them to Jesus. They may be paralysed by sin, sick in body, overcome with worldly trouble, or grief stricken and sorrowful? They need a helping hand! Will you bring them to Jesus?

Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. James 5:14-15

The prayer of a righteous person is powerful and effective. James 5:16

#### I Challenge Myself

It is Jesus living within, and the Holy Spirit who empowers me. Jesus is the Anointed One. In him I am anointed with his anointing. He is the One who has the Spirit without measure. I am



## **ARNA PENTECOST PODCAST 2023**

Week Four: Wednesday 21st June

## THE HOLY SPIRIT AND HEALING

The Church, the Holy Spirit and Healing

Welcome to Wednesday, week four of our ARNA Pentecost retreat. Our theme this week is 'The Holy Spirit and Healing.' Today we reflect on the relationship between the church, the Holy Spirit and healing.

#### I Focus Centring on God's Presence

I set aside the demands of the outside world to focus on the renewing of my interior spiritual world through reflection and prayer.

The God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. Rom. 15:13

I sit upright so that my body is in the letter h. I rest my hands upright on my thighs. I close my eyes. I slowly breathe in, hold, and breathe out. Again, I breathe in, hold, and breathe out. I focus on the physical tension in the lower and upper parts of the body. I tense my legs, hold, and release. I tense my stomach muscles, arms, fists, and release. There is the beginning of a stillness within.

Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long. Psalm 25:5

#### In the silence I pray..

Loving Lord,

I am reminded of your love for the church. You surrendered your life to make her holy, to cleanse her with water through the word, and to present her to yourself as a radiant church,