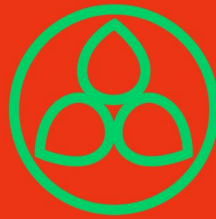




PENTECOST RETREAT



ARNA
Anglican Renewal Network Australia

ARNA PENTECOST PODCAST 2023 Week Four: Thursday 22nd June

THE HOLY SPIRIT AND HEALING

The Holy Spirit and Your powerful words for Healing

Welcome to Thursday, 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 Holy Spirit and your powerful words for 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.

Your word is a lamp to my feet and a light to my path. Ps. 119:105

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.

Sanctify them by the truth; your word is truth. As you sent me into the world, I have sent them into the world. John 17:17

*He sent out his word and healed them and delivered them from their destruction.
Ps. 107.20*

In the silence I pray..

Loving Lord,

My words are very powerful. I can use them to disseminate information, express ideas, or evoke an emotional response in others. My Words can be as a soothing balm, or as bullets to a wounded spirit. I can also speak out your powerful words of healing to myself and others.

The centurion replied, "Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. Matt. 8:8

I Reflect

Words are the building blocks on which I construct my life. Words are such that I give power to the abstract, unformed and non-existent. When I say, 'I love you,' there is love. Before the spoken declaration there is only ambiguous silence. By speaking it, I give it reality! I need to put Jesus' words into practice. What I confess with my lips dominates my inner being. I need to make my lips do their duty.

'I will show what he is like who comes to me and hears my words and puts them into practice. He is like a man building a house, who dug down deep and laid the foundations on rock.' Luke 6:47

Illness focuses the mind on suffering. It's a step away from being depressed, feeling helpless or even despairing. Confessing disease is like signing for a package delivered to me. Healing from illness is aided when God's promises are placed upon the mind and spoken out with the lips. I choose to take charge of the illness. I choose to take control by disciplining my mind off the symptoms and onto God's powerful Word. My controlled mind is a helpful step to recovery.

'Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things....And the God of peace will be with you.' Phill. 4:8,9

My job is to learn to speak out powerful words of faith and trust in God. *'Let us hold firmly to the faith we profess.'* Heb. 4:14

My unwavering personal confession upon which I stand is that:

- God's Word is true! I trust myself to Jesus' words.

'If you remain in me and my words remain in you, ask whatever you wish, and it will be given you.' John 15:7

- My confession is that when Jesus said from the Cross, 'It is finished,' he completed all the work that was needed for my healing.

'He took up our infirmities and carried our sorrows. By his wounds we are healed.' Is. 52:4,5

- My confession is that God is the strength of my life. I don't worship the false idol of sickness and disease.

'Those who cling to worthless idols forfeit the grace that could be theirs.' Jonah 2:8

- My confession is trusting in the promises of God I speak out with my lips each day.

'For I am the Lord your God who heals you.' Ex. 15:24 *'The speech of the upright rescues them.'* Prov. 12:6

I Challenge Myself

What I say and think are the building blocks of my life. As creation was spoken into existence, I place God's powerful words upon my lips. They are life to those who find them and health to the whole body.

But what does it say? 'The word is near you; it is in your mouth and in your heart,' that is, the message concerning faith that we proclaim: If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved.

This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.'
John 15:7

I Listen..

The disciples asked Jesus why he spoke in parables. He answered saying, 'Though seeing they do not see; though hearing, they do not hear or understand.' I listen to hear his words; I listen to understand them; I listen to act upon them!

'As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like. They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built.' Luke 6:47-48

I Pray

Loving God,

I thank you Jesus dealt with my infirmities and sicknesses on the Cross. Therefore, I refuse to allow sickness to dominate my body. Your life flows within me bringing health and healing. I conform to your perfect will and promises for healing. I affirm this in the name of Jesus Christ. Amen.